

260919-Sat_Study Session

Hello, everyone. Let us begin the study session of Saturday, September 19. First, I would like to do a three-and-a-half-minute Touitsu. I will share my screen.

< Prayer for World Peace >

Thank you very much. Recently, I sometimes find myself imagining the future — namely, how I would like to end this physical life of mine.

Those of you I exchange messages with often have already heard this from me, but I am hoping to pass on in the way called 'Shigesen' — the way En no Gyoja is said to have passed on. En no Gyoja was one scene in Goi-sensei's past lives, and is also one of Goi-sensei's Guardian Deities.

Shigesen means spiritualizing the vibration of the physical body and returning to the other world together with the physical body. Of course, once we go to the other world, we live in a spiritual body or a divine body, but the good thing about this way of passing on is that we can depart without leaving a corpse behind.

I don't know how many years from now it will be, but when we reach an era in which we interact with cosmic beings, I believe our Guardian Spirits and Guardian Deities will be able to tell us when we will return to the other world — "You will depart on such-and-such a day, at such-and-such an hour and minute."

Then, for example, if we were told half a year in advance, we could count backward from that day and make plans — by when to do this, by when to do that — so that when the time comes to return to heaven, there is nothing left in the house, and we leave a single note saying, "Thank you for everything," and suddenly vanish from this world.

In that way, I think we would not have to cause all sorts of trouble for the relatives we leave behind.

How human beings will die after the world has evolved is not yet clearly visible, but I think everyone will become able to make the transition through Shigesen, or through some similar form.

In Japan, when a person dies, the body is cremated and only the bones remain. They are placed in an urn and laid to rest in a grave — or, in our case, at Fuji Reien — but whatever the form, with the way people have died until now, sorting out the belongings of the deceased has been done by those left behind.

It is still that way now, but I think that in the world to come, such things will gradually disappear.

There is 'shukatsu,' preparing for the end of life, and all kinds of 'closing down' — closing down the house, the car, New Year's cards, the family Buddhist altar, the family grave — and I think many of you have already experienced these things and know about them.

Apart from that, there is something necessary in our times that people don't pay much attention to, or whose consequences they can't even imagine: 'digital assets' and 'digital belongings.'

As for digital assets — for example, today's new online banks have no passbooks. Everything is done over the internet, and without the password you cannot withdraw the money.

If the deceased left savings in such a bank and did not share that information with the family, the money will not reach the bereaved family.

I don't think many of you use them, but there are also crypto-assets and electronic money such as PayPay.

I think it is better to write down, in some form, how to access such information, so that the family can see it later. That is the story of digital assets.

The other one, digital belongings, is, for example, e-mail — Gmail, Yahoo Mail, or e-mail created with an internet provider — as well as photos saved on mobile phones, tablets, and computers. And depending on the person, there are also social media accounts such as Facebook and Instagram.

Also, among today's services there is a way of contracting called a subscription. In the past, you bought something outright and could use it forever once you had paid, but now you can keep using it by paying a small amount every month, and such services are increasing.

For example, Word and Excel in Microsoft's Office series used to come preinstalled — bundled — when you bought a computer.

They used to be sold under the name 'Office,' such as Office 2003 or Office 2010, but now the name has changed to 'Microsoft 365,' and you pay a little over a thousand yen every month to use it.

For such contracts as well, I think it is good to write down the account and password (the ID and password) in some form and keep them, so that your family can find them if something happens to you.

A few years ago, someone in my apartment building came to me for advice. It was a wife whose husband had passed away before her. He had returned to heaven at exactly 70, and perhaps he had foreseen his time, because he had apparently left notes with the password to open his computer, his bank account passwords, and so on.

However, she said, "Only the mobile phone won't open. The mobile phone is the only thing I can't look at," and asked whether I could do something about it. I have the experience of making it accessible for her.

I think there are quite a lot of people who keep things on their phones that they cannot tell others about — hobbies they would rather others not know about, for example.

