

# 愛、自分の中の自分

意識の転回  
№.3

塩川香世著



## About the Author

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## Introduction

Have you ever heard of the term “turnaround in consciousness”?

Do you use the word “consciousness” in your daily life?

It may be used as “being conscious of something” or “change the consciousness”.

However, how about the term “turnaround in consciousness”?

It may be unfamiliar. What is “the turnaround in consciousness”? There will be a person who thinks of hearing it for the first time.

It is really unfamiliar word. Hence, I mention it at first.

Since about 30 years ago, the seminars have been held.

The subject of seminars was as follows.

“The true nature of us, the humans, are not visible. The forms of physical bodies are not the true nature of us, the humans. We exist forever as the consciousness, vibration and energy.”

The absolute requirement to achieve this subject is “the turnaround in consciousness”.

The text in the quotation mark is not the content to be understood in the mind of anybody. However, it is understood in the heart of everybody. To be understood in the heart. Instead of the mind but in the heart. It is the major point.

Though it is mentioned as to achieve this subject, it may be asked, whether it is necessary to achieve it. Yes, everybody must achieve it. Hence, we were born again in this lifetime. We were given birth. Please keep it in your mind that we were born, were given birth, in order to learn our true nature in our hearts.

Now, I go back to the matters of seminars. It has passed over 30 years until the present, since the seminars were held with this subject mostly in various regions of Japan, hosted by the old person of 88 years old Mr. Tomekichi Taike who lives in Minami Kawachi, Osaka Japan.

The term “turnaround in consciousness” was used in those seminars.

It was explained repeatedly in the seminars, what “the turnaround in consciousness” means, with the example of “Copernican turnaround”.

Everybody must know of “the Copernican turnaround”. It is the story of geocentric theory and the heliocentric theory. Yes it is the story for the thought of the sun revolving around the earth (Geocentric theory) and the thought of the earth revolving around the sun (Heliocentric theory). Obviously they are totally different.

Please understand that “the turnaround in consciousness” likened to the Copernican turnaround is to change the basic thought for 180 degrees, to turn it around.

As it is the change of basis for 180 degrees, it is not only to change or turn the thought but to change the basic perspective completely. The basis is the point. It is the point to change the basis completely.

Now, I would like to mention what the complete change of basic perspective is and how to do it, how to make its progress smoothly.

Mr. Tomekichi Taike has referred in the seminars the perspective as “the visible, audible and tangible world is all, there is the joy and happiness of humans” to the geocentric theory, and the perspective as “No, such world is to be vanished away some day in the future, the true joy and happiness of us, the humans, do not exist in such world” to the heliocentric theory.

He has also mentioned that we, the humans, are born in order to make the turnaround from the geocentric theory to the heliocentric theory within ourselves.

“The true joy and happiness and the existence of humans are never understood without the turnaround in consciousness“. It is the core of this study and the conclusion.

Though we were told suddenly as “We exist forever as the consciousness, vibration and energy”, it is really difficult to be understood and accepted.

It is not believable and is impossible to understand that the physical bodies are not our true entities, but our true entities are invisible, though we have the forms of physical bodies at present. It is not realized. It would be realistic that the invisible world is literally invisible and is incomprehensible.

Certainly in the world, there are some people who are sensitive and feel various things in their hearts. There may be the people who feel the existence of invisible world in their hearts. There were always the people who connect to the spiritual world or act as the mediums. It may be called some kind of power in these days. There were always the people who mentioned the invisible world or the intangible world. However, it seems not right, whether they believed in only the invisible world or the intangible world as true.

In fact, those people are really in danger.

Why is it?

It is because “Copernican turnaround” or turnaround in consciousness has not begun within themselves. That is to say, though those people speak of “there is the invisible world or intangible world”, they think of themselves as the entities with the physical bodies. Obviously, their perspectives are on the basis of physical world as true.

On that basis, they speak of the invisible world and the dishonest things, such as spirit, soul, the power of universe felt or the spiritual world communicated. No, the matter is not simple like that. Doing so, they emanate and flow the dark energies from within themselves. Furthermore, they do not even know, what it means.

Hence in the course, they gradually take the dark turn. It is obligatory and natural.

For instance, the dark turn means, when they become so called sensitive in the hearts and become able to see or hear the things that ordinary people are not able to see or hear, they show themselves off. They think of themselves extraordinary. Obviously, the term of themselves means their visible selves. Most of those people become enraptured by what they saw and heard, and become twisted around. They do not care what the real entity that moves and controls themselves is, they do not try to understand or realize it, but exaggerate that they can see and hear those things. If it is left unchecked, it is resulted for them to be taken to the doctors or to cause the trouble. Because, they follow only the thoughts within or the voice heard from within themselves. In fact, that thought or voice is the dark energy as mentioned before. That state is passionately motivated by the dark energy as the complete marionette or the dangerous puppet. Hence, when they find themselves, they

have become the state that they harmed themselves and also others. Recently in the town, the incomprehensible affairs occur often, that must be it.

Those people in the state of marionette or puppet make the bigger mistakes.

Since they feel something, they easily make the inordinate mistakes to lead and save the people and to think of themselves having the great mission. In fact, it is the same case.

Since they do not know to look within their hearts, do not realize that the energy working there is negative but move their current body to lead and save the people in accordance with the dark world speaking from within themselves. Naturally those people are filled with the sense of the certain mission, do not think of the energy working as dark. They think of themselves right and great. The thought reaching from within conveys so. It is mentioned from within, that they have the great missions, they are extraordinary. Then, they stuck in the narrow, dark place and, sad to say, do not realize at all that they are driven by their ignorance, selfishness and greed. Instead, they raise it within, since they feel something, raise their greedy thoughts wishing to know and talk more about the voice heard from the invisible and intangible world. When they become able to see, hear and feel the invisible or inaudible things to other people, they think that they can do it because they are extraordinary and superior. Unfortunately, they seriously think and believe that they have the great mission and it is good and right thing to lead and save people. It is the customary process for the founders, beginners and leaders in the religious world.

They do not understand that it is wrong to lead and save the people on the basis of the physical world as true. Then, when they become so, they can not accept or realize the matter that nobody has the great mission.

More likely, they can never accept that it is the thought to uphold, show themselves off and the dark world. Moreover, it is hardly acceptable how they smell bad, and it will never be accepted.

However, the bad smell and the dark energy definitely blow out of the basis as the physical world is true and the physical beings are themselves. The dark energy creates the various phenomena. Obviously, it is nothing else but the signal as they are wrong. In other

words, it is the phenomena to awaken and prompt. Looking at the physical forms, it looks like the negative phenomena, but the things flowing at the bottom are positive vibrations.

Though there is no negative phenomena originally, they naturally look at only the ruining physical world from the basis as the physical world is true, then take it as negative.

I repeat it. All phenomena are originally positive. However, why do not they take them as positive? Why do not they learn from them rightly? Because, there is the problem for the receiving end. There is the problem at the basis of receiving end.

I go back to the subject.

It has been over 30 years, since the seminar was begun.

In the meantime, some hundred seminars were held. How much time and energy were spent? Though so many years have spent, regretfully, the main lesson “turnaround in consciousness” has not been realized yet.

Why, do you think, it is not yet? Why is the truth not realized, unless “the turnaround in consciousness” is made?

“Our entities are the consciousness, vibration and energy”.

Though it is the message with such one line, it is very difficult to be understood in the heart.

“Nobody, nothing can save you. It is yourself to save you”.

Those are the words mentioned many times in the seminars.

There may be somebody who heard or saw the similar words somewhere.

However, the substance is totally different for the words mentioned on the basis of the humans as the physical forms or on the basis of the humans as intangible entities, though the words are same. Basically, the vibration is totally different. The substance is not the words but the vibration. Then, is the vibration flowed by you positive or negative?

Including it, I would like to mention in my words that “the turnaround in consciousness” is the key words for all. Please give me a little time.

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## 1. Is “the turnaround in consciousness” difficult?

Previously I mentioned the term “changing the consciousness”, it is generally understood as to change one’s thoughts, perspective or value standard.

However it is not easy as it sounds to change one’s thoughts, perspective or value standard. Though you may temporarily feel that something within has been changed, it is reasonable to think that the human’s heart is not changed easily.

Moreover, the habitual thought and habitual heart are not changed easily.

As it is said that the hotness is forgotten through the throat or turning back to the original state, habitual thought and habitual heart are really stubborn.

As it is “the habit”, it will mostly be turned back to the original state in time.

As well as the human’s heart is not changed easily, please think that “the turnaround in consciousness” is also very difficult. Because, it is not only “changing the consciousness”.

