

Hello, everyone. We're beginning the study session on Saturday, April 4th.

I'd like to start with the Prayer for the World Peace Unification. Today, we won't be using the Touitsu CD. First, let's all join our voices together, and after that, please close your eyes and, within the rhythm of relaxed breathing, continue to chant words of light, words of truth, or words of divinity.

When I say "Hai, arigatou gozai-masu," that will be the end. Now, let's begin.

< Prayer for the World Peace Unification >

The reason we did it this way today without using the Touitsu CD is that, while using the Touitsu CD certainly brings us the light and purification of Goi-sensei's kashiwade (clapping hands) and reiteki (spiritual whistling), I wanted you to reconsider the fact that even without relying on such tools, each one of us can connect to the depths within our own daily life, within our own life force, and the same light that comes from the kashiwade and reiteki we hear on the Touitsu CD can emerge from the depths of our own life, resulting in the same experience of purification.

Just now I was talking about the Touitsu CD, but for example, in daily life, freeing ourselves from the way of thinking that depends on the outside world, like "I can't live without my smartphone," or "I can't live without my headache medicine," or to put it even more extremely, "Humans can't live without a place to live."

I think it's fine to use such convenient things while they're available. But I believe we also need to simultaneously hold the conviction in our hearts that "we can live even without such things."

We are now in a period of great transformation. The Earth is changing dramatically. You hear it said everywhere that we're in the midst of great change. In reality, the world of this planet called Earth is at a critical juncture, like balancing on the peak of a sword's edge, where each day we live in a situation of "will we fall to the right or fall to the left from the top of a pointed mountain, or can we walk straight ahead without falling?"

Within this context, there is one way of thinking that says "we are protected, so we'll be fine." But cultivating within ourselves the tremendous confidence, the conviction, the natural recognition that "no matter what happens, I can survive" — practicing this while things are still calm is what will prove useful when the time of crisis comes.

Regarding how the old civilization will come to an end, we speak of a soft landing. That is the wish of the cosmic beings and the divine spirits and gods of the earthly realm, who want to steer things in that direction. But how things actually turn out depends on us — those of us living in this earthly realm with physical bodies right now.

If we who can pray for world peace live each day with the same way of thinking as humanity who does not pray — thinking "I'm grateful because I have this" or "I'm not happy because I don't have that" — then when the moment truly comes that everyone must change, we will end up reacting in the same way.

That is to say, we would be thrown into confusion, running this way and that. We'd be in a state where we'd cling to anything, even a straw, if it could save us.

At such a time, if even one person in a community has already acquired the way of living directly connected to the source of their life force while things are still peaceful, the people of that entire community can be saved.

Therefore, the question for us is: "Can we maintain an immovable heart when the crucial moment comes?" During peaceful times, as day after day passes along uneventfully, we are not exactly in a state of immovable heart, but we can at least live without our minds being disturbed.

But this kind of state is not something only humans can achieve — even animals can do it. In fact, animals also live peacefully when they sense no danger.

For example, we've been hearing various stories about bear attacks in recent years, but bears wouldn't attack if they didn't encounter humans. They may have more physical strength than us, but they attack because they too are afraid of humans.

However, there have been several cases around the world where small children, toddlers, encountered bears and actually became friendly with them. It's not just in Japan. It happens in other countries too.

And I wondered, "Why is that?" Well, it doesn't take much thought to figure it out. It's because children have no malice in their hearts. So the bear doesn't feel any fear either.

For example, somewhere in the mountains of America, a child not yet five years old apparently encountered a bear. This was only learned afterward — from the adults' perspective, there was an incident where "a child went missing."

After some days — I can't remember if it was about a week or longer — but in the end, the boy came back safe and sound, as if nothing had happened.

And the parents asked, "Where have you been all this time?" The child answered, "I was living with the bear." The adult bear had been taking care of the human child just as it would its own cub.

This is a bit of a digression, but what's important is having an immovable heart — not letting your mind be controlled by any emotion, whether it's anxiety, fear, sadness, or anger.