When I made her husband's phone accessible, there were many things left in it that made her think, "So this is what he was thinking about," and she told me she was glad to have come to know her husband better.

If you would rather that others not see the contents of your e-mail or the notes you left in your phone's notepad after you have returned to heaven, it is best to delete your e-mail account and delete all your notes while your mind is still clear.

The easiest way to erase the information on a mobile phone is to reset it to factory settings. It erases everything at once, so that is the simplest way.

But if there are things you don't want shown and things you don't mind being seen, you can delete some and keep others individually, and then your family can share them as memories of you. I think it would be good to do it that way.

Tonight's program, going by the rotation, was actually supposed to be the program 'A Day to Overlook the World with the Divine Eyes,' but the announcement e-mail I sent on Thursday only said 'Special Program,' with the content undecided. Let me talk a little about this.

Recently, I have been exchanging messages more often with people who are beginning to lose confidence in themselves as they grow older — things they used to be able to do, they can no longer do; things they should have understood, they no longer understand; their memory is getting worse. For some time now I have been thinking about how I could convey things to them so that they can live with courage, hope, and a bright heart.

The root of what to do and how comes down to one phrase: returning to our divinity. But to return to our divinity, a corresponding amount of effort and diligence is necessary. However, when we say 'effort and diligence,' some people shrink back. That is why I don't say 'training' but often use the word 'practice.'

Among such practices, from the standpoint of our divine development, the development of the true self, the path to enlightenment, and becoming Oneness with the Divine Self, I would like to talk tonight about two methods that we all share and that are easy for everyone to do.

Some of you may say, "I'm already doing that," and some of you may say, "I haven't done that yet," but the first is to become able to sing Goi-sensei's song from the Byakko hymns, 'Eternal Light (Towa no Hikari),' verses 1 through 4, without looking at the lyrics — to become able to sing it anytime, anywhere.

I heard that Goi-sensei himself once said — whether to Takahashi Hideo-san or to another staff member — something like, "'Eternal Light' is the best of all the songs I have written."

Goi-sensei left us many works — tanka, 'songs of the Way,' haiku, poems — and among them all, Goi-sensei himself said that 'Eternal Light' was his masterpiece.

In the lyrics of verses 1 through 4, everything from the first stage of beginning to seek the Way up to the consciousness in which the divine spark has revived is written very clearly and simply.

It does not say concretely what to do, but he left us, in the form of song lyrics, what it is good for us to become.

(Reading aloud the lyrics of 'Eternal Light,' verses 1 to 4)

'Eternal Light'

- 1. Like a flower that opens of itself,
the divine heart awakens when its time has come.**

**Though the path of prayer is deep,
in time we shall find the fountain of life.**

**2. Each according to their own nature,
we aim for the lofty garden of God.**

**The angels who guide us
dwell both in heaven and on earth.**

**3. Keeping harmony within our own hearts,
wishing for the happiness of each and every person,
our pure resonance across heaven and earth
opens the way to world peace.**

**4. Glittering stars are in the sky,
shining intellect is in humankind.**

**Receiving God's heart upon the earth,
we bring the flowers of eternal light to bloom.**

Just reading it aloud like this, it has a resonance that makes the heart feel washed and purified, but to make it more enjoyable, it is good to put a melody to it and sing it. The Byakko hymnbook used to be on cassette tape; now I think it is on CD.

I think the original key was E, but if you lower it by about two keys, it will be easier for both women and men to sing. I won't sing it now, but I may sing it tonight.

The other method, which I have talked about several times in this study session, is to memorize the poem 'Honshin,' the True Self, and become able to recite it anytime, anywhere. The poem 'Honshin' is spoken by the source of all our lives, the original consciousness of life, to humanity, its own children.

So practicing until you can recall and recite that poem anytime, anywhere, without looking at anything, also becomes practice in becoming one with the origin of life. And when you have become able to recite it at any time, the feelings of the source of life become your own feelings.