Certainly, it is to change the way of understanding, perspective, value standard, criterion, but as it was mentioned in “the introduction”, “the turnaround in consciousness” means to change the basis of standard for 180 degrees. It is to change the basis.

Though the perspective and the value standard are changed, if the basis is still same, it is totally different with “the turnaround in consciousness”, it looks similar but is totally different.

Though someone felt the change of life philosophy, world view, value judgement after the experience of narrow escape, I doubt, if it is in the level of “turnaround in consciousness”.

Clearly said, it looks similar but is totally different with “the turnaround in consciousness”. The experience of narrow escape or the experience to see the light would encourage one to make the big decision to live with this thought, though one has lived so far, as that thought was right. If it is asked, where the basis of that person is, I have

to answer, it is still in the visible form world. If one had that kind of experience in this lifetime, one would have already joined this study in some way. There is nowhere else conveying the truth but here. Hence, one would have joined this study naturally, have experienced to see the light further and have turned the heart toward the true world. Unfortunately, I have not met such person yet.

Hence, though one felt like seeing the light with one's experience and thought to make the fresh start then, it is different with the fresh start toward the turnaround in consciousness as I like to mention in this book. There is still large deviation.

As one met the crucial incident and had the life out of the narrow escape, thinks to change the mind and carry on. Though one met the turning point in the life, whether it becomes "the turning point with impact to change one's basis", it must be difficult. Obviously, the impact, that the thought "physical body is not oneself" directly comes into one, is not experienced often. If it is experienced, it will be related to "the life and death of human". If I mention that it is not the natural death but something happening suddenly beyond the assumption, you may imagine it. Hence, I think that it is difficult for seeing the light experience to change one's basis, except the experience of "the life and death of human". Because, we have thought the visible form world as true and have always held to the visible world. Though we start over our way of living from there, there is still large deviation with the proper way of living. If the starting point is deviated, the rest becomes deviated naturally. I have to mention, since the first step was wrong, though one spends a lot of time without correcting it, the result would be .....

If the basis is same, though one thought to see the light and was born again, it would be almost same. You may think, it looks similar but is totally different with "the turnaround in consciousness" mentioned in this book.

However, it is fairly admitted in the general public. Contrary, such story would raise sympathy and make impression on people.

"It is like my heart cleaned" "Very much impressed" "Met the thought purified"

"I was encouraged to live" "Very much encouraging" "I will also carry on"

Those various voices will also be heard.

In those stories, there are many things to be agreed, if one lives based on the physical world. It is never agreed in the world on the different basis. I said previously, they were almost same but I would say now, they are all same. They all go directly to the hell, I think it is the truth. I mention it many times, that it is the matter of the basis.

Though they have studied for 30 years, it is still difficult. It is said in one word of 30 years, do not you think 30 years long? How many seminars were held during those years?

These seminars were held throughout Japan, and also with trip to United State and Korea.

Obviously, Almost all people attended the seminars must have attended to study earnestly, what they are, what their lives are. Hence, it has continued for 20-30 years.

They could not go straight due to the motive of study or other obstacles, but have continued for 30 years, since they felt somewhere in their hearts that the truth exists only here. However, they are still far from reaching the truth. Even more for the people who have not studied, it is natural to pass through, though they hear such story. They show no interest.

I do not regret for it. I know it takes longer time and is difficult, but wish to type on the keypad, since what I feel in my heart is unshakable.

It is not meaningful to emphasize the difficulties. I would like to bring the ordinary person, myself, for instance and write the further pages. Please bear with me a little more.

## **2. The basis as the physical world is true.**

"What is the basis of myself?"

"What is changing the basis of myself?"

These things would not be thought, if you do not know this study.

However, you also please think of it once.

Before it, please understand that there are two bases as follows.

One is the basis with the visible, audible and tangible world. I call it A tentatively. Another one is the basis without the physical forms but can be felt in the heart. We call it B in this case.

Almost all people live on the basis of A. Without special regard, they think that the visible and audible physical world is the real world. In it, they live as the husband and wife or the parent and child. Though there are various people such as the president of company, politician or people employed with various jobs or its contrary, they all live on the basis of A.

We also distinguish us and others with our face forms and physical description.

We all have names. That person and this person are different. Everything is composed of the basis with the human looked from the physical world. The human's society is something like that. All of them are on the basis of A.

We have thought the humans as the physical forms, have thought not only the humans but everything around in the physical world and have pursued our happiness and joy in there, have tried hard to find the meaning, purpose and aim of life, and are still doing so.

Also, it is the money that expresses the happiness and joy directly in the present world.

The biggest feature of that basis of A is the money supremacy.

They think that making money brings success in their lives. Hence, the conflict for money is caused daily and is often developed to the crime or misconduct.

Though they express the principals, argument or nice words, they require money at last, and go to the court for asking how much money and indemnity are provided.

It is the current world. Everybody has already realized that the core of problems is ultimately money. Though everything is not settled by money and it is not completely good, everybody concerns money, and nobody can disregard it in the present world.

They do not disregard it, but there are overwhelmingly many people who think that money is all, money, money, money, everything is obtained by money and money is required to become happy. Are they the modern people, the civilized people?

If there is anything that can not be bought by money, it may be cordiality or compassion.

However, even that is doubtful at present days. Are there no money involved?

At first, the cordiality would be sincere. Though there was no intention to cheat, if money becomes gradually involved, what will the relationship of those people become?

Though they say nicely "We do not sell our soul for the money", it would be difficult on the basis as physical forms are true. More likely, in the relation with people, there are many cases to behave proudly as "the end of money is the end of love".

The eternal life is also can not be bought by money. However, there is the life that could be saved by money. The rich people can receive best medical treatment, but the other people can not receive it. Then the weight of life is also based on the money.

In the physical world, it is valuable to save the life or to escape narrowly. Hence it tends to react darkly, when one could not save the life. The words "not worth risking the life for" and it's thought are the prime example of the basis as the physical world is true.

It is also mentioned that the war continues eternally, as the feature of physical world.

Though they wish the peace, to be friendly with everybody, and have the opportunity to talk and pursue the settlement, it is regrettably impossible to eliminate the fighting energy on that basis of A. It is evident in the past history of mankind.

However, the war does not mean only the so-called war that kills the people instantly by the missiles or guns. There is not the battle field where they actually kill the people, but the battle field exists in the hearts of people. They flow from their hearts the energies to blame, attack and destroy the other people. Those energies mean the battle in the conscious world.

It is not exaggerated that the fighting energies flow continuously in the hearts of people who believe the physical forms are true.

Though they claim the equality, the physical world is unequal.

It is not possible that all people are totally same including the faces and forms.

The forms are unequal and are good with variety. It is natural with the variety, hence

the various thoughts are tangled and have them feel the ugly hearts, but they can not realize it as far as staying on the basis of A.

There are various people with status, honor, wealthy, not wealthy, healthy, sickly, bright and not bright, nice or ugly looking. However they have the desires more or less in their hearts to become happier, wealthier and to go through the brilliant lives, since they all are on the basis of A. Hence the first condition of happiness becomes affluence, brilliance, health and nice looking. They strive and work hard to become so. They risk their lives to achieve their aims. It is generally the competitive race in the world.

Meanwhile, there will be the people who feel that the pleasantness is decreased, as far as the living environment becomes affluent. There are some people who wish to live humanlike slowly at their own pace.

Then, if they leave the city where the people's desires gather, and live with the nature in the country somewhere, does humanlike, affluent and peaceful space spread?

The answer is negative. Even though they do it, they can never stop the fight in their hearts. Namely it is the matter within their hearts, in the world of vibration flowing from those people, though they live in the savage environment or spend the time in the peaceful environment. The world of vibration does work. As long as they flow wrong and dark vibration, the outrageous affair or accident will occur involving the people living there. They think it the great surprise but it is not. It is the phenomenon that appears as the form stemmed from the cause. It appears as the phenomenon as it is necessary there. We really have to learn with that phenomenon, but it has become difficult for us who are far from the truth to think of it.

We spend the time daily without knowing the reason why we were born, what the true purpose of life is, what kind of entities we are, and how we become after death.

Representing the various human events, the world of each heart and each flowing vibration will appear physically in time.

Even in a moderate country that has a lot of human touches and close connections with sparse people, the crime occurs. In the city where they do not know who lives at

the next door, it is the problem that they do not concern each other at all, but the hearts of people in the country, where remains the old customs and traditions, may be closed and dark as their hearts are tied up with those things. In fact, wherever one lives, those problems and negative effects must blow out as the darkness in the heart. Because the thought based on the physical forms as true is wrong. The wrongness will definitely be corrected.