For adults, being innocent like a child would be ideal, but once you've experienced all the ups and downs of life, it's really quite difficult to live with the pure innocence of a child.

So, in the form of an immovable heart, by completely immersing ourselves in our guardian spiritss and guardian deities — so much so that the consciousness of our guardian spiritss and guardian deities is manifesting through our physical heart and body here — by living while feeling this sense of oneness, we can attain an immovable heart.

I myself have not completely reached that state. For example, today — just before 1 PM, no, not just before — until a little past 1 PM — today! — I was thinking, "Can I really talk for two hours

today?" "Will it be alright?" "I haven't prepared anything" — that kind of anxious thought crossed my mind.

When my consciousness is deep within the core of life, I feel it will be fine. The reason I can feel confident is that the ones doing the speaking are the guardian spirits and guardian deities, or the divine spirits who assist our prayer gatherings through the great light of salvation. As long as I believe that, everything is fine.

I've been doing this since September of 2023, so I've done this dozens of times already, and yet there's still a part of me that thinks with habitual thoughts, "Will it really be okay?"

This is what I call "thought habits" — patterns of thought that are my own mental habits. All of these thought habits are what we call "vanishing appearances." But if we don't see these thought habits as "vanishing appearances," they won't vanish.

Things we don't notice, things we can't see, things we don't understand — these don't easily become vanishing appearances. That's why we quiet the mind. We practice chinkon — pacification of the soul.

The "chin" in chinkon is written with the character meaning "to calm," and "kon" is written with the character for "soul." In this way, riding on the rhythm of relaxed breathing, we guide our consciousness deeper and deeper into the soul, deeper and deeper into the heart, so that we can see what thoughts are lurking there.

I think I've shown you this in a book before, but an American scholar divided human consciousness into 1,000 levels, explaining what each level — 500, 700, and so on — looks like. However, the actual structure of consciousness layers is not that simple.

We'll speak about it in a very rough, approximate way, but when consciousness at the Physical Body level evolves and rises in consciousness level, it enters the spiritual realm.

Even when we say "spiritual realm" in one word, it's very vast — from the lower parts of the spiritual realm that aren't much different from the astral realm, to the middle layers, to the upper layers that haven't quite reached the divine realm. That's all the spiritual realm.

From the lower spiritual realm one enters the middle layers, and from the middle, rises to the upper world of the spiritual realm. Those who have released their attachments — the thought habits called "clinging," "fixation," "assumptions," and "attachment" — enter the divine realm. Their consciousness level enters the divine realm.

For those who might wonder "What is consciousness level?", please think of consciousness level as the average of the thoughts that normally cross your mind.

When each of you places your hand over your heart and reflects on your behavior, your words and actions, the movements of your thoughts, the movements of your heart, the thoughts that cross your mind — there are times when you are thinking very noble things, and there are also times when you are occupied with dissatisfaction, complaint, and discontent.

It's normal for a human's consciousness level to be inconsistent. That means emotions — joy, anger, sorrow, and pleasure — cannot yet be controlled. In a sense, these emotions are like the vortex of a typhoon.

There may be vortexes of joy, vortexes of sadness, and vortexes of anger. Within these various emotional movements, it's quite common for someone who was just smiling to suddenly become irritated.

That happens when the consciousness level is below the middle world or the middle level of the spiritual realm. So we need to raise the average level of our consciousness.

Then, as we discussed at the very beginning of today's talk, amid the great transformation of the Earth — there used to be the words "in the face of the great planetary transformation that is yet to come" — when that time arrives, we can stand firm. We won't be flustered.

When I think about this as it relates to myself, if I were in a situation where I lost my home due to a great earthquake, tsunami, or some other disaster, I considered what I would do, and the thought "I would live vigorously no matter the circumstances" came to me naturally.

Naturally, there will be people around who "don't know what to do." I think I would probably be telling such people, "You can do it this way." That kind of thinking came to me naturally. So I thought, "Ah, this level of mental state is the foundation that would allow us to get through anything."