To put it in Byakko terms, it means becoming able to recite it with a heart that is one with Universal God, a heart that is one with the Great God.

The poem 'Honshin' is a little long. If you recite it slowly, savoring each word, it takes four or five minutes, but if we can recite that poem anytime, anywhere, I think we will no longer be lost as we live.

Even if habitual thoughts arise and something happens that troubles us, an inspiration that is one with our Guardian Spirits — "Oh yes, that's right, this is what I should do" — will

immediately arise within us, so the time spent worrying disappears.

I'm not saying worries will disappear. I think worries will continue until the moment we die. But the way we deal with those worries changes.

Until now, when a worry came up, our mood became dark and heavy, and in the end we even damaged our health. But now, the moment a worry pops up, the inspiration and intuition to resolve it come right away, so it is over in an instant.

That is the state you reach when you live manifesting your own divinity. To put it more concretely, that is the state you reach when you live as one with your Guardian Spirits.

The 'Ego-san' rooted within us is quite formidable. It can't be handled by ordinary means. Doing 'vanishing appearances and the Prayer for World Peace' once, twice, or three times won't make it disappear. No matter how many times we do it, it shows up again.

That is because each of us has two or three spiritual lineages, and within each lineage we have been reborn hundreds of times here on Earth.

When you look deep into the soul, there are people made of two spiritual lineages, and there are also people in whom three spiritual lineages have come together to form one human being.

Then it is hundreds of times $\times 2$, $\times 3$, so some people have been reborn more than 1,000 times.

The mistaken thoughts from so many past lives up to today have accumulated in our astral bodies, and so it comes to "it just doesn't disappear."

It turns into conversations like, "I've been praying for 40 years, but I still have worries," "Oh no, 40 years is nothing. I've been praying for over 60 years, and I'm still worrying."

But when you become one with your own Divine Self — when you truly become one with your Guardian Spirits and Guardian Deities — worries are over in an instant. For that, as I always say, I think it comes down to pursuing and exploring the question, "What on earth am I?"

Everyone knows it as knowledge. Everyone can say, "Yes, I am a divided spirit of God." But if they are asked, "Are you manifesting the nature of a divided spirit of God in your words, thoughts, and deeds in daily life?" they immediately look away. To truly understand means to manifest it in yourself.

For that purpose, I think each of you is doing 'vanishing appearances and the Prayer for World Peace,' forming the 'Divine Spark IN,' doing the 'Radiant Thought Thorough Practice,' doing the 'Earth World Gratitude Practice,' arranging them in your own way, and trying all sorts of ideas.

Even so, it is hard to change ourselves. The awareness that we are divine doesn't easily become 100%. Doubts still arise. Even now, we end up thinking that somewhere we still don't believe in ourselves.

Seen from another angle, that is because inside each and every one of us, thoughts of self-limitation accumulated through hundreds or thousands of past lives are piled up like fallen leaves.

I call that self-limitation 'Ego-san,' and if you push through the fallen leaves of self-limitation and look even further inside, you find the ringleader of self-denial lying there in the depths of the heart.

What is self-denial? It is a lazy consciousness that says, "I am this physical body, and I am weak," "There are many things I can't do," "It's natural that there are many things I don't understand," "I want to live an easy life," "I don't want to make an effort to master anything."

That is the underlying cause (the root of the problem) that keeps us from acknowledging our own divinity 100%.

As I have been saying all along, if we keep making the effort to write many times, say out loud many times, and make our own the words such as the opening declaration of 'The True Way of Life for Humanity' and the opening words of the Declarations of 'Ware Soku Kami Nari' and 'Jinrui Soku Kami Nari' — words that say, "This is what a human being originally is" — it will fade away.

Even if we try to do something about self-limitation, unless we first thin out self-denial, the thoughts that hinder us from manifesting the infinite power we originally possess will not fade. Because thoughts of self-limitation arise from self-denial, self-limitation will not disappear unless we thin out self-denial.