The physical thing is not kept eternally as it is. The physical thing will be ruined and be vanished away. Does not it clearly indicate that the physical world is the virtual world?

Though it is self-evident, humans have made the error to hold to the virtual world and to spend their whole things. Why does it happen?

Do not you feel the foolishness and pitifulness of the humans who desire the extremely luxury life momentarily in the virtual world that is to be ruined and vanished away?

I feel it, too foolish and too pitiful.

Meanwhile, most typical indication of the fight in the humans' heart is the fresh reality that the arms and ammunitions fly around, and the people still die easily in somewhere at present. They hold over the justice under the name of god and kill the people there.

I think, what the holy war is, but it is the real world of current humans' hearts.

Country to country, race to race and up to marital quarrel, the humans continuously flow the fighting energies. They have mutually the principles and policies, and have points and positions. Because, they all hold the insubstantial and incomprehensible things in their hearts, such as god, Buddha or some kind of power. However those people, who believe in god, Buddha or power, think of their believing god, Buddha or power absolute.

Unless they look within their hearts and realize their energies flowed, never realize what they have held to. They think and believe the things held within them, the world of god, Buddha or power, as the wonderful world. Hence mostly, they can not release the world stuck in their hearts.



We, the humans, have not realized, what our hearts hold, what kind of energy it is, what kind of entity it is.

However in reality, we hold the insubstantial and incomprehensible things in our hearts, such as god, Buddha or some kind of power. For instance, though the both parties with the opposing interest make the amicable settlement with the conditional concession, it is continuously smoldering within themselves. Though it was amicably settled, the attacking energy was not vanished away. They are still in the full attacking energy. Hence, it is impossible to be reconciled to one, though they wish to become happy or affluent. It is indicated before us with the affairs and accidents occurring daily.

You may realize that it is something wrong and looks like everybody is crazed.

However, the basis centered with the physical forms would not be ruined with that level.

We have created such firm basis. It is right but in fact, it is also wrong with the thought as it is the unshakable firm basis. That basis is the house of cards to be fleetingly ruined by the waft of wind or the quake of land.

Hence, the time will calmly flow to prove it, and the basis as the physical forms are true will be definitely ruined. We call it the flow of consciousness. We would like everybody to reawaken to be able to feel the flow of consciousness in the heart.

### **3. One within oneself**

The time comprehending humans as physical beings is huge amount.

Hence I repeat it, nobody accepts it easily, though one was told or heard, “no it is not, the true entities of us, the humans, are invisible”.

Even though, one may think that the invisible world as the world of heart surely exists, or may exist. Because, everybody feels, the various thoughts come up within oneself.

There would be no objection that the part where one thinks the various things is the heart. Then, let us pay attention to the heart, in order to learn one within oneself.

Originally, the heart is understood as invisible thing. You would think it is somewhat right and would not deny it, if you were told that the owner of heart is yourself.

How about the idea that the heart is oneself and one is nothing else but the heart, though the owner of heart is oneself? Though there is the world of heart, one who encompasses the world of heart, currently exists here. Then for instance, one is such height and weight, and is looked by anybody’s eyes. It is understandable that the world, encompassed by oneself who is looked by anybody’s eyes, is such a world, but it is not really acceptable that the heart is oneself and one is nothing but the heart. One does not think that heart and oneself are same. Because, one thinks that heart is invisible but oneself is visible.

The heart usually tends to turn outward. One’s thought is turned outward unless it is controlled. Most people concern the public eyes, feel lonesome and wish to be connected with the society by any means. Contrarily, some people fear to contact other people, do not look at their reality, do not like the general public and overdose on the virtual world. In either case, the direction of heart is outward.

Meanwhile, did you feel that you were tired? Though some people may realize it, the hearts tending to turn outward are often tired. There are some people who become out of control with trivial matter. I mentioned earlier that one being alone is lonesome, one wishes to be connected with society by any means, but feels assured as far as one shares the information with colleagues and has almost same perspective.

There is one, consumes the energy for the collection and exchange of information, not to miss the wave. Consequently, the heart becomes tired in the comparison.

Hence, the desire for the peace and healing is increased. It is thought that the stress is increased unless it is released well, and causes the bad effects for one’s body or human relation. I think it is right. Hence, one requires the peaceful space, obtains something to be healed and tries to release oneself even a little from the usual day. One wishes to have the time for so called recharge, and to work hard from the next day.

However, it is really superficial matter, does not really heal one's heart or does not bring the peace. One may be healed temporarily and may feel peace, but at the next instance, one's heart wavers busily by outer various influences received.

Hence, why do not we turn our hearts inward instead of outward?

As for turning the heart inward instead of outward, since the part where we think various things is heart, we turn our thoughts toward our hearts further. We pay attention to our thoughts spilled out. Please understand, it is how we turn our hearts toward within.

What do we think of now? Do we speak and act directly our thoughts out? Or, do we speak and act contrary to our thoughts out? We check them out first and if so, ask ourselves whether we feel something painful. Then, if the thoughts such as "I am painful" or "you are liar" come out, we return our thoughts into our hearts such as why we are painful or why we are liar.

Originally, the reason, why we do not know how to turn our hearts within, is that the hearts tend to turn outward. Our hearts turn outward unless we administrate it.

Anyway the own criterion always exists outside. We turn our hearts toward ourselves reflected through the eyes of people. We are concerned to some extent, how we are looked or evaluated. Most people may feel out the hearts of other people but do not return the thoughts into their hearts. Therefore, we can not realize our entities within ourselves.

Hence we do not understand it, though we are told, "your heart is yourself", still more, do not accept instantly that "the true entity of human is invisible". We mostly snub it as what they are saying.

There are someone who rebels or disregards it, but are probably no one to accept it instantly. I think it is normal. Because, it is the state in everybody's heart that many dark selves, who do not know the truth in the past lifetimes, are crushing each other, and those many selves hate one in the same way, but it is also not possible to be understood instantly, unless one is habituated to look within the heart.

One happens to know this study and keeps studying by oneself, then may think "it may be right" in due course. However, it requires a lot of time to change from "it may be right" to "it is right".

One has built the basis of A through many past lifetimes. One has built the world as the physical forms are true with utmost effort.

Contrary, the message "we are consciousness, we are all one" is asking one to ruin the world that was finally built, therefore everybody resists it completely. Because, ruining one's world means ruining oneself and ruining the world as one is the first.

One has to begin to meet oneself within, to learn one's current condition and status in the heart, however, since one has expanded the thought as one is the physical being for the long daunting time, the thought, as the physical being is true, is very strong. And now, everybody is hardened in it.

It does not work just to knock it by the wooden hammer. One tries to repair it, if it gets cracked. One reacts quickly for that kind of things. The thought, believing the physical world is true and holding to that world, mostly scares to ruin the physical forms.

One does not like to get out of it, as "I do not want to hear anything, I am all right with it, I like to stay in, I do not give it up to be the master of this place". Though one acts great like I am god or I am the first, one is the ignorant in the world after all.

However, once the block begins to melt by any chance, then one disregards entirely the common sense or that kind of things in the world. One has just closed it in and held it back, then, one's thought that I am forgiven though I say anything and do anything as I am god, that is the thought to obey me, comes to the front and causes the strange action. One does something unthinkable. It becomes the unexplainable situation for the people with common sense, hardened with the physical beings. It may be true that the person in question may be embarrassed by one's unaccountable and unknown behavior. That state is just controlled by the dark energy held by one, but it is not controlled by someone else. Everything is controlled by oneself. However, the fact, everything is controlled by oneself, is not understood, but one in question and people around think that one is made confused by something mysterious. Thus, the person hardened in the physical world is induced by the certain condition and environment, then begins to ruin without any preparation, but has not learnt the way of handling, then shows the crazed state, to sum up in a word. That state

is something like they lost the right compass to control within oneself.

Then, how many people will think, it may be the matter of their world, or will realize, it is same as them, among the people who saw, heard or related to it? Since those people are also hardened in the physical world, they discriminate it as “that person and I are”. It is the matter of that person’s world and has no relation with me. It is impossible for me to be same as that person but I still have the reason and intellect to control myself firmly. It may come to the end like that.

However, how about it? Though one is supposed to control oneself firmly, but can not say, it does not happen that one loses the bind with physical being, and the thought within oneself blows out instantly.

Meanwhile, please look within your heart a little about, “there is gentle part but is simultaneously evil or demonic part in my heart”. Please think of you within yourself. Everybody must feel the bilateral character of oneself to some extent.

How about it, if you feel definitely in your heart, that there are many-selves within yourself, who are currently existing together with those-many-selves?

