

## ***260328\_A Day Interconnected by Divinity\_Email Preamble***

### **[In Order to Live Connected with the Power of Life]**

#### **© A Transformation of Consciousness to Manifest the Power that Life Originally Possesses**

Until the present day, most people on Earth have been living tilted toward "blame-shifting thinking" and "dependent thinking." This means that many people have forgotten that by advancing their consciousness evolution, they can bring beneficial influence to this world; and that within their lives lies the power to overcome various difficulties and create a desired life without relying on material things or others—they hold the intrinsic power of life itself.

The key to transforming such a state of consciousness into "an awareness that maintains calm in any situation" is to spend each day aspiring toward "consciousness evolution that returns to the essence of life." While this content can be expressed from many angles, one concrete aspect of it is as follows:

- Rather than thinking "I cannot do this," view yourself from the positive side: "What can I do?"
- Rather than thinking "I cannot live without this," live with a sense of fulfillment: "I can live because I have this."
- Do not allow your consciousness to be dominated by wanting what is lacking; instead align your mind's eye to focus on "what already exists" and live in gratitude.
- Do not force love onto others; rather turn your attention to the fact that you are loved and the fact that you yourself are a being of love, and live in gratitude.
- Know that "consciousness evolution is the key that promotes the sacred metabolism of the physical body," and dedicate yourself to the practice of polishing your heart.
- Remember that life is not originally something to be swayed by changes in the external world, but rather is a being that projects the internal world onto the external world and brings about transformation.

No matter how much the scientific power of the material world progresses, if human consciousness does not evolve even more, that planetary world faces a path toward destruction—this historical lesson requires no further explanation than the rise and fall of ancient civilizations such as Mu, Lemuria, and Atlantis, which are now spoken of like myths. It is deeply engraved in our souls as our own concern.

The reason is that our souls are not young souls that have only experienced reincarnation on Earth. Our lives have experienced the development of many planets, and we are cosmic humanity who have transferred to Earth carrying that abundant knowledge and experience.

Even if our current conscious minds in the physical body have no memory of this, within our souls there has accumulated a vast array of practical examples and tendencies with countermeasures responsive to every kind of situational change—"what results if we do what,"

"what we should do," and "what to do in such situations."

If we spend our lives looking only at "aspects where we cannot do something," "aspects where we are lacking," "weak aspects," and "aspects where there is no harmony," we tend to forget that there dwells within us "infinite power connected to the root source of life." Yet, in spite of all our doubts and hesitations, we have not forgotten our "initial vow when we first descended to the Earth realm long ago—to create a world of great harmony on this star."

## © **Our Journey Toward Divine Spark**

As evidence of this, at this very moment, we have received the opportunity to join a group dedicated to the Prayer for World Peace, and we are living day and night with the singular focus on that prayer. This is no ordinary connection. If we expand our view across the physical realm, astral realm, and spiritual realm, we find that there are many Guardian Deities and Spirits who wish to welcome the humans under their protection as members of the "Guardian Divine Spirits Group of the Great Light of Salvation," the mother body of the World Peace Prayer group—yet their wish has not easily been fulfilled.

Under these circumstances, we have continued to live practicing "Prayer for World Peace as a fading away" while polishing and elevating ourselves in our daily lives, even though we ourselves have not necessarily reached a perfect state of enlightenment.

As a result, since the 2020s began, the number of companions who are reviving their own divinity has increased year after year, month after month, and day after day. From such developments, it is an undeniable fact that we, including even those who are on the verge of divine awakening, are the beings leading the dimensional ascension in the Earth world.

Those already manifesting their divinity can proceed as they are with their own way of living. However, I recommend to those on the verge of Divine Spark revival that they, first and foremost, connect as one with Guardian Spirit Consciousness and live as a unified being.

If we spend our time in such a manner, wisdom and insight that can respond immediately to any situational change will arise as first intuition (inspiration), and then we need only manifest these in thought, word, and deed. This is the way we can use the wisdom and insight inherent within us to polish and elevate ourselves while spreading beneficial influence to the world. And this very method is the fastest shortcut to promoting humanity's Divine Spark revival.

## © **The Evolution of Human Consciousness is the Key to World Peace**

This may seem belated, but I would like to reconsider why the wording of the Prayer for World Peace is "May peace prevail on Earth" rather than "May the Earth be in peace."

It is because among the planetary beings, humanity is the key person who influences the situation of the entire planet, including nature and all living things. To put it more clearly, human consciousness is the key that determines the fate of the world.

When human hearts are in harmony, natural disasters and abnormal weather subside, and it becomes possible to unfold a world where all living things live in harmony and everything is in order. This is a world similar to other evolved stars. When we direct our view across the entire universe with that perspective, we can also say that cosmic humanity's consciousness forms the cosmic world.

