

Questions for peace messages 2026

This year, the staff members of our peace ceremony linked with IDP, answered the following four questions.

1) When do you feel a sense of 'peace' ?

2) When did you feel the 'radiance of the divinity' within yourself, in those around you, or in nature.

3) What is the dream you wish to fulfil?

Are you taking any action to make that 'dream' a reality?

4) What would you like to do, what are you currently doing, or what do you think you can do to foster peace within your own heart and in the world?

1. Caroline from Allanton Peace Sanctuary

One of the ways I access a beautiful, peaceful vibration is to settle myself in a meditation posture, do 3 deep Ocean breaths, bring my attention to my heart and feel the sacredness of the heart chakra. I tune into my heart radiating infinite love and peace out to my immediate surroundings, my family and friends, my region and to the whole planet. Breathing in and out, up through the spine from the root chakra all the way to the crown chakra and beyond, passing by the sacred heart. After settling into this precious space, I perform a Divine Spark IN. I am filled with Well-being for myself and wellbeing rippling out into the universe, encompassing everything that this vibration touches.

2. Angelika from Germany

Mostly I can feel a sense of more peace after the prayers most of the time, peace within my own heart and in the world I connect with being more patient, more hopeful and more trustful (in my guardian deities and guardian divinities) with me and the others around me.

3. Mayada from Italy

When I perform the DSIN in front of the sea or dedicate a gratitude IN to all plants while admiring a century old tree... not always but lately most of the time I feel the sea responding to my INs and exchanging the energy of the Divine Spark with me making its waves ripple in the spot right in front of me. Also, the swaying of a tree with the slightest breeze in response to a gratitude IN. These are very precious

moments for me and I feel a humble sense of gratitude and peace fills and warms my heart. This results in experiencing a strong connection with the whole Universe and being One with all of Creation. Sekai Jinrui Ga Heiwa de Arimasu Yoni. Thank you, Mother Earth.

4. Sylvia from Denmark

I feel a deep sense of inner peace in myself and in others in the prayer sessions of Allanton sanctuary. When we are joining the Toitsu meditation I feel the calm and peaceful presence of Goi Sensei. It is important for me to pray together to raise our vibration to achieve inner and outer peace.

5. Kaoruko from Scotland

Goi Sensei said, "To forgive yourself and to love yourself, is the first step towards the manifestation of world peace."

I believe that, from society's perspective, loving and forgiving ourselves can sometimes be seen as self-centred. However, if we can truly reach that state, I believe that everything good will begin to accelerate. At the same time, each of us will be able to make our greatest possible contribution energetically to the collective consciousness.

We also will become beings who radiate light simply by being.

I believe that if every individual in humanity could reach that state, it would lead to the manifestation of World Peace.

6. Laura from Italy

The divine spark manifests within me only when I entrust myself completely to the guardian deities and guardian spirits and allow myself to be guided by them without fear or judgment.

7. Rita from Germany

I can only emit or radiate what I myself am.

To be able to send out peace, I have to be in peace.

And I achieve the state of inner peace, as soon as I start to understand, accept and love myself.

8. Regine from Germany

There are many things I could do to create a peaceful feeling. But in order to find true peace, the only action I can imagine is asking the Divine to take over.

9. Lourdes from Spain

My Dream is to realize "ME" that never doubt myself, being glad about what I am, even with the parts less beautiful.

I try to make me remember that I am nice anyway, that I am able to transcend beyond appearances.

To foster peace within my heart, I throw every thought into the prayer, May peace prevail on Earth. In nature I always feel the radiance of nature.

10. Nicole from France

In awe, in SILENCE, watching the sunsets over the sea in my birth land, Brittany, is when I feel the closest to peace within.

Experiencing a greater closeness with my Soul, its unconditional Love, recognizing its beauty, is when I feel in touch with this part of divinity in me.

Sharing this Light with all sentient Beings living on this planet offers me daily opportunities

to seek even closer unity with the Whole.

Prayers, alone, in group, bringing as much reassurance and awareness of another dimension of life to people around me, is where I know my Life shines and accomplishes what it has come to fulfill during this life.