For instance, have you ever heard of past lifetimes or future lifetimes? In the world there are people who believe the transmigration and talk about the past lifetimes and future lifetimes. However those people may only talk, such as I lived in this lifetime, it was like that in that lifetime, my future lifetime will be like that, but may not think that they currently live together with their past lifetimes and future lifetimes.

Though one realizes that one has the various faces and those are all oneself, mostly one keeps one’s demonic or evil self secretly deep in the heart and tries to keep the good appearance. One does not need to pretend the good person but does not like to hurt the reputation. One wishes to be a good person with sensitivity, careful attention, amiability and understanding.

Thus one cultivates the skill to go through the world. The person with that good skill will obtain the worldly wisdom and may be able to live pleasantly.

Normally, it is not good to stay there. Though it is not necessary to cause the trouble

with the people around, one has to learn one’s demonic or evil self within.

That is the work to turn the heart, which tends to turn outward, toward one’s inside.

It is good enough for the moderate skill to go through the world. Please learn how to associate with oneself within, instead of obtaining the worldly wisdom.

After learning one within oneself sufficiently, one can play the role as husband, wife, parent or child. One knows how to associate with oneself within and realizes in the heart that one plays each role, then the atmosphere reflected by that person would become good in the true meaning. One within oneself, who does not flatter but is amenable and gentle, appears naturally.

Since one within oneself demonic or evil appears through the warmth, it does not become the genuine one. Hence one, demonic or evil, dares not to cause the trouble, though it is not bound or held back.

As soon as one realizes the meaning of life, purpose of life within oneself, one also realize, there is no time to spend the useless time and energy for causing the unnecessary trouble.

It is also easy to live helping each other, though one does not emphasizes as husband, wife, parent or child.

I accept it in my heart that my great and correct self was the ignorant of the world or the principal in the small empire after all, though I hold down many selves within myself and insist on my superiority and righteousness.

#### **4. The energy depending on false god is deeply seated.**

What do you think of the false god’s energy?

We, the humans, who thought ourselves as the physical beings, all without exception, tied up firmly by the false god’s energy. The person who likes god, Buddha or the power of universe surely does, and the person who avoids them also is deeply seated by the false god’s energy of god, Buddha or the power of universe in the heart. We, the humans, have

the history of greedily seeking the false god's energy from early times.

Then, please think. Though the person does not bow, pray or enshrine routinely, does not one have something for the spiritual base or support?

Recently the horrifying affairs related to the religious world also occur in the country of Japan. It may be effected by them, when one talks about god, Buddha, the power of universe or religion, there is a trend to avoid, beware or suspect it. But if you have something for the basis and support of your heart, regardless of tangible or intangible, it is a good religion. And, they are mostly clinging to the daily life. There are many cases that the daily life exists together with the spiritual base, support, comfort or healing, and those are naturally fitted in the life. They cling to the life too much and may not be thought it is the religion. For instance, the music belongs to it depend on the direction of the heart. The thought that the heart is cured by the music has the possibility to bind with the false god's energy. It is not only the music. Unless you look within the heart firmly that you seek for something outward and devote yourself to it, your current status, being tied up by the false god's energy, does not come up. It may not be only comforted, relaxed or cured. Is not it, the heart seeking the power for the music, enrooted within yourself?

For the people who bends, prays and enshrines as the ordinary affairs in the nature of locality, they may think it is the living habit and may not feel, it is the religion.

Anyway, they all hide in their hearts the religious world, the false god's energy.

It is natural, since they did not realize their true nature. It is us, the humans, who have stored the false god's energy in the numerous transmigrations. It is the fact that everybody has repeated the transmigrations seeking the world of god, Buddha or the power, though one is aware of it or not.

However presently, why are there really the people who like, are interested in, or contrary hate or have no interest in the religion?

Certainly there will be many people who feel it extraordinary for the expression of god, the child of god, the world of consciousness or the world of vibration.

Most people may hesitate for the invisible world or the world felt in their hearts.

Generally they may tend to move away. There are many people who like god, Buddha or power of universe, but are also many people who deny or avoid the religious world instantly.

I also thought this study was the religion while I was hearing it by my ear. I can say that therefore I have refused to step into it. I reflect my study history and accept that the reason why I refused it was that I sought for god, Buddha or various powers in my past lifetimes.

At the present study, it is expressed as the world of consciousness or the world of vibration, then it may be easier to enter, however, as it was expressed as god or the child of god at the beginning stage of my study, there was definitely a distance within me.

Meanwhile, does the person, who has no interest or is atheist rather than the person absorbed or interested in the religion, have smaller energy of the false god? I do not think, it is always right.

From the heart to refuse it firmly as "I do not concern the religion, I do not wish to enter into such world", actually the energy of prayer flows and has been continuously flowing.

Actually, there are people with the sensitive hearts among them.

Hence, I think, those people had better keep a distance from the daily life and make a time to reflect themselves. If they feel the reason why they refuse it in their hearts, contrary then, they may lead themselves to the invisible world, to the direction of the truth in the true meaning.

We all have the jobs, housekeeping, child raising, school works, hobbies, nursing care and others, and are chased by the daily lives. It is difficult to change the life style in it.

It would be daily life to look for the fleeting peace and happiness in the hurriedly passing time.

Firstly one will not know the meaning of reflecting oneself. Though one reflects, it would be from the birth until the present. Then one tries to balance it out. It is not possible for one to keep the energy of false god that one sought and stored within and balance it out, however the false god's energy is deeply seated in many layers, hence one works hard to

live every moment.

At present there is the person who is interested in the fortune telling, oath or the psychological world, the person who believes in the existence of god, Buddha, and prays seriously and seeks the salvation, or contrary, the person who does not care such things but is living busy life for making money. There are varied people. However, I can say that all those people indifferently sink into the false god's energy.

Our job from now is to change that energy to the original joyful energy and power. How do we change the deeply seated energy of false god within ourselves? Still the large task is left. Obviously, the force of humans who think of themselves as the physical beings is weak. Though they tie the weak forces in the bundle, can not achieve the task. However, it is learnt to be good enough that each one awakens to the energy of love within oneself and flows it. I mention additionally, it does work calmly in that direction at present.

Please learn the false god's energy deeply seated within yourself in order to become one of those people. Then, please realize your wrongness and do your original work. Please realize even a day sooner that the power, to change the false god's energy to the energy of love, sleeps within yourself.

## **5. Please understand that this lifetime is the beginning, as the wrong things will be ruined with a crash.**

The wrong one can not behave loudly for long periods. Firstly it begins to ruin little by little, then one day it ruins severely and changes the direction or sinks in the deep darkness after the ruin.

Now you may think, the present lifetime is its beginning. It is the great turning point. Hence the person who realized the mistakes has to correct the course little by little.

We have been studying how to do it.

For us who could not realize it for a long time that we have been wrong, the person

came to convey it firstly in this lifetime, as "the truth is this, everybody has been wrong".

Meanwhile, we were born with mind set to realize our mistakes and correct them in this lifetime.

These two points are evident, but it takes time at the beginning to destroy the firm basis.

It has been a long time for us who have been continuously wrong. I have to say clearly that it is difficult for the truth to be circulated in the short time of this lifetime.

Because we are far distant from the true world.

Firstly, it was required to build the core. The firm core pole was required. If the core is shaking, the truth is not conveyed directly.

As the beginning in this lifetime, there was the awakening of consciousness and then the time to create and raise the core part was required. It is fully prepared and then has the time to ruin massively in 250-300 years from now. It is planned to have the time for the massive ruin, that is, the time of joy.

There is a meaning to build the core part firmly in this lifetime, hence it is not required to circulate it shallowly and widely. The study will not spread rapidly. However, the truth is carried from the person to person like the heart beats. The energy of love flows definitely. Hence, it is good enough that the people, who have to really study, join the study and strongly respond to the call to go forward together.

This study is not the religion. It is not necessary to gather the people excessively.

It may be easy to circulate shallowly and widely and to gather people simply.

It must be easy. If it stimulates the greed or urges the interest, people will gather easily and also the money will be collected. However, it follows in the same steps as the past lifetimes. My heart knows well how it became as the result of seeking the invisible world without correcting the basic wrongness or without "the turnaround in consciousness".

It must be same as you. Perhaps, we had a lot of bitter experiences in our hearts and went through the misery of ruining ourselves when we gathered the people and money in

our past lifetimes. Hence, do not we all gather through the various routes in order to study the true world?

This lifetime is the turning point of great flow. I was born with the mind as this lifetime is the crucial period. I realized fully in the process of my study to learn from the past experiences. The flow of consciousness does work calmly, the energy of love does work.

