

Saturday, December 7, 2024, 1:00 pm to 2:40 pm Study Session

- Hello everyone. We will begin the study session on Saturday, December 7. The title for today is "The Interaction of Consciousness and Its Truth."
- During the Video Prayer Gathering at 11 am, Maki-sensei talked about how it is easier to erase the fading away of oneself when doing it with someone you know well, such as a family member or close friend, rather than with a stranger you don't know.
- I think you already feels that "divinity is beginning to appear in the people around you." In connection with this there was a talk that "it is not because the people around you have changed that you see them that way, but that the people around you will start to appear to have changed by the extent to which you yourself have changed."
- The main point I wanted to get across in the title of this talk, "The Interaction of Consciousness and Its Truth," is that we are becoming people who can see divinity in the people around us, our acquaintances, our friends, and our family, depending on the degree to which we have reawakened and resurrected our divinity.
- Even though we live like this, interact with each other, and influence each other, we still cannot fundamentally change other people who are not ourselves.
- For a person's heart and actions to change, it is ultimately up to that person to be determined to "really want to change" and to try and practice changing... Some people might see this as a form of training, but it is only through trying to change oneself that change can occur.
- We humans don't change just because someone says something to us.
- However, although they don't have such a strong influence, the words that people write and the words that people speak do have an effect on the hearts of those who receive them.
- This is not a visible way of interacting. For example, Prayers and Divine Spark INs such as "May the heavenly mission of that person be accomplished" also affect someone's consciousness.
- Although it does have an effect, whether or not it changes is up to that person. To be more precise, it is a matter of responsibility for that person and their Guardian Deities and Guardian Spirits.
- So we always pray, "May Peace Prevail on Earth," but although these prayers reach the people of those countries, it is up to each individual to decide whether or not they will actually change.
- The Lights of the Divine Spark IN is not only humanity but also reached the natural world, the animal world, and all other beings. The light of the IN that we are always doing is connecting with the deepest parts of our hearts and lives and is becoming a power reviving each person, living thing, and the natural environment from within.

- About fading away, what I remember very clearly from today's video prayer meeting was the comment that "it is easier to pray with people you know well than with people you don't know well." That shows that, regardless of how we feel about it, there is an aspect of rubbing up against and clashing with people we are connected to and fading away.
- At the same time, it means that we are not only involved in negative things but also in things that bring us joy and make our hearts happy and that we share these things with the people we are connected to.
- The people most effective in helping us erase the fading away are our own family.
- The relationships we have with our family - husband and wife, parent and child, brothers and sisters - may extend over three or four generations in some families, and the friction, conflict, and misunderstandings that arise within these family relationships are the very things that make us aware of our own 'biased thoughts.'
- Even the smallest things can be a source of inspiration. Now, I'm going to talk about my wife and me very private fading away.
- Today, my wife Yuko is not here, so I'll talk about it. We sleep with two futons side by side, and in the middle of November, when we changed from the summer futons to the winter ones, we had a fight about which futon to use.
- It's a really stupid story, and it's not even a story that even a dog would eat, but when it happens, both people's emotions come out in the open.
- You know you shouldn't do it, but your emotions come out. It's all about self-preservation, assumptions, judgments, and stubbornness.
- Goi-sensei expressed it in one word, "biased thoughts," and that he said, "You have to let go of your biased thoughts" and "You have to entrust them to your Guardian Spirits and Guardian Deities." I've been thinking about what exactly these "biased thoughts" are for the past 10 or 20 years.
- What I have come to understand is that biased thoughts are the beliefs, preconceptions, assumptions, and attachments that exist in our minds. All of these things can be described as "one-sided."
- One-sided beliefs, preconceptions, assumptions, attachments, one-sided misunderstandings, and other one-sided ways of thinking and seeing things are the cause of our inability to recognize the divinity in ourselves.
- If we can let go of all that and entrust it to the Guardian Deities and Spirits, we will approach a completely clean mind and body. Even if you can't think, "There is nothing in me that is fading away," you will the things holding you back or getting in your way.