Such a mental state can be summed up in one phrase: immovable heart — an unshakeable mind. The important thing is why we can have an immovable heart, why we can remain unshakeable. But even if someone tells you "Have an immovable heart," it's not something you can just achieve easily.

So what I'm asking is: why can we have an immovable heart? Please think about it too. What allows us to remain bright and positive no matter what happens?

I'm sure many of you thought of the word "divinity." It's because we recognize our own divinity.

I think I've mentioned before about doing "Who Am I" every day, as many times as you can. "What am I?" "What kind of being am I?" If you continue this self-inquiry, you become someone who can explain your own divinity in words.

If you have already become that but cannot explain it in words, then it is not yet genuine. After all, you're explaining yourself.

For example, you can look at the palm of your hand and say, "I have a mole right here on my middle finger." You can say that because you can see it and you know it's there. In the same way, you need to be able to observe and know your own divinity well enough to explain it. Then you become someone with an immovable heart.

To see the divinity within your heart, you must abandon the idea of "self" and dive headlong into the depths of your life. In other words, dive into the bosom of your guardian spiritsss and

guardian deities. There's the expression "become like a carp on a cutting board" — surrender yourself completely.

Imagine lying face-up on a cutting board large enough for a person and saying, "Guardian spirits and guardian deities, please use my physical body and heart freely in whatever way you wish. No matter how you use me, I won't complain at all." Not only that, but "I'm grateful. Thank you." Living with the continuous feeling of "Thank you, I'm grateful" directed toward your guardian spiritsss.

Just as a clock shows hours, minutes, and seconds, and its hands appear to advance moment by moment, if we use our consciousness in this way in each of those moments as we live, the accumulation of this will save us when the crucial time comes.

Saving ourselves is, from another perspective, the guardian spiritsss and guardian deities helping us as physical human beings. But when we observe the situation from an even higher world, looking down upon it, the guardian spirits helping and the physical human being helped — both are the same person.

So the time has come for us to graduate from the stage of "God and myself are separate." We need to naturally feel that "my guardian spiritsss and guardian deities are actually part of me." Some of you may already feel that way.

The method for reaching that state has also been spoken of for many years now. "Guardian Spirits, thank you. Guardian Spirits, thank you. Guardian Spirits, thank you. Guardian Spirits, thank you. Guardian Spirits, thank you." Continuing this without ceasing.

The reason it needs to be continued without ceasing is that the human mind, if left unattended, will think about things it doesn't need to think about.

So, even if people think you've "gone crazy" or "become a fool" during three weeks in your life, by having a time where you think of nothing else, your consciousness completely transforms.

It switches to a state of pure gratitude. You reach a state of "nothing but gratitude." Of course, those who have reached a high level through practice in past lives don't need to do anything this intensive — they can gradually, over a lifetime, while living normally, repeat "Guardian Spirits, thank you" and reach that state.

There are actually people who have achieved this. Quite a few, in fact. But can everyone do it? Unfortunately, not everyone can. And yet, we are now at a point where there is no more time to wait.

"Then how do we guide the people of Earth?" — and from that question, the kind of talk that makes you wonder "Do we really have to go that far?" emerges, as I understand it.

Those who don't want to do it don't have to. If they can't ride the wave of Earth's dimensional ascension, they'll continue on with their lives as they are. But we made a great vow before coming to Earth.

We are the ones who came to Earth with conviction and resolve, holding the vow "We will definitely make this new planet we're going to into a world of great harmony." Another way to put it is, "These are our ancestors."

But when we casually say "ancestors," we've been doing this endlessly — an ancestor from several generations back is me, another ancestor from several generations back is also me. It's not such a simple, single-lineage story. In reality, many different spiritual lineages are intertwined.

Tens of billions of years ago — about four billion years ago, I suppose — we came to Earth. Coming from Venus to Earth was one of our past lives. And there were lives before living on Venus too. We are people who have been perfecting various planets throughout the universe.