Hence, I feel that I have to wait the time, since the wrongness is definitely corrected.

It is needless to say to look at myself and study daily in the direction to feel the flow of consciousness in my heart.

This lifetime is for building the core. Please realize it in your heart once again.

Please build the core in your conscious world in this lifetime. Please realize, it is the once in a million meeting in your conscious world.

## **6. The life with full of mistakes.**

“Everybody went through the life with full of mistakes.”

If I mention a few words like that,

“What and how were we wrong?”

There will be the people who resist instantly. They resist instantly.

“I have lived accordingly”, or “I have lived rightly”, moreover one will mention proudly, “I have lived respectably”. Though it is mentioned, the conscious world, that one thinks and mentions so, is dark, it is the life with full of mistakes, however it will not resonate clearly within oneself, if one’s study level is low.

“I made a lot of mistakes and have lived the life with full of mistakes but was kept alive so far”.

Though one mentions so verbally and thinks so really, as far as one’s basis is the physical world as true, one judges, it was wrong or it was right, on that basis. However

originally, that judgement is not a matter. Since the basis is wrong, whether right or not right on that basis does not make sense. However, as far as the basis is physical beings, they care it. I like to mention, it is better not to spend the needless time and energy for it but to divert it lightly. Please realize, there is the matter for you to spend your time and energy rather than it.

Though there are people who mention their hard luck stories with their thoughts of such stupid selves they were, I do not think, they think themselves stupid. First, they may not know the true meaning of stupidity. Hence, they mention themselves stupid but flow the vibration to show off themselves as they made it this far. It is natural as far as the basis is the physical being. The life with full of mistakes is not like that.

I mean that the thought, as the physical world is true, is wrong. It is dark thought, when it is looked from the conscious world. As far as one understands the true nature wrongly, the bright thought does not flow, though one speaks fluently and has the speaking skills to let someone nod as understood.

Though we were in brightness, gentleness, warmth and softness originally, since we had the forms of physical bodies, have expanded the thoughts as the physical world is true, then made ourselves dark. There is nothing right or wrong as for darkness.

It is not understood. However, darkness is dark. Hence, everybody went through the life with full of mistakes.

## **7. We have the present time, having been loved and forgiven by ourselves.**

“We have the present time, having been loved and forgiven by ourselves”, it will not be understood as far as one thinks that the physical world is true. Since we, the humans, have forgotten and have not realized that “We have been loved and forgiven by ourselves”, the person who worked hard thinks strongly that one did it by oneself (the physical self), by one’s own power (the physical self), has lived and has worked hard.

Some people mention, “We have been loved, forgiven and kept alive, it is thankful”, but the vibration flowing there has the religious smell. They do not understand that they have been loved, forgiven and kept alive by “themselves”. They do not think that there are something loves, forgives and keeps alive within themselves.

Eventually, though they say thanks, they are same as the people who mention, they lived by themselves (the physical selves), made it by their own power (the physical selves) and hard work. In the general public, it is distinguished by the words as one’s own power or other’s power, but those two have the same roots.

It is the heart relying on false god’s power, that does not know “oneself” mentioned in the words “been loved, forgiven and kept alive by oneself”, that does not believe “oneself” who loves, forgives and keeps one alive. Those hearts are same as the hearts relying on false god’s power existing at their roots.

Since the human thinks the visible self (the physical self) as oneself, naturally will keep up and will work hard for the physical self.

One believes it, the things that the physical self feels and thinks happy, joyful and pleasant will directly lead oneself to the happiness and joy. Rather than one believes it, one knows nothing else but it. One knows nothing else but the things that one’s physical self feels joyful, happy and pleasant in the heart.

Then, if it is asked whether or not there is any other happiness or joy, yes there is.

It is different as night and day with the things felt in the heart of physical self.

It is joy and happiness brought by “the meeting with one’s true self”.

Furthermore, the happiness and joy felt in the heart of physical self, do not last long, but those happiness and joy last forever.

However, as far as one thinks the visible self as oneself, one can never meet one’s true self. It is oneself who blocks one in order not to meet it, though one has actually met. It is nobody else but oneself who did it. One disturbs it by oneself. The thought to only believe the visible world blocks to meet with one’s true self, and disturbs it.

Then, why do not we think it as follows.

“During the period one does not meet one’s true self, one knows only one’s false self. Then, are the happiness and joy felt by one also false? What are the true happiness and joy to be felt by the meeting with one’s true self? I wish to relish it”

Hence, in order to realize the meeting with one’s true self, one must recognize firmly one’s false self that blocks the path.

Please proceed with the work to “look within the heart”, in order to realize one’s blocking and disturbing self. However, that work is the killer assignment. One feels keenly that it is difficult to ruin the basis believing the physical world as true. However, please do not throw it out. Then finally one realizes that it is not achieved until the basis is changed, no matter how much one reflects. Hence, one comes to the conclusion that there is no other way but to continue it, though it is difficult. One learns, there is no other means to learn oneself. One feels in the heart that one does not see the truth and true world without learning oneself.

Hence, though it is the killer assignment or the snail slow work, the thought, as the true joy and happiness are in there, becomes belief gradually and resonates in one’s heart.

Then, though one is still in the suffering, the thought welling out of one’s inner self, as this is it, becomes reality, and its response encourages oneself further. Actually, feeling that one leads oneself, one steps forward to the next.

Certainly the joyful life looking within the heart and repeating the right meditation will spread before one. It is the absolute evidence to be loved, be forgiven by oneself, and to exist at present.

## **8. If you like to feel the happiness.....**

We have to realize it by ourselves that we can never meet the true world, though we obtain the financial ability, power or intelligence.

Contrarily, we have to realize soon or later, as much as we obtain them, we live in the opposite direction and walk away from the true world.

When we feel keenly that we were so stupid and sad, who have thrown ourselves

down to the hell, firstly we fully realize that nobody else but we are happy, who have provided the forms as the physical bodies.

It seems contradictory but is coherent when we understand it.

It was the question that nobody could resolve, why we make ourselves unhappy and why we choose the path to ruin, though we work hard daily seeking happiness and joy to live.

“What? It is not ruin. I am such happy. I enjoy now spring in my life as I obtained those things.” As a matter of fact, I think, it is not possible to have spring in the life for the person who was born and is going to die without learning oneself.

If we can feel the thing flowing out of that person, it is very clear.

It is not the words spoken but is something projected by that person. It is called the vibration. The vibration indicates the person most properly. Instead of words or attitude, the vibration indicates the person, hence it is natural because we the humans are consciousness, energy, invisible entities. However, for the person who believes only the physical world, it is difficult to be understood. The words and attitude are understandable. It is easy to be understood. Hence anyway, one considers them important, and is held to them. Consequently, one expands the suffering, such as cheated, being cheated, betrayed or betrayer.

The words and attitude are easy to be cheated, to be fooled. As it is said, double tongued or elusive expression, it is not uncommon to change the words and attitude depend on the situation. However, it is different in the conscious world. The vibration is not to be cheated, not to be fooled. Hence it is interesting, if we take the things as the vibration. Because we see that there is a case of nonconformance for what one says or does and what one thinks in the heart.

Meanwhile we, the humans, must have the thoughts to become happy. It is understandable that we have prayed to become happy, and also have made the wish to become happy. How about that we have fought to stand the top of all, to control everything? Please look within your heart well. Please reflect the thought, you bring out.

Do not you feel the continuously fighting history sleeping within yourself?

What is the result for us then?

How many people can say happy from the bottom of their hearts presently?

Do you realize in your heart, what feeling it is to be happy even though having nothing, instead of the happy feeling because of the things owned? How many people realize in their hearts, it was stupid that they continued to pray, to make the wishes and to fight?

I think that we, the humans, still continue to pray, to wish and to fight without the realization.

We have to stop praying, to stop fighting, if we wish to feel the true happiness.

However, it is impossible, as you will know, if you do it.

“I have flowed from my heart the energy to pray, the energy to fight. This energy has dropped me to the bottom of suffering. I have buried myself in the bottom of darkness.

Not only for myself, but I was the stupid who radiated the energy like the dark sludge around.” Thus the vibration of pray flows and the vibration of fight covers within the heart, until we really realize it in our hearts.

## **9. Please ask yourself within.**

The humans live to seek for something.

Something to be dedicated, something to be consigned, something to be bet, something that requires oneself, one may have the desire to know or to meet these things.

There may be many people who do not know what it is specifically but have been seeking.

Then, do you think the people, who met the things to be able to forget everything, to devote or concentrate, are happy? How about the people who mention to seek for their dream? Are their lives really shining?

There are people who envision their lives with the slogan, such as for the family, for the company, for the society, for our country, for all humankind. Is it respectable to make



the effort saying for?

