

[Ho-ho Seifu Ki: A Pure Wind Rises with Each Step]

◎ “Ho-ho Seifu,” Words That Caught My Eye in a Morning Drama

The other day, while watching the morning TV drama, my eye was caught by the title “Ho-ho Seifu,” shown in a corner of the screen and given to each week’s episodes. Thinking, “I have no memory of these words, yet somehow I know them,” I looked into their background and meaning as I always do, and found the following.

The expression “Ho-ho Seifu” is an abbreviation of “Ho-ho Seifu Ki” or “Ho-ho Ki Seifu.” It is a phrase used on hanging scrolls in early summer at tea gatherings and the like, and the phrases “Ho-ho Seifu Ki” and “Ho-ho Ki Seifu” themselves have been handed down as one of the many Zen sayings.

So my interest shifted to the Zen saying “Ho-ho Seifu Ki.” When I looked into these words, I found that a number of Buddhist monks had tried to explain them, each from their own state of mind. Most of the explanations were shallow and nothing struck a chord, but one monk alone gave an explanation that resonated with the True Self deep within my heart.

◎ One Monk’s Experience on His First Day of Entering the Temple

That monk spoke of these words through what happened on the day he asked to be admitted to a temple for training.

Begging for admission, he sat at the entrance all day long, and when he was chilled to the bone, his stomach could not accept the supper that was served to him, and he vomited right there at the meal. On the spot, with vomit scattered over his bowl, the meal table, and his brand-new monk’s robe, he could do nothing but hold his mouth and endure.

At that moment, a senior monk quietly stood up, cleared away the bowl in an instant with his bare hands without minding the filth, and silently handed him a wet towel that had been prepared before he knew it. He was simply dumbfounded by the brilliance of that handling.

“Ho-ho Seifu Ki,” he said, is a phrase that expresses the workings of no-mind, in which those who watch feel a refreshing purity in every single movement. The movements of that senior monk were exactly that pure wind itself, arising from the workings of no-mind, and this became the monk’s first experience of touching Zen directly, the starting point of his training. “Without that failure, I would not be who I am today,” the monk recalled.

◎ “Ho-ho Seifu Ki” and “Ho-ho Ki Seifu”

What resonated with me was that the story told there was not a mere sermon in words, but a true story seen within the “action” of clearing away, with no-mind, the filth right before one’s

eyes. Such a pure wind arises from thoughts, words, and actions of no-mind. No-mind, needless to say, is the state of mind in which the self-centered mind has been extinguished.

By always reflecting on ourselves, seeing the thoughts, words, and actions that come from the self-centered mind as fading-away forms, having them purified by the Guardian Deities and Spirits, and devoting ourselves day in and day out to the thoughts, words, and actions of no-mind that well up from within the Prayer for World Peace, we can draw closer to the state of “Ho-ho Seifu.” In other words, while walking toward “Ho-ho Seifu Ki,” once it is fulfilled, we can reach the state of “Ho-ho Ki Seifu.”

(“Ho-ho Seifu Ki” refers to an objective description of ‘the state in which a pure wind rises through each and every step.’ “Ho-ho Ki Seifu” refers to ‘the active state in which we ourselves raise a pure wind through each and every step of our walk.’)

© The Heart of “Ho-ho Seifu Ki” That Arises from Total Entrustment

We reach ‘the state of selflessness’ by living “this present moment” together with the Guardian Deities and Spirits, striving for thoughts, words, and actions in which the self-centered mind has been diluted. If we actively try to aim at or manifest a state of selflessness, in most cases we stray onto the side road of psychokinesis.

Therefore, spending our daily lives with a single thought of gratitude, in a state of mind that leaves everything to the Guardian Deities and Spirits, is precisely the state of mind that should be placed at the base of the Prayer for World Peace, seeing all as a fading-away form. And the thoughts, words, and actions that arise spontaneously from having totally entrusted ourselves to the Guardian Deities and Spirits are, I believe, what become “Ho-ho Seifu Ki (the state in which, with each and every step a person takes, a pure wind rises behind them).”

On Saturday night, we will place ourselves in such a state, where a pure wind arises naturally, and make it a time to look upon Great Nature, all living beings, and all of humanity while sending forth the pure wind of divinity.

Program for the Day

[Opening Remarks]

GYOUTEN: Hello, everyone. We will now begin the Saturday night program, ‘A Day Interconnected by Divinity.’ Today, as mentioned in the announcement email, while being aware that each step of our walk and our way of living lets a pure wind blow around us, we will form the INs of the Thorough Practice of Positive Thinking, the

Gratitude to Nature, and the Divine Spark, and make this a day to let a pure wind, interconnected by divinity, blow to all of nature, to all living beings, and to humanity. Thank you for joining us.

Now, to begin, we will offer the Prayer for World Peace in Japanese and English.

1. Prayer for World Peace

GYOUTEN: Now, let's begin.

Sekai Jin-rui ga Heiwa de ari-masu you-ni.

Nippon ga Heiwa de ari masu you-ni.