The current state of disharmony in the Earth world is neither merely "because politicians are bad" nor solely "because entrepreneurs are bad." It is not a problem that can be settled by such surface-level blame-shifting as "it is bad because of so-and-so." Rather, it is a question of whether each person's heart is in harmony.

In that sense, the fate of the entire Earth is a shared responsibility of all humanity living on it. Arising from this shared responsibility is the task mentioned at the beginning: "graduation from blame-shifting thinking and dependent thinking."

It is important to firmly observe the "thought habits influenced and swayed by external circumstances"—such as shifting responsibility onto others and trying to change the surroundings, or depending on others and surrendering one's authority—and release them as fading away. We must regulate our own consciousness while deliberately manifesting divine wave vibrations within ourselves.

"The more I evolve my consciousness, the more the world changes"—if each person thinks in this way, ceases blame-shifting and dependency on others or surrendering of power, and manifests inner harmony in the outer world, bringing about change in the world...

If such people increase in the Earth world, the average frequency rhythm of the material and spiritual wave vibrations of the Earth world will approach the wave frequency in which people from evolved stars live. When this happens, we will meet with the brothers and sisters from neighboring stars in spiritualized physical bodies, and by borrowing the power of evolved stars, the flow of changing even the world perceived by our five senses will become reality.

That is the true beginning of divine civilization. Now we are in a stage of preparation—rehearsing behind the curtain, preparing necessary things—but soon the curtain of the stage will rise, and a time will come when all of humanity must live in a divine way in order to survive.

Saturday night is a time when, in preparation for the arrival of such a divine age, we shine light on the "blame-shifting thinking" and "dependent thinking" lingering in the creases of our hearts and transform them into fading away, practicing a way of life rooted in gratitude consciousness where divinity is natural and ordinary. Please join us if your schedule allows.

## **【Opening Remarks】**

**SAITO: Hello, everyone. We are beginning the program for Saturday evening, "A Day Interconnected by Divinity." As mentioned in the announcement email, in preparation for the arrival of the divine age, we will shine light on the "thought habits of shifting blame onto others" and "thinking habits of depending on material things or other people" that linger in the creases of our hearts, transform them into fading away, and**

practice a way of life rooted in gratitude consciousness that becomes the foundation for living where divinity is natural and ordinary.

Now, first of all, we will offer the Prayer for World Peace in both Japanese and English.

## 1. Prayer for World Peace

**SAITO:** Now, let us begin.

Sekai Jin-rui ga Heiwa de ari-masu you-ni. Nippon ga Heiwa de ari-masu you-ni.  
Watakushi-tachi no Ten-meï ga mattou sare-masu you-ni. Shugo-rei-sama, arigatou  
gozai-masu. Shugo-jin-sama, arigatou gozai-masu.

May peace prevail on Earth. May peace be in our homes and countries. May our missions  
be accomplished. We thank you, Guardian Deities and Guardian Spirits.

## 2. Time to Release Thought Habits

**SAITO:** Next, we will spend time shining light on the "thought habits of shifting blame  
onto others" and "thinking habits of depending on material things or other people" that  
cling stubbornly in the creases of our hearts and we cannot release, transforming them  
into fading away. Please close your eyes and listen while contemplating within your own  
heart.

Since the heart cannot be seen with physical eyes, nor can its voice be heard with  
these physical ears, some of you may wonder how to observe and transform into fading  
away the thought habits that cling stubbornly in the creases of the heart and continue to  
be held without release.

In such cases, it is helpful to observe the feelings you have toward the people around  
you. Normally, when someone does something or says something, we judge whether it  
is good or bad, treat it as if it is unrelated to us—that person's action—and react with  
indifference regardless of whether we think badly or well of it, considering it as if it is  
someone else's business.

However, when viewed from the ultimate truth perspective that all responsibility is  
self-responsibility, when we feel something toward the actions and words of people  
around us, the question of whether they are good or bad is not the issue. Rather, the  
responsibility for such feelings lies with the very person who generated that thought.

The reason why the responsibility for feelings toward others lies with ourselves is that  
all feelings that arise as conditioned reflexes in reaction to others' words and actions are  
merely a reflection of what is in our hearts causing us to feel that way.

Even if we think the other person's actions ignored us, even if we think their words  
hurt us, from the ultimate truth perspective, it is not anyone else's fault—it is merely a  
reflection of our own inner nature.

From such a viewpoint, when we constantly examine what we are thinking in our daily

human relationships, we begin to see the tendencies within our own inner nature that deserve careful observation.