For example, many elderly people say, "Smartphones, computers, tablets — these modern things are difficult." I don't remember whether I have told all of them this, but "the conveniences of civilization were made by human beings for human beings to use."

So once you learn the rules for using them — that is, what happens when you touch what — they are things you can use without any trouble.

For example, I use a mobile phone called the iPhone, and the iPhone is made by an American company called Apple.

What Apple thinks at the most basic level in making the iPhone is: "Let's make something that even people who are not good with machines or unfamiliar with operating them can understand intuitively when they touch it." That has been the fundamental philosophy behind its development.

To talk about something deeper: earlier I said that we have gone through reincarnation (rebirth) hundreds or thousands of times here on Earth, but at least for all of you here now, our past lives are not only on Earth. We also have past lives in which we lived on other stars.

It is said that the people of Goi-sensei's group transferred from Venus to Earth, but there was a star where we lived before Venus. And there was another star before that.

We are on Earth now, but what our lives have been doing in this universe is completing stars — making them worlds of great harmony.

People with a track record of having completed various stars have been gathered into Goi-sensei's group.

So you may think that things like smartphones have only existed for the last 10 or 20 years, but

we have handled similar things many times on other stars.

If we believe in our own divinity and live expressing the infinite wisdom, abilities, and power that dwell within us, we will become able to operate something like a smartphone easily, by intuition alone.

What makes that impossible is the habitual thought of defeat — "It's impossible, it's no good, I can't do it." As we moved from other stars to Earth and were reborn on this star again and again, we forgot our memories of having been divine spirits of the universe.

It would be fine if we had only forgotten, but on top of that forgetting, we have overwritten ourselves with many negative beliefs — "I can't do it," "I have no power," "I am weak," "I will never get better."

That has taken deep root in the layers of our memory. So even when one worry is resolved and we feel refreshed, we are tormented by the next worry. In life, there are many things we find difficult.

But even so, I don't say that you must not think, "This is difficult." It's all right to think, "This is difficult." But right after that, you remember, "Oh yes, I am divine." You stand on the side of divinity.

There are truly many different approaches (ways of working on it) to do that. We human beings are not robots, so it is not as simple as moving when you supply electricity. And the path to the revival of the divine spark is different for each and every one of us.

It is good to learn by reading books or to try to catch some hints from someone's talk, but that path is your own. It is not someone else's wisdom or knowledge. You carve it out yourself.

"I see, Saito-kun says that, but maybe I'll try it this way," or, "Let me just try it the way Saito-kun said, even if I feel I'm being fooled" — how people think will differ, but the one who chooses, decides, and carries it out is you. Even the decision "I'm not going to do that" is made by you.

Act on your own responsibility. To act is to carve out the path of your life. No matter what you think in your head, if you just stay crouched down, nothing changes. Even slowly is fine — just start walking.

What I often say is: if you think you can't walk on two legs, then crawl. And if you don't even have the energy to crawl, turn your body sideways to the direction you want to go and roll, roll, roll — just keep moving forward.

This is no time to say, "That looks ridiculous" or "That's embarrassing." We are in an era in which we must become Oneness with the Divine Self no matter what.

When all the people of the world become Oneness with the Divine Self, that will be the era of world peace. But that era will not come all of a sudden. I think you all understand that such a thing is unrealistic. So what do we do?

First, those who have understood the essence of human life show humanity the way by becoming Oneness with the Divine Self ahead of everyone else. Our becoming Oneness with the Divine Self, our attaining enlightenment, is one process of making Earth a planet of peace and

great harmony — of bringing peace to the world.

If many people look away and pretend not to see, pretend not to hear, and think, "Someone will do something about it," then we have to say that the day Earth becomes peaceful is still very far away.

While we are saying it is far away, the foolish people of Earth will destroy this planet. To prevent that, the Great God Goi sent us to this Earth.