As I've mentioned before, the beings that we truly are, are professionals of planetary development. We are people who have the power to solve any challenge, no matter how difficult it may appear before us.

There are those who, by the total accounting of their past lives' deeds, should not need to suffer serious illness in this lifetime — precisely because they are souls of such power — yet they take on the karmic thoughts of their entire ancestral line, experience great illness in this lifetime, and thereby purify those karmic bonds. There are people who carry out such roles.

Through one person's experience of hardship and suffering in this lifetime, their entire ancestral line is purified and can find happiness. There are those who carry out such a noble role.

I myself have had several major injuries, but in this lifetime I've been living with a relatively healthy body, so I truly feel grateful to those who purify humanity's karma in that way.

So I myself, rather than experiencing illness personally, would like to dissolve the mistaken thoughts of humanity on Earth and — if those are thoughts frozen like ice — melt them with a heart of light, so that everyone can express their divinity. That's what I hope for.

No matter how much we say "there's no more time to wait," as long as people on Earth have nothing troubling right before their eyes, the fire under their hearts won't light, and they won't seriously try to change themselves. Because right now, they can still live normally.

They wake up in the morning, eat breakfast (some people skip it), do what they want to do, take a bath or whatever, and go to sleep — they can live normally. Even while saying "Prices are going up and it's tough," we're still managing to get by like this.

This kind of talk changes how humanity appears entirely depending on the position of consciousness from which it's spoken. Take a breath out — "Fuu" — and go inward. As you shift the position of your consciousness deeper into the heart, deeper into the soul, you begin to feel "There's no need to worry about humanity that much."

The reason is that those who will do this upon hearing such talks are already decided, and those who won't are also already decided. When you go to the very deepest part, to the very core of life, it says "Everything is already determined."

But I think people who haven't reached that level at all shouldn't really listen to this kind of talk. The talk about "everything being predetermined" — if you are truly an enlightened person, you can hear such a thing and still practice properly.

But people who haven't reached that point would think, "Oh well, if everything's predetermined, I might as well slack off." So I think you don't need to worry about the idea that "everything is predetermined."

When your consciousness has become completely one with your guardian deity, and you are at the stage of saying "Right now, I am one with my guardian deity," then it's fine to recall this.

At the level of the guardian spirits, they are much closer to us. The guardian spirits are beings of noble spiritual rank and divine status. Yet they are always by our side. They are constantly worrying about us, unseen, thinking "I wish they'd turn this way" and "Please get closer to God."

So the guardian spirits does worry. But does the fact that they worry make them any less noble? Not at all. They worry, but they are not caught up in their worry. The guardian spirits do this because it's their work, their divine mission.

The depth of the guardian spirits' love is... if I let myself go too deep into that, I'll start to cry, so I'm thinking "I'd rather not go there right now," but it is truly profound. The guardian spirits' love is really amazing.

I've always thought of myself as a stubborn, difficult person, so I'm well aware that I've caused a great deal of trouble for my guardian spirits. And when I consider my feelings toward my guardian spirits with that awareness, it truly is "Such a scoundrel as me, and yet they never gave up."

If I were in the opposite position, I think I would have given up long ago, saying "He's hopeless." But the guardian spirits absolutely never abandons the physical human being they protect. And this isn't just my guardian spirits.

All of humanity's guardian spirits are the same. Even when the human beings walk in the opposite direction of their guidance, they give inspirations and intuitions saying "Don't go right, go left" to guide them, but more often than not, they go the opposite way.

"Oh, they went right after all. Then let me guide them this way." They immediately shift their approach. To tell you the truth, the guardian spirits can already see that the person will go right even when they say "Don't go right."

But because it is the guardian spirits' work, their duty, even knowing the outcome, they still give the intuition saying "Don't go right, go left," and provide the inspiration.

But the physical human being they protect doesn't listen. People who habitually flee to the second intuition, the third intuition, will quickly push aside the first intuition without it even registering in their consciousness, which is why things don't go according to the guardian spirits' guidance.