Watakushi-tachi no Ten-mei 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. Thorough Practice of Positive Thinking with the IN

GYOUTEN: Next, we will form the IN of the 49 items of the Thorough Practice of Positive Thinking, reading each item aloud once. Today we will proceed a little more slowly. Also, at the end of each set, we will set aside 14 seconds of prayer time. Now, let's begin.

May Peace Prevail on Earth.

Infinite Love, Infinite Harmony, Infinite Peace, Infinite Light, Infinite Power, Infinite Wisdom, Infinite Life.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Happiness, Infinite Flourishing, Infinite Abundance, Infinite Supply, Infinite Success, Infinite Ability, Infinite Possibility.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Health, Infinite Sparkle, Infinite Renewal, Infinite Freshness, Infinite Refreshing, Infinite Vitality, Infinite Hope.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Freedom, Infinite Creation, Infinite Greatness, Infinite Openness, Infinite Development, Infinite Energy, Infinite Gratitude.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Joy, Infinite Beauty, Infinite Youth, Infinite Goodness, Infinite Sincerity, Infinite Purity, Infinite Rightness.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Integrity, Infinite Courage, Infinite Progress, Infinite Improvement, Infinite Strength, Infinite Intuition, Infinite Innocence.

<Pray for 14 seconds>

May Peace Prevail on Earth.

Infinite Forgiveness, Infinite Splendour, Infinite Nobleness, Infinite Dignity, Infinite Blessing, Infinite Brightness, Infinite Embracing.

<Pray for 14 seconds>

GYOUTEN: Thank you very much. Next, we will perform the Gratitude to Nature with the IN. Toguchi-san, please go ahead.

3. Gratitude to Nature with the IN

TOGUCHI: Thank you. Now, let's begin.

1) Gratitude to the Ocean

On behalf of humanity, we thank you, Divinities who govern the Ocean;
Dear Ocean, we thank you.

<Pray for 14 seconds>

2) Gratitude to the Earth

On behalf of humanity, we thank you, Divinities who govern the Earth;
Dear Earth, we thank you.

<Pray for 14 seconds>

3) Gratitude to the Mountains

On behalf of humanity, we thank you, Divinities who govern the Mountains;
Dear Mountains, we thank you.

<Pray for 14 seconds>

4) Gratitude for Food

On behalf of humanity, we thank you, Divinities who govern Food;
Dear Food, we thank you.

<Pray for 14 seconds>

5) Gratitude to the Physical Body

On behalf of humanity, we thank you, the Physical Body,
Dear Physical Body, we thank you.

<Pray for 14 seconds>

6) Gratitude to Water

On behalf of humanity, we thank you, Divinities who govern Water;
Dear Water, we thank you.

<Pray for 14 seconds>

7) Gratitude to Plants

On behalf of humanity, we thank you, Divinities who govern Plants;
dear Plants, we thank you.

<Pray for 14 seconds>

8) Gratitude to Animals

On behalf of humanity, we thank you, Divinities who govern Animals;
dear Animals, we thank you.

<Pray for 14 seconds>

9) Gratitude to Minerals

On behalf of humanity, we thank you, Divinities who govern Minerals;
Dear Minerals, we thank you.

<Pray for 14 seconds>

10) Gratitude to Heavenly Phenomena

On behalf of humanity, we thank you, Divinities who govern Heavenly Phenomena,
Dear Heavenly Phenomena; we thank you.

<Pray for 14 seconds>

11) Gratitude to Air

On behalf of humanity, we thank you, Divinities who govern Air;
Dear Air, we thank you.

<Pray for 14 seconds>

12) Gratitude to the Sun

On behalf of humanity, we thank you, Divinities who govern the Sun;
Dear Sun, we thank you.

<Pray for 14 seconds>

4. Divine Spark IN

GYOUTEN: Thank you very much. Next, we will form the Divine Spark IN seven times in a row. To Great Nature, to all living beings, and to all of humanity, we will send the pure wind of divinity, having become one with the Deities and all the Cosmic Angels. Also, today, between each formation of the IN, we will set aside 14 seconds of prayer time, so please pray while imagining how the light of the IN envelops the entire Earth, heals everything, and brings about its regeneration.

TOGUCHI: Now, let's begin.

We send the Universal God's Light to Great Nature, to all living beings, and to humanity.
We send the Universal God's Light to Great Nature, to all living beings, and to humanity.

<Form the Divine Spark IN seven times in a row. However, set aside time for prayer between each formation>

<After the IN is finished, close the eyes for 14 seconds and meditate>

GYOUTEN: Thank you very much.

TOGUCHI: Thank you very much.

5. Touitsu Meditation

GYOUTEN: Finally, we will perform Touitsu with the Prayer for World Peace. We will use the CD of 8 minutes and 44 seconds. Now, let's begin.

Sekai Jin-rui ga Heiwa de ari-masu you-ni.

Nippon ga Heiwa de ari masu you-ni.

Watakushi-tachi no Ten-mei 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.

That's all.