- Looking back on my mind and behavior over the 14 years since 2010, I am acutely aware of this.
- Before 2010, as I sometimes talk about, I was a person who was always complaining, always grumbling, always feeling dissatisfied, and always making the people around me feel uncomfortable.
- Because I was always thinking like that, even though I was praying on the one hand, "May Peace Prevail on Earth," I was creating an unpeaceful world in my own life and living in a state of dual personality.
- I don't know if anyone has recently joined this study session... Oh, there are some.
- As I often say story, but my New Year's resolution for 2007 was "You have too much karmic thinking. Change it before you die."
- This really hit home with me at the time because it was exactly what I didn't want to hear.
- Even if the love of my Guardian Spirits and Guardian Deities told me this, the fact that they touched on something I didn't want them to touch on and brought it to the surface made me feel indescribable. When I showed it to my wife, and she laughed innocently, I felt even more embarrassed. I knew it was my responsibility, but I didn't immediately think, "Okay, let's turn things around. I didn't immediately think, "Let's reverse the idea of karma and divinity.
- So, for about three years, from the beginning of 2007, when I received that guideline, until the middle of 2010, I lived with a huge sense of stagnation and a dark mood. Still, in 2010, when I was on a six-month business trip to Hiroshima, I was walking around the area of Hiroshima Castle. I heard a very strong echo, a voice without a voice, from within my heart.
- The voice told my Physical Body Consciousness to "say thank you to everyone" and "breathe slowly while awake."
- I answered, "I'm good at breathing slowly so that I can do that. But I can't thank people I dislike or people I'm not good at dealing with, like so-and-so or so-and-so".
- Then I was scolded very severely. "Just do it without complaining." I was scolded with a loud voice that was so severe that I thought it was like a bolt of lightning, and then I was admonished with a gentle voice, "In your heart, even if you're cursing and thinking 'why do I have to say thank you to this kind of person?', do it with a smile on your face and a soft voice.
- I'm a bit of a logical person, but I also have a simple side, and at that time, I thought, "I see. If it's okay for what you're thinking inside to be different from what you're doing on the surface, then I can do it, too."
- So I kept doing it, and it wasn't until 2013, more than three years later, that I became aware that I had clearly changed.

- I had changed to the point where I thought, "I don't dislike anyone, and I don't have any people I'm bad with anymore." Even though I had hated human relationships so much that I thought, "I can't get used to relationships with people on this planet anymore."
- So, I thought I might be an alien, but I'm not such a great alien. If I can't get along with people on Earth, I can't be called a great alien...
- In that way, I struggled with my relationships for 40 years, but after 2013, I stopped worrying about it so much. It didn't all disappear, but the fading away that came after were the fading away with mostly close ones.
- There were a lot of things, especially with my partner. I would never use violence. I can't use the word "Omae (Words that correspond to YOU, who looks down on the other person and calls out to them)" with other people. Since I was born, I've never said "Omae" to anyone, not even my friends or people younger than me.
- So, I think there is a belief somewhere in my heart that I shouldn't use words like that. It's not a very nice word, so I think it's better not to use it if you don't have to.
- However, as you may know, if you have seen me in the Oneness Meditation time, holding hands with my partner, my partner is shorter than my shoulders.
- So, when I touch her, using the strength I think is okay according to my common sense, it seems that it sometimes hurts her.
- What I realized from this was that men and women have different standards of what feels good because of differences in things like the amount of muscle they have and the size of their bodies.
- I try to be as gentle as possible, but even so, there are things that women find violent, so I think I need to think about this more carefully.
- The other day, on November 23, there was a forum held by the Goji Peace Foundation at the Nikkei Hall near the Imperial Palace. At that time, a woman from Nigeria called Hafsai was on stage for a panel discussion with about five other people, and the people on stage were Hiroo-sensei as the Moderator, speaker as Masami-sensei, Hafsai-san, Nipun-san from India, and Uotani-san, the chairman of Shiseido.
- The four speakers each talked about how they thought we could make the world a better place, based on their own experiences. The talk that left the biggest impression on me was the one given by Hafsai-san from Nigeria.
- In a nutshell, she talked about women's advancement in society. For example, she talked about how it would be good to use more women in responsible positions in various social situations, such as politics, companies, shops, and government. 'If we do that, the world will become a better place.

