

260919-Sat-Night_Special Program

Good evening, everyone. We will now begin tonight's Special Program.

First, we will begin with the Prayer for World Peace, three minutes and twenty-six seconds. Let us begin.

< Prayer for World Peace >

Thank you very much.

In the regular order, tonight's program was supposed to be 'A Day to Overlook the World with the Divine Eyes,' but in the announcement email I sent on Thursday, I wrote only 'Special Program' and said that the content was undecided. I would like to talk now about how that came about.

Recently, I have had more and more exchanges with people who are beginning to lose confidence in themselves for reasons such as growing older and no longer being able to do what they used to do, no longer understanding what they were sure they understood, or finding it harder to remember things. I have been thinking for some time now about how I could speak to them so that they could live with courage and hope, in a bright state of mind.

As for what to do and how, the conclusion comes down to one phrase: 'return to your divinity.' But to truly return to your divinity, a considerable amount of effort and dedicated practice is required.

Among all of this, thinking of it from the standpoint of developing our own divinity, developing the True Self, the path that leads to enlightenment, and how to attain Oneness with the Divine Self, tonight I would like to talk about two methods that are common to all of us and easy for everyone to practice.

< The Brain Evolves at Any Age >

Before that, there is one video I would like you to watch. Those who attended this afternoon's Study Session will be seeing the same thing, but I will share my screen.

As for what the video is, it shows the brain cells inside the human head. Brain cells are called neurons, and what connects one neuron to another is called a synapse. It is footage of these synapses reaching out to each other, trying to connect with one another. It is a short video, so it will be over soon.

The letters may be small, but here it says, 'The brain evolves at any age.'

(Playing the video)

It is only this short a video, but when we make an effort with curiosity — wanting to become able to do something, to come to understand something, to make possible what we could not do, to understand what we did not understand — when we make the effort to absorb

something positively and make it our own, then inside the brain, just as in that footage, the neurons work to connect with one another.

And this is not just a single flat function or connection. They connect with many different places, so that we come to understand one thing from many angles, to see it, and to comprehend it.

When we think, 'Let us achieve the Divine Spark revival; I really will be revived in my divinity; I will make my everyday words, thoughts, and deeds the words, thoughts, and deeds of God itself,' and we chant things like 'infinite love,' 'infinite courage,' 'infinite hope,' and express them in action; or when we practice saying, without a moment's pause, 'All is perfect. Nothing is lacking. Dai-Jouju.' 'All is perfect. Nothing is lacking. Dai-Jouju.'; or when we keep saying, 'Guardian Spirits, Guardian Deities, thank you very much. May peace prevail on Earth. Thank you for bringing to the surface and erasing the habits of my thoughts, the habits I formed when I had forgotten my divinity. May peace prevail on Earth. Guardian Spirits, Guardian Deities, thank you very much' — as we keep doing this, the synapses in the brain that connect us with the Guardian Spirits and Guardian Deities come to work powerfully.

If we keep saying, 'All is perfect. Nothing is lacking. Dai-Jouju.', the neurons of the recognition that 'everything is perfect; it is Dai-Jouju; there is no problem; there is nothing lacking' connect with one another, and that becomes our natural, matter-of-course recognition.

Then, even about the very things over which we used to feel discouraged at the slightest matter, or give up, or lose our temper, or react in all sorts of negative ways, we become able to live with the consciousness that 'of course we can do it.' When the inside of the brain changes, consciousness changes. Conversely, we can also say that when consciousness changes, the inside of the brain changes.

In this way, even in a visible form, human beings have infinite power. This function of the synapses — 'let us connect with one another' — is said to have no limit of age. Whether one is in one's eighties, in one's nineties, or over a hundred, the brain is always trying to evolve. It is trying to keep itself in a fresh state.

If we only memorized, our heads would burst, so at the same time the brain erases unnecessary information and creates spare capacity within itself. We might call it selection. Inside the brain, the cells carry out both the work of making things our own and the work of letting things go, at the same time.

< The Circulation of the Whole Body and the Work of the Cells >

This is not only true of the brain. Speaking on the basis of the circulation of blood throughout the whole body, the blood spreads through the whole body through the arteries, branches into smaller vessels, reaches the extremities as capillaries, and then switches to the veins and

returns. These capillaries are said to have countless tiny openings. And only the liquid that can come out through them seeps out of the capillaries.