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1. Keiko Okamoto from Osaka

The kind of Happiness I desire.

I, all other people, animals, plants, the sea, the mountains—indeed, all of nature—may first and foremost find the happiness just as we each long for. And if the happiness each individual aspires aligns with the happiness God intends, then that is the greatest happiness of all!

I am happy to continue praying ceaselessly for world peace, contributing to the reawakening of humanity's sacred divinity.

I am happy to perform the Divine Spark IN every day, consciously and from the bottom of my heart. What a blissful life this is ♥

2. Ryoko from Osaka

In the morning, when I look up at the vast sky and see the sun rising over the nearby mountains, I feel a sense of peace; at night, when I hear the sounds of insects and frogs, I am filled with peace.

What I strive to do in order to build peace is to let go of my thoughts when suddenly something unexpected happens, and to keep invoking my guardian spirits and guardian deities.

3. Masataro from Hiroshima

If we keep a calm mind, while truly feeling and being conscious that everyone and everything is one, and fulfilling our own true roles in life with a cheerful and light-hearted spirit, this can lead us to peace.

May Peace Prevail on Earth.

4. Kazuhisa from Osaka

My 'dream' is 'to see the Berlin Wall come down once more!

And for every wall in the world to disappear!'

Following the fall of the Berlin Wall in 1989, the ripple effects spread to the reunification of East and West Germany, the Velvet Revolution in the Czech Republic, and a domino effect of democratization across Eastern European countries.

Now is the time to break down every 'wall' that exists on this earth! The various walls that divide the world! National borders, ethnicity, religion, ideologies, beliefs—every wall that separates us. We can do so through our prayers and IN!

I spend my days in prayer and offering Divine Spark IN to make this a reality.

5. Kuniyo from Osaka

For me, peace begins, first of all, within my own heart.

It means not allowing anger or sadness to turn into hatred.

It means not labelling those with different views as enemies.

And it means thinking of those suffering around the world and praying for peace.

Even if we cannot change the world all at once, we can create a single instance of peace right where we are.

Peace born from one person's heart is passed on to someone else, and from that person to yet another.

I can truly feel that these small ripples are spreading across the world, and that the world has begun to change.

6. Keiko Asai from Osaka

I feel a sense of boundless peace when I am with my family.

We are known as the 'Moving Peace Pole'; by keeping on moving, we scatter light across the lands, people and moments with which we are connected. I aim to continue doing this, step by step, even now, having passed the age of 80.

7. Hidenori from Osaka

I feel a sense of peace when I connect with my inner self and become one with it. My dream is for the world to be filled with a spirit of generosity. I am currently finding a new job at a company with a corporate culture that strives to create such a society.

8. Ryoko from Osaka

In recent years, it is not the grandeur of nature but the small details of nature that make me feel a 'divine radiance'. The grass by the roadside, the flowers and leaves on the hedges around houses—all the plants I encounter in my daily life seem to shine with beauty. They seem to be in colours quite different from those I have always known. Of course, it is not that the green of the leaves looks pink; rather, the texture is different—or perhaps it is simply that they truly seem to shine.

Could it be that they exist on a different plane?

I cannot hear their voices, but I do say 'thank you' to them in a quiet voice.

9. Emi from Osaka

The other day, I had the opportunity to attend a piano recital performed by senior citizens. All of the performers had started learning the piano as adults.

So, sometimes their hands stopped in the middle of a song, and they had to start again from the beginning. Sometimes, they could not play the next note for quite a while.

As I listened, I found myself holding my breath and becoming tense. But every performer kept playing until the very end without ever giving up. I was deeply touched by their serious eyes and their determination.

At those moments, I felt that I was witnessing the light of the Divine within each person. I could also feel all the hard work and steady practice they had put in over the years.

Several times, I was so moved that I felt tears welling up.

I felt that this was exactly what Goi sensei meant when he said:

“When we do our very best, guided by our own beliefs, our destiny will open up.”

The situation in the world today and the condition of our planet are beyond what we could have imagined. But I renewed my determination to keep praying and dedicating the Divine Spark IN, believing in the awakening of the Divine within humanity and the realization of peace on Earth.