- I was clapping in my heart because everyone else wasn't clapping. That is something I've always thought about, but the problems around Israel, the problems between Russia and Ukraine, and the internal conflicts in various African countries - the same is true for Central and South America. It's the men who are making things so discordant.
- Especially in countries above Brazil and below the United States, many countries have turbulent domestic situations. Asia, Afghanistan, Pakistan, Myanmar, and other countries face various internal problems.
- When I think about why the world has become such a tense place, I think it's because men are at the center of the world and are driving it. Women's opinions are not being heard. Women's intentions are not being heard.
- Russian mothers, Russia is currently attacking Ukraine, but Russian mothers also do not want conflict. There may be some people who have been brainwashed by the government and think, "Attack more, attack more," but all the mothers whose sons have been taken to war are against it.
- In Russia, they may not be calling it a war, but everyone is against it. I'm sure it's the same in Israel, Pakistan, Palestine, Lebanon and Ukraine. I think mothers in all countries feel the same way.
- If their sons were just taken away to war, it would be one thing, but when their sons die on the battlefield, the mothers' hearts are broken.
- Men have done all of this.
- In the spiritual world, there is a saying that if humanity could express their femininity more fully, the world would be better.
- I think there was a time when the importance of femininity was a topic of discussion in Byakko, and at the time, I also wondered what masculinity and femininity were. I think this is a movement that has been going on for about the last 10 years.
- What I learned was that life teaches us. What I mean by life teaching us is that our Guardian Spirits and Guardian Deities teach us.
- What I thought in the form of my intuition and inspiration is that there is yin and yang in masculinity and femininity, and there are positive and negative aspects. There is a yin and yang in masculinity and a yin and yang in femininity.
- This does not mean that masculinity is only found in men and femininity is only found in women. It means that masculinity and femininity are combined with the yin and yang within men, and within women, masculinity and femininity are combined with the yin and yang.

- In today's world, in the social system, in various fields of society, in the political field, in the economic field, and the academic field, the negative elements of the yin of masculinity are most strongly expressed in the front lines and are driving various things forward.
- The positive power of femininity brings this state to a more balanced state of consciousness.
- The negative power of femininity is something that you may already know without me having to say it, but it is the movement of emotional feelings such as resentment and envy towards others.
- However, the positive side of the feminine aspect is the power and consciousness of the Universal God, the original creator of the universe, and it is a power that allows all and give all without expecting anything in return, naturally and without effort.
- The most important element in this era, now in 2024 and moving into 2025, is that kind of selfless love.
- When you express that in your thoughts, words, and actions, you don't feel the need to protect yourself. I think that kind of person is what is being sought after in the divine world right now.
- That will emerge from among those who have truly expressed their divinity. The world will change so that those who can do that naturally, without trying to make themselves look good, will be spotlighted.
- As I've said before, even if you don't stand on a street corner with a loudspeaker or something and shout "Change! Change!" at the top of your voice, if the number of people who are expressing that kind of way of life to themselves increases, one person, two people, three people, five people, ten people, fifteen people, twenty people, thirty people, fifty people, seventy people, one hundred people, one hundred and fifty people, two hundred people, 300, 500, 700, 1000, 2000, 3000, 4000, 5000, and if it keeps increasing like that, I believe that the Earth will become peaceful and will improve.
- I think that the most important thing is for each and every one of us to express divinity in our thoughts, words, and actions in our daily lives.
- Oh, it's 13:40. Let's take a 10-minute break. After the break, I'd like to start with the Divine Spark IN with everyone seven times. Now, I'll leave the screen as first time slide. If you're worried, please turn off the video and take a break. We'll start at 51 minutes. That's until 51 minutes.

<10-minute break>

- Okay, now that we've reached the 51-minute mark, let's start. First, we will do the Divine Spark IN seven times together.