That liquid is called plasma. Many of you have probably seen footage or photographs in which blood is drawn, put into a tall glass container, and left to stand for a while: a red mass forms at the bottom, and a yellowish, transparent liquid forms at the top. The red part collected at the bottom is the component centered on the red blood cells, and the component collected at the top is the one centered on the plasma.

Because the molecules of this plasma are smaller, it can apparently come out of the capillaries. The red blood cells, whose molecular masses are large, cannot come out of the capillaries and return toward the heart. The plasma that comes out of the capillaries plays the role of seawater, so to speak, and becomes the place where the cells of our whole body live. This is called interstitial fluid.

So if you cut the body open and spread it out, it is in a state wet with liquid. What allows the cells to each take their own position is the seawater-like role of this interstitial fluid, which originally comes from a component of the blood.

And just below this skin, lymph is flowing. You have probably heard the word 'lymph.' There are lymph vessels, and they perform various functions that assist the metabolism of the human body. You have often heard people say things like 'my lymph is blocked' or 'I felt better after lymphatic drainage,' but the lymph flows better simply by being touched, without being kneaded strongly.

From the palms of our hands — the palms of those of us who pray for world peace — comes not merely the life energy of one person alone, but light connected to the Great Light of Salvation. So, for example, if your shoulder hurts, simply placing your hand on your shoulder like this promotes the metabolism of the shoulder.

The place where the lymph becomes blocked most easily is here, at the edge of the back of the skull. Even just doing this lightly here improves the flow. Have I spoken about this before, I wonder. The place where the lymph vessels are most concentrated is said to be around here, below the ear. Just gently touching here like this also regulates the flow of the lymph.

As for where those lymph vessels running throughout the body return to: there is a spot above the collarbone that sinks in when you press it, and the lymph fluid is returned to the vein deep inside there and is filtered together with the blood. It is filtered by the kidneys, for example; or through the lungs — inside the lungs there are parts like bunches of grapes called alveoli — the unnecessary components are released from inside the lungs as gas, carried on the breath we exhale out of the body; or they are released as urine, or released from the back.

The blood vessels are connected to the intestines as well, so nutrients are taken in from the intestines and oxygen is taken in from the lungs, and the blood flowing through the arteries

goes around delivering them, saying, 'Here you are, oxygen, oxygen,' 'Here you are, nutrients, nutrients.'

The cells in various parts of the body that receive them say, 'A new one has come, so the old cell has finished its duty,' and return it to the blood, or put it into the lymph vessels and send it outside, or release it as sweat, as grime, as a component of the nails, as the body hair growing all over the body, as the hair of the head — and there are also nasal mucus, earwax, and so on. Using every possible method, the body sends the unnecessary components out of itself, working so as to be always in a new state, always in a fresh state.

And it works that way without our having to say, 'Please work like that.' Because that is the mission of the cells inside our body, they work as a matter of course, without a single complaint or grievance.

< For This Very Time >

And yet we human beings send out thoughts that obstruct this. Why does that happen? It is because, through hundreds of rebirths we cannot even count, the habits of negative thought — 'human beings are weak,' 'human beings are foolish,' 'human beings are no good at anything they do' — have piled up and up within our own astral body.

The Guardian Spirits and Guardian Deities bring these out to the surface little by little, making them appear and erasing them, appearing and erasing. But we human beings send out the next karmic thoughts just as they are being erased, and so we go on in a state where the heart does not become purified easily, does not become clean, and does not grow rich.

Even so, the Earth is truly at a make-or-break moment now, and I believe a good many people are living with the remembrance that we were born for this very time.

To say we have been waiting and waiting would not be quite the right way to put it, but the time of our greatest work is coming from now on. Toward that time, let us adjust our vibrations as far as we possibly can, and each of us, to the extent we are able, put our lives to work for the sake of the world and of others, for the Earth, and for the great harmony of the entire universe. I hope we can all live together in this way.

< Two Methods >

A little while ago I said, 'I would like to talk about two methods.' It took some time to get there, but in the 'Byakko Hymnal' there is a song called 'Eternal Light.' To become able to sing this song, 'Eternal Light,' without looking at anything — that is one.

The other is to become able to recite the poem 'Honshin' — 'The True Self' — again without looking at anything. When we do this, then, as in the teaching that 'the Universal God divided Himself into the one who sees and the one who is seen,' the feelings on the side of the one who sees become our own feelings.