So this is no time to stay discouraged forever. This is no time to keep misunderstanding and taking detours forever. Now is the time to live truly one with the source of our own lives.

It is already 1:58, so let us form the Divine Spark IN together once and then take a break.

< Divine Spark IN, once >

Yes, thank you very much. We will take a break until 2:11. Please turn off your video and take a break.

< Break >

The time has passed, so I would like to begin. I would like you to watch a video. It is a YouTube short, and its content is 'The brain evolves at any age.'

(Watching the video)

The synapses in these brain cells are what connect brain cell to brain cell, neuron to neuron. When we try to become able to do something or to learn something, neurons and brain cells form various connections in the brain, and through that, we become able to do what we couldn't do before and understand what we didn't understand before.

I heard that there is no age limit for these brain cells. It is not that this function disappears once you reach a certain age. The brain keeps working until the moment of death.

However, some of you may say, "But there are people who develop dementia." Dementia is not something the brain brings about on purpose; it is the mistaken thoughts from past lives up to the present appearing in the form of clouded memory and vanishing — a vanishing appearance.

So instead of focusing on having a poor memory, if we keep living with curiosity and aspiration and keep making efforts until the moment of death, the brain cells, as in the video we just watched, connect, and connect, and keep connecting. This connects with this, that connects with that — connecting brain cells in all sorts of ways, so that we become able to do what we couldn't do and understand what we didn't understand.

Every day I always express my gratitude, "Thank you, physical body. Thank you, cells." In living healthily in both mind and body, if we focus especially on the body, the cells are working so that the entire human body (the physical body) stays fresh and sound at all times, right up to the moment of death.

In the human body, blood flows through the blood vessels. This blood flows into the arteries as

the heart beats — thump — that is, as the pump pushes it out.

Passing through various organs and being filtered in the kidneys, it moves from the thick arteries into gradually branching arteries, and at the very ends, the blood reaches every corner of the body as capillaries.

What does this blood deliver throughout the body? Nutrients and oxygen. As I sometimes mention in the study session, capillaries gather at the alveoli, which are like bunches of grapes in the lungs, and the oxygen we breathe in is taken into the blood through the capillaries gathered at the alveoli and circulated throughout the body.

Driven by the heartbeat, it passes through the arteries and branching vessels, reaches the capillaries, and goes around to every corner of the body, handing things out: "Here's oxygen," "Here are nutrients," "Here's oxygen," "Here are nutrients."

Those nutrients are taken in through the capillaries connected to the intestines. The capillaries take in nutrients from inside the intestines. Conversely, things in the blood that seem better to be sent out through the intestines rather than through the kidneys are released into the intestines. I really think the human body is amazing.

When the blood flowing through the arteries has reached the ends of the capillaries, it turns back and is returned to the heart through venous capillaries, branch vessels, and thick vessels. That is how blood circulates, but beyond the capillaries at the very ends, there is yet another story.

Capillaries are extremely thin blood vessels, but I heard they have countless holes in them. The fluid that leaks out of those holes is called 'interstitial fluid,' and it plays the role that seawater plays in the ocean, filling the spaces between the cells in the body.

What is this fluid that seeps out of the capillaries? Many of you have probably seen a photo of blood drawn for a blood test and left standing in an upright glass container: a red mass forms at the bottom and a slightly pale yellowish liquid forms on top. The red part at the bottom is mainly red blood cells, and the pale yellow, clear liquid on top is a component called plasma.

This plasma leaves the capillaries and becomes interstitial fluid. There are the capillaries and the interstitial fluid, and further outside there are lymphatic vessels, with fluid flowing through them as well. The fluid flowing through these lymphatic vessels is taken from the interstitial fluid.

It is originally a plasma component that seeped out of the blood vessels, and it also contains nutrients and so on. It is inside the lymphatic vessels and flows throughout the body, on the surface side of the body, as lymph fluid.