<Divine Spark IN - 7 times>

- The prayer meeting at 9:00 tomorrow morning was originally scheduled to be "A Day of Gratitude to the Natural Environment on the World". However, I had a flash of inspiration for a new

program that I thought would be good to try, so we've decided to do a 30-minute program called "A Day to Hug the View of Human as Physical Bodies".

- I went to bed a little after 9:15 pm on Monday. I'm sorry about that. While you were all working hard to form the INs in the Zoom prayer meeting at night, I was already asleep.
- Then, I woke up just before 2 am and couldn't sleep with my eyes wide open, so I got up.
- As soon as I woke up, I was thinking about Palestine, Israel, Lebanon, Ukraine and Russia.
- A large world map is hanging on the wall behind me, so when I look at it like this, I think about various things.
- conflicts are occurring along this vertical line. The darker side of masculinity that I mentioned earlier is most strongly expressed in this region.
- When I wondered how the people of the Earth could stop fighting each other, the answer came to me without any time to worry about it. It was something like, "If the people of the Earth realize that the way they think of their physical body as being themselves is not their true self, then the conflicts will cease."
- When we live with this body, we think things like "My shoulders hurt," "My back hurts," or "I have a headache." There are also various symptoms of illness, such as reflux esophagitis, stomach ulcers, pancreatic disease, liver disease, kidney disease, blood circulation problems, and blood vessel constriction. If you're not careful, your heart can enlarge. There are things that we feel in our bodies; for example, if you hit me like this, it hurts.
- Because we can see our bodies, we tend to think that our bodies are who we are.
- This is not just a belief in this life but rather a habit of thought that has accumulated from our past lives and that we have now.
- At that time, I thought, "How can everyone understand the truth that 'human beings are divine beings', 'human beings are beings of light', and 'this body, which is a few tens of centimeters tall and weighs a few tens of kilograms, is not our true self' in a natural way?" From that thought, the program that will be held tomorrow morning came to me.
- When I sat down at the computer and started typing, the script was completed in about two hours. I finished writing the entire script, including all the details.
- Originally, there were people who we wanted to take charge of the Saturday program, but we got permission to change it, and we decided to call the Saturday morning program "A Day to Hug the View of Human as Physical Bodies."
- When thinking about how we can graduate from the idea of the physical body as our true self, I remembered the talk I heard on the recording of Goi-sensei's talk at the Video Prayer Gathering on Saturday, November 23.

- I don't usually tell people overseas about all the activities of the White Light of Japan, but I had a hunch that it would be good to tell people in countries all over the world about the content of Goi-sensei's talk that day, so I first translated it into English, checked the grammar, and then sent it to people in various countries by email, in English, Spanish, and Italian, even though it might be a little awkward English.
- When I did this, people like Caroline from Allanton and Jenny from Australia asked me, "When was this talk by Goi-sensei? I hadn't thought about it that deeply, but because I had received questions like that, I looked up the data and materials I had, and it turned out that the talk was given in June 1980, based on the data I have.
- However, as you may have noticed, Goi-sensei's voice is not from 1980. I think it was probably from around 1965, when he was younger. The title of the talk was "The Origin of Humanity."
- This lecture has impacted people overseas; for example, Mary, the director of Byakko Publisher, wrote that she had prayed to God for a translation of this talk, and her prayer was answered when she received this email from you.
- In this story, "The Origin of Humanity", you talked about how we humans came into being. From the perspective of Darwin's theory of evolution, you talked about how life began with amoebas, then evolved through apes to become modern humans who walk upright. You also talked about how aliens from Venus moved to Earth and first lived in the divine world, then descended to the spiritual world, creating a body with a coarser vibration. Waves created a body that could exist in the astral world, which has even coarser waves, and descended to that world. Finally, they created a physical body, which is the ultimate body that cannot be made any course, and descended to this farthest land, the physical world, or phenomenal world. We appeared on the Earth at some point, wearing a physical body that we had created on top of our astral body to live in this phenomenal world, the physical world. This story is told in the story of "The Origin of Humanity."
- As I said earlier, I think it is a story that we should know about to let go of the idea that "we are physical bodies," graduate from that, and go to the consciousness of "we are divine beings.
- In the Zoom Prayer Meeting email newsletter, I have written out all of Goi-sensei's talk, so if you like, please read it as many times as you like. I don't know if KOGA-san from Fukuoka is here today, but the two of us split up and wrote this talk by listening to Goi-sensei's talk over and over again.
- I think that by learning the contents written here, we can clearly remember who we are. We are not humanity that evolved from apes.
- In the distant past, a long time ago, we were the alien humans that came down to Earth from Venus. We don't know how many generations ago that was. Our beginning on Earth was as divine spirits that migrated from Venus. That was our beginning.
- Although we'll be talking about this in the program tomorrow morning, it was also mentioned in the Byakko Magazine, so many of you may already know this. Goi-sensei's original name when he