That's precisely why it's written in "God and Man" that "the first intuition is the guidance of the guardian spiritss and guardian deities." In order to live in accordance with the first intuition, continuously repeating "Guardian Spirits, thank you" is important.

As I always say, the phrase "A-ri-ga-to-u-go-za-i-ma-su" (Thank you) is a magic word — an incantation — that dissolves the barrier separating you from the one you wish to express gratitude to, and makes you one with them.

Therefore, if you keep continuously doing "Guardian Spirits, thank you," it's only natural that we become one with our guardian spirits.

If someone says "I can't become one with them even doing that," then I think it means they're only thinking they're doing it when they're actually not. If you do it with genuine sincerity, you will definitely become one with your guardian spiritss.

Even if not 100%, reaching 80 or 90 percent unity is easy. If during the 16 waking hours of a day, you can be one with your guardian spiritss for 12, 13, or 14 hours, then even if you let your guard down for 2, 3, or 4 hours, the overall average still maintains a high level.

I often say "Please do 'Guardian Spirits, thank you,'" and sometimes people ask, "Don't we need to do it for the guardian deity as well?"

The reason is that if you make your connection with your guardian spiritsss absolute, since the guardian spirits and guardian deity already have a direct, interconnected relationship, once you become one with your guardian spiritss, you naturally become one with your guardian deity as well.

Even if you skip the guardian spirits and go directly to "Guardian deity, guardian deity," the guardian deity is like a sun shining beyond the sky deep within your heart. The guardian spirits, who take care of us in our daily life up close, has an entirely different role.

When the guardian spirits finds that "I just can't guide them with my power alone," the guardian spirits petitions the guardian deity, and the guardian deity, accepting that petition, may send a great light to the physical human being.

When that happens, situations may occur in that person's life that human beings don't usually wish for — a company suddenly going bankrupt, a serious injury, a major illness. But in the truest sense, these are experiences born of love.

In the human world, people call these things "misfortune." But in reality, they are paths that must be walked to become better, and they are by no means bad things. That's why we say "All is perfect and complete. Nothing is lacking. Perfectly accomplished. Dai-Jouju.." No matter what happens, we need to know that it's the working of divine love.

Even if something happens that makes you think "I failed" by human reckoning, you can brightly shift your thought to "I see, so that's how it turned out. Then let me try this next."

"I don't want to get sick, I don't want to get sick" — if someone lives thinking that and then gets sick, they will surely feel devastated. But once it happens, you can manage somehow. There's always a way to keep living.

That might mean making friends with the illness, or it might mean that as your heart becomes harmonized, the illness gradually diminishes, and through such an experience you learn "Ah, so this is how I need to use my consciousness."

I think you've often heard stories of people who became kinder after experiencing a serious illness. So getting sick isn't all bad. It is absolutely the guidance of guardian spirits and guardian deities, and it carries many meanings.

You can't fully convey this kind of talk with just one story, so please regard what I've just said as only one part, one aspect of what lies behind illness.

So, it's now 59 minutes past the hour. I'd like to do the Divine Spark IN once first and then take a break. We'll say "Shinsei-Fukkatsu. Dai-Jouju" twice and do the mudra once.

< **Divine Spark IN once** >

Thank you. Now, let's take a break until 2:13.

< **Break** >

Now we'll begin the second half. During the break just now, as a participant myself, I reflected that "today's central theme is going deeper into the soul, deeper into the heart, returning to the depths of life, and through that, gaining the immovable heart of knowing that no matter what happens, you'll be fine, that you can live through anything."

I was telling this to my wife during the break. She said, "That's a very important message, isn't it? It's the kind of talk that builds a strong, strong pillar in our hearts. If you make that talk your own, you won't be just a physical human being created by someone — you can become a person who creates."

Going deeper into the heart. Going deeper into the soul. Returning to the depths of your own life. What do we do for that? The answer given was "raising your consciousness level," and that is our conscious evolution.