When I said at a recent study session that there is a lot of lymph below the ears, it was because the lymphatic vessels are concentrated here. So just gently stroking or touching this area improves the flow of lymph.

The edge of the skull at the back of the head is also a place where the lymph flow tends to get blocked. From here, along the neck. It also comes from both arms, and from below.

And where does the lymph fluid of the whole body go? When you press the collarbone like this,

there is a bone, right? I heard it is returned to the vein deep behind it. That is because it was originally a component of the blood.

Cells that are no longer needed throughout the body are absorbed (collected) through the lymphatic vessels and blood vessels and sent out of the body. Specifically, the unneeded components of the body are sent out in various forms — out through the skin as grime, as body hair, as a component of the nails, as a component of the hair, as sweat — and at the same time, new cells are being born moment by moment.

However, when the human body becomes ill, the metabolism slows down a little — or rather, weakens.

But in our case, by thinking, "We are divine. So there is nothing we can't do. Our cells are always metabolizing healthily," we can cancel out the negative influence we have had on our bodies through our habits of thought until now, give the body supportive energy, and regulate and promote the metabolism throughout the body.

If you think you can, you can. People who think they can't, can't.

For example, some of you may be lecturers with permission to perform the purifying clap — clap, clap, clap, clap. Long ago — perhaps some of you have read this — in the days when Seki-san was the chairman, he asked Goi-sensei, "Please teach me the essentials of purification."

What Goi-sensei said then was a simple answer: "Think that light is coming out of the palms of your hands. If you think light is coming out, light comes out; if you think it isn't, it doesn't."

Some of you may actually feel this yourselves, and some may say, "I can't feel it yet," but the palms of people who do the Prayer for World Peace are amazing. Tremendous light is coming out of them.

Actually, energy also comes out of the palms of people who don't do the Prayer for World Peace, but the energy coming from the palms of those who do the Prayer for World Peace is life energy with the energy of the Great Light of Salvation added to it, so it is a powerful light that can ease pain and so on.

For example, I'm holding my hand out toward the screen like this now, and tremendous energy is coming out of it. In my case, I am always in a state of feeling that light is coming out of my palms 24 hours a day.

Talking too much about the invisible world like this may lead some people to misunderstand, so I have tended to avoid it, but today I have been told to do it, so I will try. However, please do not do this anywhere other than a setting like this.

Please do it only here. Right now, quite strict words are coming to me about that, so please take it to heart. If you try doing it alone with no one around, you will be carried off by creatures of the astral world. So please do it only here, right now.

Please gaze steadily at the palms of your hands. Like this (placing the palms at about chest level), please look at your own palms. What does looking at your palms mean? You are adding the light coming out of your eyeballs to your palms, amplifying the light of your palms.

At this point, some of you may already feel your palms tingling. Having looked at them, now please have them face each other like this.

About 15 or 20 centimeters apart — about the width of your face. At this point, some of you may feel an energy like a magnetic force, attracting or pulling at each other, and some may not yet. Then, like this, bring them very close together, or move them more than 30 centimeters apart. Then I think you will feel the magnetic-like energy I just mentioned.

You don't need to see any colors. You don't need to see anything. Just feel the energy. It might also be good to move them up and down like this.

Combining horizontal and vertical movements like that, freely, just as you feel, if you can sense "the energy is coming out," that's fine for today.

I noticed the energy in my own palms when I was in the second year of junior high school. At that time — and maybe still now — there was a manga called 'Dragon Ball,' and it became popular among friends to shout 'Kamehameha!' and fire energy.

The first thing we did was to cup our palms like a ball, like this, and make a ball of 'ki' energy inside. Then we played at firing that ball of ki as a Kamehameha.

In truth, everyone has that kind of power, and people with bad intentions might try to use it for destruction, but I don't think there is anyone like that among our companions, so I think you can use it in ways that help the world and others.