came to Earth, the name is Tenson Niniginomikoto. When Tenson Niniginomikoto was on Venus said, "There's a new star called Earth that I'm going to go to, but is there anyone who wants to go with me?" and recruited people to go with him.

- We were the people who raised our hands and joined when we were on Venus. We were part of the Earth colonization group led by the heavenly grandson Ninigi no Mikoto, and that was how we first came to live in the divine world of the Earth.

- However, as we were reincarnated repeatedly, we forgot that we were a divine spirit with the power to create our destiny freely.

- In How Man Should Reveal His Inner Self, it is written that "all the suffering in this world is caused by the mistaken thoughts of human beings from their past lives to the present, which appear and fade away as their destiny unfolds."

- As Maki-sensei said today, it's not that "forgetting is bad". The Universal God programmed us to forget for a time. If we didn't, we would have taken root in this coarse world of vibrations and not been able to spread the mind and ideals of the Universal God in this coarse world of vibrations.

- Although we forgot that we were once divine spirits, the Universal God knew that humans would become that way because it was programmed into them. From the beginning, a system was in place to save them. That is why Guardian Spirits and Guardian Deities and Spirits were incorporated into our souls.

- It is written in the book "God and Man" that the human soul is made up of seven minds. The mind of the Universal God is at the top, and it descends from there. First, the mind of the Guardian Deities and the Guardian Spirits are placed on one side. Alongside the minds of the Guardian Spirits and the Guardian Deities, there is the mind of the Heart of Origin (Cyoku-Rei), which I understand as the mind of the body of God, or the mind of the God Body. It says in "God and Man" that there is a spirit of the guardian spirits next to the spirit of the guardian spirits. I interpret this as the spirit of the spirit body. As I have just said, there are five spirits, the spirit of the guardian spirits and the spirit of the guardian spirits, the spirit of the spirit body, which connects and descends from below, and then there is the spirit of the astral body, and then the spirit of the physical body is at the bottom.

- So, if we go from the bottom up, we have the Physical Body, the Astral Body, the Spirit of the Soul, the Direct Spirit, the Guardian Spirits, the Guardian Deities, and at the very top, the Universal God Consciousness. So, even if we don't reach the level of the Universal God Consciousness if our surface consciousness returns to the level of the Guardian Spirits, the Guardian Deities, the Direct Spirit, and the Spirit of the Soul, we will return to a level where we can understand Oneness as a natural, not just an abstract, concept.

- The reason we can return to this is because we already knew it in the first place. We just forgot. But the time to remember has come. I think some of you may already remember these things in your own hearts.