That's because the consciousness evolution of humanity is linked to the growth of the entire planet. If humanity's consciousness doesn't evolve, it's difficult for the world of that planet to become a world of great harmony.

Some might think, "Then why not just create a harmonious planetary world from the beginning?" But linking planetary development with human consciousness evolution is part of the growth process for us as divine sparks of the Universal God.

The reason is that if we lived only in a state of "all is perfect" from the very beginning, it would be difficult for the human heart to conceive of wanting to devise something, create something, produce something, or make things better.

In connection with this "consciousness evolution of humanity," I think I've talked about this several times in study sessions — eventually, somewhere on some planet, we too will become someone's guardian spirits. We might become a guardian deity. At stages before that, we might take on the role of a guiding spirit. We might become an assistant guardian spirit. Through stepping up in this way, we experience being a primary guardian spirit, and then become someone's guardian deity. Becoming someone's guardian deity means taking on the position of looking after multiple descendants.

There are also paths of evolution through overseeing nature — the gods who govern water, the gods who govern air, the gods who govern the earth, the gods who govern animals. And when we say "animals" in one word, there are gods who govern mice, gods who govern cats, gods who govern dogs, and so on for each kind.

We might become gods who govern celestial phenomena and perform the work of dragon deities. Even within a single planet, there are so many future possibilities for us. So many things to do, so many things to learn.

Through experiencing all of these things on various planets, and among those, only a very select few, the time comes to experience planetary consciousness. There is a being called the "Earth Spirit King." This being is a senior of our life force.

Someone who was once a human being is now living as the Earth itself as their body. Similarly, on Mars, Venus, Mercury, Jupiter, Saturn, and even on distant planets like Pluto and Neptune, planetary consciousness exists.

Each planet has its humanity, its animals, its nature, with various gods working. We experience all these various planets, and eventually we experience planetary consciousness, and when that learning is complete, next we experience the world of a fixed star.

In our solar system, that means the Sun. We are born among the humanity of the Sun's world, experience governing various aspects of nature within the Sun, and among those, a select few experience solar consciousness — becoming the sun deity. A soul that has experienced all roles within one galaxy would then go on to the next.

Even if you can't vividly picture this, try to imagine it at least vaguely. Then you see that human beings take turns being disciples and masters, being children and elderly, being babies and experiencing all sorts of things, growing infinitely.

When you understand everything I've been talking about up to this point, you can also see why the current Earth is in an imperfect state. It's because these are necessary experiences.

There's no need to be swept away by emotions and grieve, or get angry. Even being exclusively caught up in joy is a kind of imperfection. The important thing is to not get caught on anything, not grasp at anything, and to be able to freely transform your heart.

This free flexibility of the heart is what it means to have a heart free of attachment. When you're grasping at something, that's when you become worried, frustrated, sick to your stomach with resentment, and all sorts of entangled attachments that can even wear down the body.

The physical body is an existence that is directly affected by human consciousness. The physical cells, that is. The reason I say "the body follows afterward" is that, as you all know, the physical body is a vessel for us to live in this earthly world — a vehicle.

Some people might not feel the sense of life's workings when they hear words like "vehicle" or "vessel," but in truth, everything has life — cars, buses, trains, airplanes, ships — every vehicle has life.

Having life means that the life of physical cells is working there. These are what we call "the little cell friends inside our body." The question of how these cell friends normally live is that they live according to the consciousness of the guardian spirits and guardian deities.

But when the thoughts of the physical human being interfere with that, we experience things like illness or becoming disabled due to a serious injury.

I don't really want to go too deep into this kind of talk because it can lead people to be too hard on themselves, but consciousness — as I mentioned earlier — your surface conscious awareness is not the only consciousness you have.

As I've said before, in the world of psychology, human consciousness is said to be less than 5%. In my own feeling, I think it's less than 1%.

Most of it is subconscious. Beyond the subconscious, deeper within, there is the consciousness of the spiritual body, the consciousness of the divine body, the consciousness of the naohi (direct spirit), and the consciousness of the Universal God. Before reaching the spiritual body consciousness, the thoughts stuck in that area before it are clinging thoughts, which is the subconscious.