Even if it's not for someone else, I think it is fine to use this power for your own body. For example, if your shoulder hurts, place your hand on your shoulder like this.

There is also massaging, but if you massage too hard, you may get what is called 'momikaeshi' — soreness after the massage — and it may actually hurt more. So you don't need to apply so much force. For example, if you have a headache, place your hand on your head like this.

In Byakko, I think there was a rule such as "During purification, do not touch the other person's body without good reason," but please think of what I have just described as separate from Byakko's purification.

Please think of it as a way of using energy for the happiness and ease of yourself and your family. Please distinguish it clearly from purification.

In truth, like this, even without the form of purification, everyone has the power to heal. Just by holding up your hands like this, anyone can do distant healing. No matter how far away — even to someone on the opposite side of the Earth — this energy reaches them.

Because this energy is not energy of the material world but energy of a deeper world, the time and space of this world do not matter.

To become able to use such energy freely, thin out the idea that you are the physical body. Return those old habits of thought to your Guardian Spirits and make them vanishing appearances. Little by little is fine. You don't need to try to do it all at once.

Gradually, as far as you can, guide yourself toward the awareness that "what I thought was

myself was not my true self." The physical body was not you. The light of life was you.

If you go even deeper into the world of life, we become outer space itself — even the universe itself.

It was mentioned briefly at the recent 'Video Prayer Gathering': when Ueshiba-sensei, the founder of Aikido, and Goi-sensei first met, Ueshiba-sensei said, "Goi-sensei, I am the universe," and without a moment's hesitation Goi-sensei replied, "Ueshiba-sensei, I too am the universe." Takahashi Hideo-san and Saito Hideo-san witnessed this, I heard.

The time will come someday for all of us to return to the realization that we were, in truth, the universe. Before that, we go through the experiences of various angels, divine spirits, and gods.

At one time, we may become a god who governs the weather. At another time, a god who governs animals. At another time, a god who governs the land. At another time, a god who governs a satellite like the Moon. At another time, a god who governs a planet like the Earth — we call such a god the Earth Spirit King — we may become that.

At another time, we may become the god of the Sun, the star at the center of the solar system. We may move to an even greater galaxy and repeat similar things. While experiencing the roles of various gods, we return to the center of the universe.

Goi-sensei — or rather, the Great God Goi — is a supremely high divine spirit far beyond our imagination. Goi-sensei once said, "Our universe is not only the solar system," but at the very least, he is a great cosmic divine spirit who oversees the entire Milky Way galaxy.

We don't even know how vast the Milky Way galaxy is. The whole universe is vaster still. Phenomenally speaking, we don't know how long it would take to reach the star at the center of this great universe, but in our hearts we can go there in an instant.

That is because we are 'descendants of Universal God,' living with a single drop of Universal God's life given to us.

Now on Earth, people are building things like spaceships and trying to go — not to the center of the universe, but to Venus or to Jupiter. But, for example, as the captain's wife of the Venusian spacecraft kindly told us, "The heaven and earth of Venus are not a distant world beyond the sky. They are the heaven and earth that spread within your hearts." That, and what I have just talked about — being connected to the depths of the heart and becoming one with the center of the universe — are exactly the same in nature.

To truly feel this, the thought that we are the physical body really holds us back and becomes a bottleneck. So every day, every hour, every minute, every second, we constantly think about how to return to our Guardian Spirits the thought that we are the physical body, and put it into action.

I think any method is fine. Each person will receive inspiration from their own Guardian Spirits, so simply put it into action, honestly and steadfastly. Even if you fail, there is no need to be discouraged.

If you fail, just think of the next new method. Failure is not failure. It is just part of the road to

success.

We have experiences that seem like failures because they are necessary; we do not have experiences that are unnecessary. So please do not put the label of 'failure' on the things you do.

Think of it however you like — "This is a process toward perfect harmony and completeness," or "This is the road to great harmony" — but encourage yourself, cheer yourself on, strengthen yourself, and prove with your own body that "I see — a human being is a being with the power to do anything if we set our minds to it."