This song, 'Eternal Light,' sings of the stages from the beginning of awakening to the Universal Truth — the first verse is the stage of beginning to awaken to the Universal Truth — up to the final stage in the fourth verse, the stage of the Divine Spark revival. It is good to recite 'Like a flower that opens naturally, the divine heart awakens when its time comes,' but since it has a melody, it is better to sing it. When you reach the state of being able to sing it anywhere, at any time, without looking at anything, I think it is a song that is perfectly suited to the purification of your own heart.

< 'Eternal Light' — Screen Display Only >

1. Like a flower that opens naturally,
the divine heart awakens when its time comes.
Though the path of prayer is deep,
in time we shall obtain the spring of life.
2. Each one just as their own nature is,
we aim for the high garden of God.
The messengers who guide us
dwell both in heaven and on earth.
3. Keeping the harmony of one's own heart,
wishing for the happiness of each person,
a pure resonance through heaven and earth
opens the way to world peace.
4. The sparkling stars are in the sky,
the shining intelligence is in humanity.
Receiving the heart of God into our own,
we make the flower of eternal light bloom.

This poem 'Honshin' is a poem — or rather, words — written directly by the Great God, the source of our life. They were written down in words that we human beings can understand, in order to convey them to us.

So when you become able to recite it without looking at anything — among those who attend the Study Session there are already a number of people who have memorized it — you come into a state where you understand very well the feelings on the side of the Universal God and the Great God.

There is not much time today, but I would like us to read this poem 'Honshin' together. I will read from the title. Of course, you may also simply listen in your heart, with your eyes closed,

without saying anything; either way is fine. Here we go.

< Reading of the Poem 'Honshin' (The True Self) >

[TRUE SELF]

There is something that people must know to make the future of the Earth shine.

It is your substantial hearts or true selves that are covered with black wings called desire, fear, sorrow, and hatred related to physical life.

Furthermore, you need to know more deeply that your true selves or substantial hearts are great wisdom that moves the universe.

And it emanates from a source of absolute energy that is unparalleled.

Your true selves are always one with God.

Your substantial hearts are the light that emanates from God.

You were originally the true selves of God himself.

Desire, fear, sorrow, hatred... these karmic thoughts originated when you limited yourselves from the world of God's light to the world of physical form.

They naturally appear and disappear like bubbles in the ocean.

They can also be called a drama of a night, depicted in a dreamlike illusion.

Humanity is not in conflict.

Humans are not lost.

The conflicting thoughts, the lost thoughts, are only now passing in front of the true selves of humanity and are about to disappear.

You may be silent and think your true selves are uniting with God.

And keep your eyes fixed on the shining God and your true selves.

And keep closing your eyes and remembering and watch eagerly that your true heart is one with God's shining light.

In other words, calm your thoughts and see only the divine light within you.

As long as you do so, karma will not return to you again.

Beloved ones, do not stop karmic thoughts from vanishing.

Don't think back to the pain of dreamlike illusion.

If you stop doing it and don't recollect it, karma will not return to you.

You are now the true self itself.

You are totally one with the Divine Great Light.

You are originally the one who will draw the future of the Earth with only light.

Thank you very much.

There is a teaching that 'this poem Honshin has a higher purifying effect than the sutra of an unskilled monk who reads it without even understanding its meaning.' Even before purifying someone other than oneself, it has the power to bring peace to the unsettled thoughts within one's own heart.

So I recommend that those who do not attend the Study Session and take part only in the 'Divine Prayer Gathering' also memorize this poem 'Honshin' and become able to recite it without looking at anything. It is not compulsory; whether to do it or not is each person's own freedom.

But if you do it, you will change completely. You really will change. There are in fact a number of people who have changed. That is how tremendous an energy there is in memorizing and reciting this poem.

If I keep talking, I will go on forever, so I will end here. Finally, together with all of you, I would like to form the Divine Spark IN three times, at a pace of one movement and one breath every four seconds. The words are the usual 'Jinrui no Shinsei-Fukkatsu Dai-Jouju' — the Divine Spark revival of humanity, perfectly accomplished. Let us begin.

< Divine Spark IN, three times >

Thank you very much.

That brings tonight's program entirely to a close. I will now turn on everyone's microphones.

< Bye-Bye Time >

Thank you very much, everyone.

That's all.