For example, if you always feel overly stimulated by people's words or actions, responding defensively and acting aggressively, then within your heart there exists both the "self being bullied" and the "self bullying others."

If you are always hurt by people's words and actions, then within your heart there simultaneously exists both the "self being hurt" and the "self hurting others."

When at that point you find such selves and recognize them—"so you were there," "I didn't know this was here"—then at least in that respect, you will no longer be swayed or tossed about by others' words and actions.

The key is to find both selves at the same time, see them, acknowledge them, and become aware of them.

However, when the cause of such feeling tendencies lies deeper in the "dark regions of the depths of the heart," we must go deeper and deeper in our self-examination, constantly observing ourselves as fading away.

As we often say in our study sessions, deep within our hearts exists both "the self not loved by ourselves" and "the self not loving itself"; both "the self not forgiving itself" and "the self not being forgiven by itself"; and both "the self whose divinity is not recognized" and "the self not recognizing its own divinity."

These victim and perpetrator selves exist as a pair deep within the heart, and they manifest as disharmony felt in this world, as feelings of anxiety and anger, as inability to trust someone, as defensive or aggressive behavior—becoming the cause of our difficulties in relating well with others.

The reason I speak about such inner heart problems as if I were an expert is that I myself was, for over forty years, a bundle of complaints and dissatisfaction, always insisting "I am not wrong; it is others who are wrong," continuously pouring forth complaints and discontent, until ultimately I reached an impasse. I then sought a way forward through inner harmony and engaged in self-development. I speak from that experience.

We sometimes hear stories that illness results from poor lifestyle habits or poor dietary choices, and while there is some truth to that, it is not the whole story. The real cause lay in thought habits that created such conditions.

Furthermore, there are cases where people surrender their life's authority to others, then harbor feelings of anxiety, anger, and ultimately hatred. This too is a case of shifting the responsibility for neglecting one's own life exploration onto others—it is not the way of sacred humanity.

For example, even if a doctor tells you "your illness will only worsen; it will never improve again," the authority to decide how you will live lies with you. So regardless of

what the doctor says, you need not accept it uncritically; you can simply live according to the conviction that wells up from the depths of your own life.

Humans are beings sustained by many people, things, living creatures, and nature, but simultaneously they are beings that also carry the function of sustaining their surroundings. If we make it a practice to find the cause within ourselves and spontaneously shine light while living, things can only improve, never worsen.

What do we judge as good? What do we judge as bad? The responsibility lies with ourselves. Even if something people do or say sometimes bothers you, since the responsibility for such feeling lies with you, we should not shift blame onto others but rather live aspiring toward inner harmony.

Finally, I sometimes hear people say they cannot help but be concerned about others. But those people also have Guardian Spirits and Guardian Deities working earnestly to help them awaken their divinity. Entrust yourself to their work, and above all, believe in the magnitude and wonder of your own divinity, directing your energy toward manifesting divine thoughts, words, and deeds as you live.

With that, we conclude our time for releasing thought habits.

### 3. Touitsu Meditation of Gratitude Consciousness

**SAITO:** Next, we will spend time in Touitsu Meditation with gratitude consciousness. We will use an eight-and-a-half-minute meditation CD. Cultivating a thought habit of gratitude consciousness and living all day with a grateful heart is the foundation for living where divinity is natural and ordinary. For the next eight-and-a-half minutes, we want to compress the feelings of gratitude welling up from the depths of our hearts, and spend the time in pure gratitude toward our cells, the people around us, all things and living creatures that sustain our lives, and the natural environment—all that comes to mind. If nothing comes to mind, it is also good to simply continue thinking the words "thank you."

Now, let us begin.

Sekai Jin-rui ga Heiwa de ari-masu you-ni. Nippon ga Heiwa de ari-masu you-ni.  
Watakushi-tachi no Ten-me ga mattou sare-masu you-ni. Shugo-rei-sama, arigatou  
gozai-masu. Shugo-jin-sama, arigatou gozai-masu.

May peace prevail on Earth. May peace be in our homes and countries. May our missions be accomplished. We thank you, Guardian Deities and Guardian Spirits.

### 4. Divine Spark IN

**SAITO:** Thank you. Finally, we will form the Divine Spark IN seven times in a row, and together with the Deities and Cosmic Angels as one, send the Universal God's light to nature, all living things, and all humanity. This time we will form the IN with a prayer time interspersed between each formation, so we will form each IN carefully and with

our whole hearts.

**SAITO:** Now, let us begin.

We send the Universal God's light to nature, all living things, and all humanity.

We send the Universal God's light to nature, all living things, and all humanity. Yes.

<Form the Divine Spark IN seven times>

<Close eyes for fourteen seconds of meditation after each formation>

**SAITO:** Thank you very much.

That's all.