Then likewise, saying for, how about someone who lives for oneself?

Generally, living for oneself is thought as self-centered. Contrarily, Living for oneself mentioned here is to live now for many selves living within oneself. It is conveyed to me from within myself that it is most important and the life without it is gutless life. If one closes eyes for or looks away from the suffering within oneself, it is not said as the happy life, shining life or admirable life. It is also conveyed to me that humans wander all the time in every respect, because it is not realized.

The flow of world is going to become the muddy stream with mighty swell and send the alert as “Awake now”.

It is really no wonder, even though the unbelievable thing happens suddenly one day.

It notify us that everybody has forgotten the important thing and is crazed.

We have had the pain and suffering many times from the past lifetimes. However we did not know the reason why we had the pain and suffering. We have not learnt but have been born in this lifetime to become happy in anyway, wished to become it in this lifetime.

It is not only to become or wish to become happy. How much do you feel the grievously painful thought hidden deeply in your heart?

In fact, we are not sad, painful, lonely, agonizing, because we have something sad, painful and agonizing now, but have already had a lot of these feelings within. They are not appeared suddenly but have already existed within.

Are you alright? This is the point.

The thought such as sad, painful, lonely would be the thought and feeling that appears naturally when the human meets such situation, however it would be same as the past lifetimes, if one ends up there. It is so in general public. It is so, if they do not “look within their hearts”. They all give it up as they think, “it is the life”, “because it is life”, though it is not the phrases of music. They accept it as “the time will solve it”.

Do not give it up. Please do not accept it easily. It is the time for hard work.

We were born with the thoughts sad, painful and dark. We already had those dark

thoughts within. It is the biggest issue in the life, how to face with those thoughts.

If one is crushed by the heavy pressure or runs away from there, and appeals sad, painful, lonely, suffering, that person is not living one’s own life. Then, one will not meet the life to realize what the true joy is or what the true happiness is.

It is alright to be painful, suffering, lonely or crazed with the emptiness turns to sand. However, it is not good to give the life up or to stay crazed. It is the matter, what one will realize there. How one will look at oneself there. Therefore, it is your life as the time to be provided for yourself, the time with your physical body.

Living your life is to look at yourself. I think, digging out hard the energy to recompense yourself is leading yourself to the happiness, joy and peace.

“May the power exist within to lead me by myself, to lead me from my dark self to my bright self? May that power be what I have always wished?” I have asked it to myself.

We call it love presently. It is the energy and power of love originally existed within ourselves. There is nothing else but such joy, if we realize it within ourselves that we lead ourselves to awaken and revive it in agony and suffering. Love within ourselves mentions, there is nothing else but such happy time.

## **10. Please associate with yourself thoroughly.**

“I am deeply linked with you.”

It may be right. Or it may be just the assumption. Anyway it is trivial matter. Rather than knowing whether deeply linked or not, it is important to think, what one should know or should realize through the people around. There is the opportunity to know the true world and meet one’s true self. Hence, they are the thankful people. They are the people who make the opportunity for one to look at one’s world. However, it is very regrettable, if one looks at them just with relations in the physical world, such as the husband and wife or the parent and child, and does not release the heart from those relations.

The time when we existed with our bodies was the time to choose one of two, whether or not we could freely release us (our true selves) from our world (our false selves).

There is the crossroad in all lives, it is the turning point. In the past lifetimes, we all chose the latter one at the turning points. Though we wished to be freed, we all just pushed us (our true selves) in the small frame. We have thought ourselves as the physical forms. Though we yelled as we are free, our hearts are free, we misunderstood the meaning of freedom.

Let us have the eyes to look at ourselves firmly. The eyes to pursue only the truth are very severe but also gentle. Those eyes exist in the heart of everybody.

It is important to hold those eyes and make it clear within, what one was born for.

If it is the current thought came out of within, to make the money and leave the name, to leave the footprint in the life, it would also be good. Please deal with that thought completely. One should deal with it until one is convinced. One deals with it and learns one's stupidity from the bottom of heart, one will realize there is severe and also gentle eyes. One will realize in the heart those eyes convey to one, "turn to the true direction".

Realizing in the heart means to accept the message humbly.

If that thought still exists within me, I will surely follow the thought and pour all of my energies. I really did it. In this lifetime, I did it until the middle of my lifetime and there was no doubt in my past lifetimes. I was captured by the fighting energy in order to build my world, to make my happiness and joy, and aiming the top.

"It would not be understood until going to the end."

"It would not be understood until realizing it in own heart."

I have the actual feeling of it.

On the other hand, since I realize that I have emerged from the deep bottom of hell and was given the opportunity to reawaken myself, I utilize those two lessons and go forward toward the truth.

## 11. There is no relative merits for the way of life.

There is a person who has the cynical or timid character and is inconsistent with what one says and does, however always acts high. There is a person, whom we like to say what one is thinking, who will definitely obtain the failed mark at the personal evaluation. Contrarily there is a person who obtains qualified mark as honest, cheerful and good person loved by everybody.

Putting it aside, whether one is good person with the qualified mark or the person with the failed mark, there is a common point for both of them as being far from the truth, when they are focused on their bases.

If one stands on the basis with the physical world as true, one may obtain the qualified mark for the personal evaluation but will fail it in the true world.

I think there is no relative merits for one's way of life, what to think, how to live as well as the personal evaluation. If one does not know the truth, there is no way to obtain the relative merits for the way of life. Because it is dismissed as everybody was stupid.

How about it in fact?

I think that we have admired one as the person respectable, the mirror of something, or contrarily have discarded one as the waste of human, the dirtheap of society, thus we have made the various mistakes.

Originally there is nobody to become the role model or to be looked down as stupid.

If one feels it in the heart that everybody was born with the stupid self within, will realize that it is not the time to mention how about that person, how about this person or how about me.

If one feels that everybody pursues each script, it is only one's heart to be looked within.

One understands, it is good enough to live with the thought of looking at and changing own basis. It is also understood that the basis is changed only by oneself.

Since one feels happy to think so, one's way of life is changed. One becomes not to be affected by the surroundings. The joy to look at oneself in the existing life reflects one's subsequent way of life.

No relative merits given for the way of life means that the way of life living in the physical world is foolish as no relative merits to be given, regardless of the life successful or failed. When the truth begins to be seen, how to live the life is realized easily and the way of life according to it is "superior" in every field. There is no "inferior". In that meaning, there is no relative merits given then.

## **12. The person can not pursue the truth, unless one has the true strength.**

The strong person means one who does not look aside from one's entity and can face oneself straight until the thought of believing within wells out of the heart. It does not mean the brave person.

On the other hand, the weak person does not mean one who is sheepish or gentle, but means one who can not believe within oneself. The cold heartedness to abandon oneself is not realized by the weak person.

The weak person is not depressed as one is no good due to the sheepish character, but chooses oneself to sink down into the hell as one is no good due to the weak belief for oneself and also the cold hearted and merciless for oneself.

The gentleness is severity. The severity is love. Love is raised based on the great reliance on oneself.

I understand, it is still expected to deepen the bond of the great trust on oneself.

We were born to look at ourselves. It was absolutely necessary to have the physical bodies. The physical bodies were not to be used to show ourselves off, but to be used to look at ourselves. As soon as we realize, the physical bodies were required to look at

ourselves, our thoughts will be changed after that. It is naturally decided, what we prioritize in the limited time.

Naturally, we have to correspond to the various things in the society in order to maintain our physical bodies. The society is something like that at present. When we understand it within, what we have our physical bodies for, we feel that the necessary things are provided, are planned to be provided. We are satisfied to feel that we can look at ourselves with the things in hand. Our hearts are satisfied and the feeling of relief spreads. While the desires for the things insufficient or lack are faded out, we feel that we have already been well satisfied, and the happy feeling must expand.

While we think, we live in the physical world, our hearts turn to the things lack or insufficient. It is asking for the moon. We are never satisfied, though we already have enough. The desires for the insufficient things are increased.

It is nothing but suffering.

When we realize clearly that we have the physical bodies for ourselves (consciousness), we realize that the necessary things for us (physical bodies) to study ourselves (consciousness) have already been provided including the economic issues.

The economic deprivation will never occur to study ourselves (consciousness). Obviously, I feel it is not only for the economic issues but for everything.

We provide the necessary things around us. We provide all the necessary things to look at ourselves. Because we have the physical beings for ourselves (consciousness). It is understood, when we review ourselves in the flow of consciousness. As we ask ourselves, why it becomes so, the answer comes up easily. It is understood that we planned everything by ourselves.