Later on, that will be of help to all humanity. Even without advertising, "I'm doing this, I can do this," all humanity will look at our backs and follow after us. The time when everyone becomes aware that they are a savior has truly come.

It has been said since long ago. The talk that "each and every one of you should live aware that you are a savior" has been given since the 1950s and 60s, but until now the time had not come, and perhaps each of us could not really think, "I too am one of the saviors." From now on, though, I think we can live proudly, thinking that we are members of the army of saviors. We have built up that much, including in our past lives.

Some of you may think, "If I've built that up, why does it feel so faint?" But that is merely the appearance of misunderstanding, on the surface level, "who I am."

The depths of life know that we are divine and omniscient and omnipotent beings. Everyone actually knows it.

From the astral world onward — 'onward' as seen from the depths — only the consciousness of the astral world and the physical world is mistaken. Once you enter deeper than the spiritual world, the fact that you are a divine being is simply a matter of course.

So the thought habits stuck to our hearts — I call them beliefs stuck deep in the heart — seen from another angle, are like thick rain clouds covering the sky of the heart where our astral body is. There, they block the light of the sun of life, the Spiritual Light Sun, that comes from the source of the universe.

It is easy to understand if you imagine the heavy, dark rain clouds on a day when you say, "It's raining and the sky is dark." On such days, the sunlight does not pour down brightly.

When a similar state exists in our hearts, we are in the world of delusion, tormented by suffering and worries.

So what Byakko calls purification is the act of clearing away those clouds and letting the sun of life, the Spiritual Light Sun, shine directly into the astral body and physical body.

But even if someone purifies us and we feel lighter in heart or softer in body for a while, many people repeat the same thing again. In the end, that proves that 'the only one who can truly save me is myself.'

When things are hard, I think it is good to rely on someone to ease our burden. But at the same time, we raise ourselves. We also keep making the effort to make divinity our 'normal.'

Updating, upgrading, and evolving ourselves from "It's normal that I can't" to "Because I am divine, it's normal that I can" — living our lives while working on this (practicing it) day by day, moment by moment, will be very important.

Finally, I would like to do the Touitsu of the Prayer for World Peace and close. This time I will use the 8-minute-44-second version. Now I will share my screen. Let us begin.

< Prayer for World Peace >

Thank you very much. I would like to close today's study session now, but please never do things like putting out energy with your hands like this by yourself.

If you are completely in Oneness with the Divine Self and think you will never be carried off by creatures of the astral world, you may do it on your own responsibility, but we are easily carried away by thoughts of mere curiosity.

There are times when it comes from a genuine wish to use this power for world peace, for the world and for others, and times when it arises as mere curiosity, and when you are alone it is hard to distinguish the movements of your own thoughts. So it is better not to do this kind of thing unless someone who can discern is with you.

Perhaps in the future we may go into more advanced applications, but as of today, I hope this becomes an opportunity for you to believe that everyone has the power of healing — the power to heal oneself and others.

No special people are needed in this era. Discriminating thoughts — that someone is special and we are not — are thoughts that hinder world peace. So please do not worship anyone. Please believe in your own divinity above all else.

Worshipping someone means handing over your own authority. And not only that — we are all handing over our own authority to memories. We are handing over our own authority to habitual thoughts. I feel there are quite a few people caught in the dilemma of not being able to change because of that.

Establish the axis of your own divinity. Connect with the source of life. What you seek is not outside these five senses. It is only in the depths of your own life.

So it is fine to read books written by others and listen to others' talks, but I think it is good to live aware that what we should seek is the source of our own life — the true heart, the true substance, the Naohi — and that beyond it is Universal God. I look forward to continuing with you. Now I will turn on everyone's microphones. Thank you very much.

< Bye-Bye Time >

With this, today's study session comes to an end. Thank you all very much for participating.

That's all.