On the surface, your mind may not think that way, but in the unseen depths of your heart, you might be thinking "such and such." That too is a legitimate kind of thought that influences a person's destiny.

So, I think you've heard the talk about how "thinking you live by your own power alone is conceit." When you consider everything together, from this point forward, we need to dissolve completely into our guardian spirits and guardian deities and live our daily lives.

If everyone keeps living saying "this body is mine" and "this body is mine," the future of the Earth would be in great trouble. But we were born precisely so that wouldn't happen.

When everyone is heading in the direction opposite to divinity, we unknowingly hold them back, and our wish is that even in those people's hearts, the inspiration "Human beings were divine beings all along!" would descend with an incredibly strong light, and everyone would return to their original selves.

(Those of us) who have been praying "May peace prevail on Earth" for decades have prayed this prayer countless times. The phrase "Shinsei-Fukkatsu. Dai-Jouju" — it's been over 10 years since these words came into use, hasn't it? Quite a while now.

You have all heard that our prayers wrap around the Earth like a belt of light, and that it is not a weak light that will fade away.

But while offering such wonderful prayers, the fact that we as individual physical human beings are emitting thoughts that would disharmonize the future of the Earth — that is truly absurd, isn't it?

So I believe the time is now for us to shift to the consciousness of being "one" with our guardian spirits and guardian deities all year round, "one in unity," and "this is simply who I naturally am."

If we do it now, truly, in the future — years from now — when everyone is panicking and saying "What do we do? What do we do?" — we can be calm and serene, showing not a trace of anxiety. We can tell them "It's alright." Even without us speaking up first, people who are anxious will come seeking us out.

Some people may, just as the ancient saints did, materialize food from thin air and share it with those who lack food. The world will change into one that cannot be measured by current common sense. So now, while we still can, let us learn everything our physical body and heart can learn, and accumulate a wealth of experience.

The difference between those who don't do this and those who do will become unmistakably clear when the great planetary transformation finally arrives. The time will come when that difference is plain to see.

In an era like the present where we can still live in a daze, people can casually say "I wonder if there's really any difference." But inevitably, there will be a period when such carefree talk is no longer possible.

Without passing through that period, we cannot interact with extraterrestrial beings, introduce their advanced science, civilization, culture, and arts to Earth, and bring the Earth to an evolved state. Without passing through that gate, we cannot reach the next world.

At that time, if there are 100, 500, or 1,000 people — ideally 10,000 or 100,000 throughout the Earth — living with a feeling of great peace, then the Earth will be secure.

There was talk about "the number of divine humans reaching 100,000," but in the end it seems to have stayed around 10,000. It's hard to increase, isn't it? Within this situation, the gods of the divine realm and the cosmic beings have changed their policy within the last decade or so, saying "Let us pour more power into each individual now."

A tremendous amount of power is being poured into each one of us. Therefore, the fact that we can become one with God is an undeniable truth. It is an unquestionable fact. It would be strange if we couldn't become one with God.

Becoming one with God is also natural. Those who already think "Of course it's natural" are probably already living with the axis of their consciousness firmly placed in the divine realm.

For those who think in their hearts "That's easy for you to say..." — when you are alone, please face your own heart and carefully observe the feelings that deny becoming one with God.

When observing the heart, never allow your emotions to be stirred. Just observe. "So this is how karmic thoughts live in the depths of my heart" — just watch them. Doing so is the first step in letting go of all negative feelings.

(Then) you remember, "That's right — vanishing appearances, and the Prayer for World Peace." Without blaming or judging yourself more than necessary, you can surrender to your guardian spiritsss and guardian deities.

You don't need the "self" anymore. But when many people are told "You don't need it," they say "I can't let it go." Those who think they can't let go — I think you should go ahead and take your ego to the extreme. Be as selfish as you can.