Though it is critical situation when we look at the physical forms, "there is nothing insurmountable". When it is realized, it is encouraging. The courage will well out with joy as we will believe in our true selves instead of our false selves.

"It was what I needed in order to realize my true self."

The person will be happy, if one can really think so. There was not such happy time

even once in the past lifetimes, as one could say thanks to oneself. It is happiness and joy to meet one's gentle self. It wells out from the bottom of heart. Sometimes, it is joy stirred up from the depth of the heart. Please become the person to face with oneself sincerely and humbly. I mentioned that the person can not pursue the truth, unless one has the true strength. Basically, the person who can go on the flow of consciousness toward the dimensional migration and look at oneself further is the strong person in the true meaning. It reawaken oneself to the strong person that one realize, love has existed within oneself.

### **13. Through mother.**

I would like to proceed the story with myself as example and would like to talk about my mother.

It was difficult for me to deal with my mother. Though I said it was difficult, it is different to hate my mother who gave me the birth.

I think my mother is qualified by the common sense in the society.

She is not bad mother. There was no reason to hate my mother. I do not remember that I was treated wrongly. For example, I did not receive the by-blow from so-called self-centered mother who did not care the family and behaved selfishly. I did not receive the abuse at all, did not have complain for her, since she was not the educational minded or let alone minded. However, I was not good at dealing with my mother. I did not like the eyes of my mother. It may be right to say that I hated the eyes of my mother.

I vaguely felt, it was not stemmed from what my mother said or did, that I was not good at dealing with my mother, but it was the problem at my end.

I felt, there was the thick wall between me and my mother. I thought that my mother controls me by her eyes. I replied in my heart that "I am different with you", when I met her eyes. That heart was cold and towering heart. I hated and avoided to be integrated into the territory of my mother. I did not understand why I thought so, though my mother was

nothing special. It was my thought before I joined the study.

Then after a while, I, who had difficulty to deal with my mother, knocked the door of the study that asks to "look at the thought used for your mother and think of your mother".

I drove myself into the situation to knock the door. I knocked the door of study and began it by myself and learnt it in my heart that the condition was provided within myself.

I, who had difficulty to deal with my mother, became to think of facing with my mother and look at myself, to wholly accept my mother who gave me birth, simultaneously to accept the stupid part of myself. I fully understood, it was the situation to drive myself into knocking the door.

Though I realized during the studying process, how fierce thought flowed out of me to my mother and people around, I was not depressed even once. Rather than being depressed, the thought came up in my heart was understanding and joy. Because I became to know clearly that the meeting with my fierce thought was joy and I have provided the current time to do it.

I can flow out my thought directly to my mother who gave me the birth. The thoughts that I have described in my notebook at the beginning stage of my reflection on mother were all self-centered. My mother was the expected person to do everything for me. Hence my thoughts for what she did not do for me have spread widely rather than what she did for me. I realized it was not different with my thought used for the false god. The thoughts described in my notebook were expressed as the energy through my body later on. The words flowed out of my mouse were "die, die" continuously,

I wondered, how long does that "die" continue.

I could bring out and could feel the energy stored within through my mother at the seminars. There was nothing else but such happiness. What I could learn was that my mother who gave me the birth in this lifetime was not related with what I stored in my heart. My mother has become the trigger for me to bring out the dark energy that was stored in my heart.

"It was not what my mother said or what my mother did."

“It could not be helped by taking my feeling out on my mother.”

“The eyes of my mother were not severe but my thought to look at her eyes was not humble.”

I, who disfavored my mother, was wrong. My-that-self was dark. Finally the fact spreads within widely, that the relation as parent and child was formed in order to realize my dark self, she gave me the birth, gave me the form as physical body. As much as I feel my energy, these facts became something appreciated.

Mother and child, it is our relation in this lifetime. My mother and I are related by the blood. It is not known whether there is the stronger relation than the blood.

What I like to say here is that, if we begin to feel the world of consciousness, it will naturally be done, what must be done as the human in relation, rather than whether the relation is strong, since we are related with the physical beings presently. It will definitely become so.

I do not care my aging mother due to support obligation as parent and child. I think it is the minimum rule as the human. Simultaneously I think I become so naturally by joy as I knew the true world in my heart.

Meanwhile, when I see and hear the recent news, I feel it painful that even the minimum rule is not followed. It is difficult for me to understand, why they treat the small children cruelly, contrarily why they treat the old parents cruelly though they are old enough with good sense. I know well that the cruel affairs are caused not only by the relation as parent and child or husband and wife in this lifetime but also by the relation carried from the past lifetimes. I also know that those people have to look within their hearts in their relations.

It is indicated through various affairs that they are confused by the darkness in their hearts and face the result to sink themselves in the darkness of human relations, unless they understand it within clearly that they face the time for the darkness in their hearts flowing out rapidly. Though I know it, I wonder why they can abuse or kill their children. There are other affairs also. I wonder why they can do it and feel sad when I hear those news.

It becomes the times, there appear fathers and mothers who abuse or kill their children due to their selfishness, greed and ignorance one after another, and also they treat their parents who gave them birth cruelly or chase to death. They kill easily not only the parent and child but husband and wife or friends, if they do not like them. They spit their frustration out to the unknown people, as society does not understand them. They impassively hurt the people.

I have to feel the humans' hearts were lost, when I think of the lives become sacrificed by the selfish runaway energy in the world crazed with money and consumed with greed.

Naturally there is the reason for them to be killed or treated cruelly. Not only victimizer is to be blamed, but there is surely the causal relation.

However, now its modus is brutal. Thus I feel the darkness deeply hidden in their hearts.

It has already gone into the times that the crazed energy blows out daily with endless force.

For instance, the negative effect in the internet society and dangerous drug issue are also them. The indiscriminate terrorism is not felt close in the country of Japan yet, but that threat possibly exists in the near future.

## **14. It was the life to release the things held.**

As the turnaround in consciousness makes the progress, we understand clearly that we can not reach the truth, unless it begins within ourselves, though we take time and work, and keep it up.

And also as the turnaround in consciousness makes the progress, we feel that the world of physical forms as true that was accumulated for a long time, was only the air turbulence to be vanished away instantly.

As we learn it clearly in our hearts, we try to release the things held within ourselves one by one.

“The happiness and joy within will disappear, unless I hold it firmly.”

“As it guides me to the happiness, I never release it from my hands.”

“I cut off completely the people who let me release it,”

“As much as I get it firmly in my hands, the happiness and joy become greater.”

I thought so seriously. I made a big mistake. What I wished to obtain were things happy, beautiful, joyful and bright. As I tried to distance the things dirty, dark and useless, I know now the state of my heart was really poor. I would never become happy, though I lived my life positively with such state of heart. However, it was hardly realized.

I know presently, I can see the truth, as little as and as easy as the things are held in my heart. As I can see the truth, I just know simply that I, who held it, was foolish.

When I realize that I was foolish, I realize that the truth has existed there from the beginning, though I do not try to obtain it. When I release the fake, the truth is seen naturally. The fake (the physical world) is also provided properly. As far as it is necessary, it will be provided, though I do not try to provide it.

As far as I feel my true world, I can release my heart from the properly provided physical world, when it becomes unnecessary for me. Instead of releasing my heart regretfully due to the ruined physical forms, I can release my heart easily, though the physical forms are still provided. It must be done, when I feel the truth. Because, I should realize it in my heart that the physical forms are nothing more than the physical forms.

Normally the person on the right truck learns to loose and release the grip in hand in the daily life. One learns that holding something is suffering and wrong. One believes that loosing and releasing the grip in hand leads one to one's original self.

When one feels how happy and joyful it is to face one's own world, one will feel that the poor states of one's long-held heart was also good.

Since one was the poor self, one will realize it keenly that one exists in the great world, when one feels the true happiness and joy. Hence, one realizes only to say thanks to one's poor self. One does not disfavor one's poor self. It concludes as one could learn the true happiness and joy, since one was the poor self.

## 15. What do you want?

It is clear now that everything including the happiness and joy that I sought for was wrong. It was right. Everything corresponds within me, when I begin with everything was wrong. As I mentioned before, the starting position is not clear, as long as one stands on the basis as the physical world is true. It is not understood or is not recognized, that everything sought for by oneself was wrong. One can not begin the study, if one can not recognize it.

However, most people think that they have begun already. When they think that they have come to very far, and review them how much they have grown up as they have learnt hard, they may face the time to know that they have not begun at all, and regret it very much. It may be too late then and may be the end of their lives.

If they know it in their hearts that they are at the stalemate or do not advance but actually back away, though they have done utmost, they have to feel as “I have studied holding the things to make me at stalemate or back away. It is too sad and empty, if I am going to die as I am”. Tough they may think so, it may be better, as far as they realize it.