- As you said in today's video meeting, when we reach the stage of living in unity with our Guardian Spirits and Guardian Deities, the necessary past experiences and knowledge come back to our current, ordinary consciousness. It's not that we have some kind of dramatic experience, but we just naturally remember things we did in the past. It's not just our past lives on Earth; some of us may also remember memories from when we were pioneering other planets before Venus.
- Masami-sensei often said, "You are old, old, old souls," but I think she was not just referring to the fact that you are old in the Earthly sense, but also that you are souls with a track record of having explored various planets in the universe.
- We were not born on Earth. At least, I don't think there are any of you here who are young souls who were born on Earth. I think we are all companions who have walked through various planets.
- So, they say, "If you don't think it's impossible, you can do anything," and that's true. That's exactly right because the things we experience in this world, we have already experienced on some other planet.
- So, we are just retracing things that we have already experienced. Because we have forgotten, we think, "What should I do?" but even if we have forgotten, we become one with our Guardian Spirits... or at least with our Guardian Spirits. If we make it our natural state of mind to feel that "I am living together with my Guardian Spirits," we will no longer be blocked in all directions in our lives.
- There are many people here today who have had wonderful experiences. I'm considering setting up an opportunity for everyone to hear about these experiences, separate from the study sessions. Some people have already become one with God, attained enlightenment, and are living as one with their Guardian Spirits and Guardian Deities.
- If we can clearly remember who we are, we won't think of this body as ourselves, so we can live beyond life and death.
- I think that most of you here are living beyond the concepts of life and death. I think you are people who think, "If Goi-sensei calls me, I can go back at any time."
- When Mr. Nakazawa was still alive, he told me on the phone, "I'm ready to go at any time. But if there is still something I need to do in this world, I want to devote myself to it until the moment I die." I heard him say this in May last year. At that time, he wasn't in such a bad state. He told me this when he was still in good spirits.
- What is the purpose of our coming to Earth? We came to develop the planet Earth. We, the divine spirits who had just come to Earth, knew that we would be born on a certain day, month, and year in this life and that we would be connected to a group that prays for the World Peace and a group that is the Great Light of Salvation, and that we would work for the peace of the Earth.

- We are now living our final life on this Earth. I think there are probably no people here who are younger than 50, but I think there are many people here who are great souls who have experienced many things in this life, including both happy and sad, painful and joyful things.
- If you cultivate a state of mind in which you can clearly and consciously think about the question, "Why did I come to Earth?" your Guardian Spirits will teach you various things you need through intuition and inspiration.
- YouTube is popular right now, and it seems that even Byakko people are addicted to YouTube. I hear people from all kinds of spiritual circles talking about all kinds of things, and I hear things like, "It's fun to learn things you didn't know before," but I think that if they had the time to watch so many YouTube videos, they should be interacting with their own life (light).
- It's not like a conversation between two physical bodies. When I wonder what this means, I ask the Guardian Spirits to teach me, and they respond immediately with our inspiration, our first intuition. In "God and Man", it says that we must be careful with our second and third intuitions, because they are often the answers to our karma, but they teach us as our first intuition.
- So, if we sleep for 8 hours out of the 24 hours in a day, if we spend the remaining 16 hours in a way that doesn't let our first instincts escape, life will teach us many more amazing things than listening to YouTube.
- Those stories will be the most suitable for you, so they may not be interesting to other people, but they will open up a path for you, brighten your future, and so on.
- You live your life holding on to the hands of your Guardian Spirits and never letting go. If you feel that way, you can live your life without worrying or getting into trouble, and many people here today are living their lives that way.
- Everyone is shy so that I won't say their names today... I'm not talking about idealism or philosophy. I'm talking about things that anyone can do, and that people are doing.
- In relation to the title at the beginning, "The Interaction of Consciousness and the Truth of It", it may seem like I'm talking to you all here and now, but there is an interaction of consciousness going on behind the scenes. This is also happening between you all, and also between me and you all.
- The interaction of consciousness, where we lift each other, raise each other, and push each other up, is happening in this hour and a half that we are spending together.
- Even in the Zoom prayer meetings we have every morning and evening, even if we participate and form the IN together, and even if we sometimes feel sleepy, through the interaction of our consciousness, we are all lifting each other.
- So, it's 14:37. I would like to form the Divine Spark IN once, with all our hearts, slowly, and then finish.

〈Divine Spark IN - 1 time〉

- So, I think we're going to finish now, but is there anyone who has anything to say? Is there?
There are none.
- Okay, then, with this, we will finish the last study session of 2024. Thank you for participating.
I'm going to turn on the microphone.

That's all.