Long ago, there was a talk by Goi-sensei about how "being half-hearted is the worst thing." Al Capone — he was apparently a notorious criminal in America. A great villain, as the world would say. But when Goi-sensei observed what happened to this person after death in the spiritual world...

Well, you might think that since he was a great villain who did terrible things, surely he must be suffering in some kind of hell. But far from it. He was living happily in a very bright, good world.

And someone around asked, "Goi-sensei, why is that? That doesn't seem right." And the answer was, "He did many bad things, but he lived with great decisiveness. He was clear-cut. He didn't live in a wishy-washy way. He was thoroughly who he was. That's why his world after death is very clear."

Even in the prayer for world peace, people who are "just going through the motions" are not needed. That was a very harsh statement. "The riffraff are not needed," we were once told.

(Goi-sensei) said, "What I want are people who can pray with their lives on the line." Right now I'm speaking in a quiet tone, but some of you may remember hearing certain sermons delivered in a tremendous, thundering voice.

This era is the time to stake our lives on becoming one with God. "Now" is the final reckoning of this lifetime. And not just this lifetime — it is the culmination of countless reincarnations through the earthly realm, perhaps hundreds or thousands of times.

If we go to the other world without completing what we were truly meant to do in this life, we will face great hardship. In fact, it's easier to do it while in this world. Because in this world, thoughts don't immediately become reality.

Some might think "Isn't that a kind of limitation?" But unless you are someone living with the consciousness of a saint, if someone whose mental state includes thoughts of "good and bad," "like and dislike" could have their every thought immediately materialize, the world would be a mess.

That's why the Physical Body realm is a gentle, merciful world. But this merciful world is gradually approaching the wave-like world of the spiritual realm. The world where humanity's divinity has been restored is a world where thoughts immediately become reality, so if everyone hasn't become divine, it would be dreadful.

We have been dispatched to Earth in order to bring about such an era. Of course, there's also the aspect that we came by our own will, but from the perspective of those far above, that is our position.

Each one of us is directly connected to the Great God who oversees the stars of the universe. This connection is truly no ordinary connection. When we think, when we chant, "May peace prevail on Earth," the great light of the Universal God is doing its work through us.

So I think it's fine to have times when you do "Guardian Spirits, thank you. Guardian Spirits, thank you," but I also think it's wonderful to try continuously repeating "May peace prevail on Earth, May peace prevail on Earth, May peace prevail on Earth" over and over.

Of course, you don't need to say it as fast as I just did — you can pray slowly, in rhythm with relaxed breathing. Try various ways of expressing the resonance.

Such creative ideas about how to pray will come down as intuition from the guardian spirits. When I say "the guardian spirits taught me," some people ask "What exactly did the guardian spirits say?" But the guardian spirits doesn't speak in words we can hear with our ears. Rather, it comes through intuition.

The key is to simply accept the first intuition that comes to you. Many people on Earth twist it to suit their own convenience, flip-flopping through second and third intuitions, saying "No, that's not right" and overthinking it. As a result, things go in a direction unintended by the guardian spirits.

To connect to the very core of your life, you go through stages — guardian spirits, guardian deity, naohi, Universal God — though this too is a rough classification. You can also connect to the depths through the form of relaxed breathing, through the form of prayer, through the form of gratitude. When your consciousness is in the right place, the various things I've spoken about today will become "Ah, so that's what it meant."

You will understand later, saying "So that's what it was all about." When that time comes, you'll be so moved that you weep tears of deep emotion. That time is truly just around the corner.

The more intensely you have lived your life, the greater the joy at that moment — beyond words. There's the expression "the soul trembles." It is truly a moment when you think "I'm so glad I persevered through the earthly realm," and that moment is right there.

I hope we can all share that experience together. With that, let's end for today, do the Divine Spark IN once, and conclude.

< Divine Spark IN three times >

Thank you very much.

Alright. That concludes today's study session. I'll now turn on everyone's microphones.

< Goodbye Time >

Thank you very much. That concludes today's study session. The next session will be on Saturday, April 18th.

Thank you. Thank you all for participating.

That's all.