They still have time, though they come close to the end of lives. It means, they still have time to face themselves. Hence, if they start over and turn to the proper direction even a few millimeters, it must be splendid lives.

There is nothing else sad and empty than passing away without knowing in the heart that the brightness is tarnished after all, though it was the life radiated gorgeously and brilliantly.

Meanwhile, please ask yourself directly what you want, what you really expect. Besides, please ask yourself, whether you have obtained in your hand the things that you wanted.

What I wanted was the answer to the question, “what is the truth that must exist somewhere in this world”. It is my answer that I have met the answer for it.

It is not in the completed world, but met the things that I wanted. I met the truth.

In the study, it is called variously as the world of Tomekichi Taike, the world of Albert, or Mother Universe, but it is only the reality and the truth that there was only the world of truth.

It was me who dropped into the fierce emptiness and loneliness, but I could realize that there is the flow of consciousness and I exist in the world of truth, hence I think I am the happy person.

## 16. How did you exert your power for your suffering self?

What do you answer, if you are asked, “How did you work hard for your suffering self?”

How about it, if you are asked, “Is not it all for your false self, that you worked hard and poured your energy?” Various thoughts are conveyed.

“What is my suffering self? I do not understand how I am false though I was told false.”

Or, it is like this, “I do not understand what you say. It should not be only me. Nobody else around me understands such a thing, though they are asked for such questions.”

When I watch the affairs and accidents on the TV, the various thoughts are conveyed.

“Certainly, we can not become happy only by the money, but can not live even a day without money.”

“What can I do with my sick body?”

“One can not live the normal social life with the mental disorder or abnormal mental status. It is regrettable but one has to give up as it is the destiny. I was fortunately born with the healthy and normal body. Anyway I would do whatever I think it is right.”

“It is my life. So, I live as I like. I let nobody complain me.”

For instance, such points and thoughts may have extreme part but we may agree with certain part, though we do not say it in words. The problem is, most people do not care it, though such dark thoughts flow out of their hearts. Hence, they do not know that they are suffering.

Meanwhile, in “chapter 9, Please ask yourself”, I mentioned some about “living for oneself”. Here, I like to mention once again about “living for oneself” and also “going to use the things that one has for oneself”.

In fact, those thoughts have existed within me before I join the study.

“I would live the life given to me by myself as I am satisfied with”, I felt such thought from time to time. I wondered why I thought so, whether it was my selfishness. Presently, I believe, it was my earnest thought.

Because, “the turnaround in consciousness” has occurred within me.

Unless the basis is changed, it must be done within our selfhood, though we wish to live for ourselves. It may be self-praise, but the thought to live for myself was almost pure within me. I understand that the pure thought has guided me to my current self.

I have always been searching for something. Something that I can accept. I reflect, it was good that I have searched for something that I can do for myself without concern for the common sense in this world.

However, I did not live my unusual life. I lived my usual life. Now I think the standard of my happiness and joy could not be explained by the common sense. I felt the limit to pursue it in the society or family. I thought of the limit for the happiness and joy to be felt there. I felt the dead end. I felt there was something lacked. However, I did not know what I should do or what I needed then for something lacked.

Needless to say, the life is consisted of the relation with people, the human would not live alone. However, it is my public expression. My real intention is the human is alone. I have gradually learnt it is not lonely world. I have learnt the true meaning of the human being alone and true joy.

The thought to pursue the world of my true self has existed steadfastly and deeply within myself. That thought was the way of living acceptable for me, was the thing to fill the lack within myself and was what I wished to do for myself.

I have joined the study and eventually that thought has come up to the surface and

has appeared clearly, then has become to be felt by my silly physical being finally.

“There is nothing I expect in the physical world.” It is not exaggeration that this thought is established within me.

## 17. The promise between me and myself.

The dark part in heart is activated at the birth once again but does not grow anymore. It is not enlarged but is going into the terminal phase.

I think it is my future lifetime, the circumstance in 250 years from now.

In the future lifetime, I will broaden the truth within myself by more direct way than this lifetime. Because I made preparation in this lifetime. I will be able to approach the core directly, because of the study in this lifetime.

I have learnt by the most direct way as planned in this lifetime also.

As I review myself now, I really feel that my circumstance was suitable to pursue the truth. Including it, there was the opportunity when I joined the study. It was the big turning point for me. I appreciate that it was not too early or too late but was the good opportunity that I could study at the suitable time. As the result of my study through the trial and error, I made up the path toward the self-definition and now set up the circumstance without the interference for my self-definition.

I enjoy my time and space to think slowly and comfortably of 250 years from now and look at my future pleasantly and joyfully.

I think there is nothing else joyful but it.

It became the matter in the past to show off myself. Because, I feel that I can not realize the true world, as long as I do it.

I feel that I do not have the time to waste for it.

It is my promise made with myself to continue the conversation within and broaden the purer world within myself.

I will not betray myself anymore. Because I knew myself of the great gentleness, warmth and broadening.

I flow. I feel myself continuously supplying with the fresh air and realize joy to exist with myself.

Compared with the world that I am feeling, I feel the various matters in the physical world like a poppy seeds. Hence I would not be affected by the poppy seed, though I exist in there. I would never sell myself for the thing that is going to be vanished away and is not eternal. As I know it is in the poppy seeds, I would not move at all though I feel the awful thoughts. At last I exist shaking and absorbing the vibration and enfold the poppy seed as it is good, joyful and thankful.

However, it seems, I make a deal and think of the gain and loss. I think, it will also fade away soon or later. I am such stupid but now I love my stupid self.

I experienced my stupidity enough to struggle for living eagerly. It was enough for me.

I learnt it from my past lifetimes that I drop into abyss as hard as I struggle and desire.

“The fear and pain of abyss have existed for me to release myself from there.”

“It was not the abyss that made me suffering.”

“It was the pain for me to drop into the abyss willingly by myself, it was nothing else but was my transmigration.”

I think my world of heart understands it clearly.

The physical world is the world of differentiation and discrimination. There are the difference of intellectual and financial ability, the beauty or ugliness of the appearance, we can look at the dirty thoughts in our hearts with them. I think I have learnt the manner to raise the eyes to figure out the things in this lifetime. Naturally, when I will be born in 250 years from now, I will suffer in the human society with differentiation and discrimination for a while. Because I still have the seed for the suffering within. However, I mentioned, it will not grow anymore. The eyes catching on the things in the wrong direction are changed at the certain moment, I go on directly through that experience. I feel, it is the work that the turnaround in consciousness makes.



It is my plan to provide the study time for me in this lifetime and will meet the real part in 250 years from now.

That plan should never deviate. I feel, it is the plan of the flow of the consciousness. Hence, it was the work to be emphasized, the turnaround from the physical being to the consciousness more than anything. I exist to fulfill my promise made with myself. I think of the flow of consciousness and go forward on the path returning to love. It was my firm promise with myself.

### **18. When the time comes.**

When the time comes, it will be proceeded in accordance with the plan and script.

The flow of consciousness is something like that. The flow backing to that flow is the flow on the basis of physical world as true. That flow can not continuously back. Then, I mention what will happen, since one will not keep the upstream, one will sink down. One will stagnate. It is doubtful, whether one will emerge again.

However, the stagnated and sunken world does not move to the different world. There were originally one world. From the perspective of the physical world as true, one does not realize this world, does not understand that we exist together.

If one thinks the physical world is true, one has to realize the mistake and has to turn it around to the thought as the conscious world is true.

“Through the physical forms, one looks at and feels the pains and mistakes, then release oneself from there”. The life was to do it.

As one does it, one has to realize oneself whose meaning of life and everything were wrong and also oneself who tried to obtain the happiness, joy and peace in the wrong way.

When one realize it, one becomes joyful. Because there was only joy originally. One feels joy wells out endlessly.

The flow of consciousness flows lightly and calmly. It accepts everything and flows.

One, who does not fit to the flow, will be bounced out naturally.

The expression, that the thought as the physical world is true will sink down and will be difficult to emerge, may not be understood in the mind, but it will be proved in the coming time.

### **19. As we turn the consciousness around, we grow as the humans naturally.**

What do we learn, when we turn our consciousness around?

We learn the true joy and happiness, when we begin to turn our consciousness around.

Our dark selves just come out in its process. As the work makes progress, we feel that our dark selves are joyful and lovely.

When we look within our hearts thinking as I am wonderful, I am right, not wrong, the wrong one is that person, this person or the society, we feel ourselves with the massive energy destroying everything. Though the expression of destroying is not suitable, it is fierce, enormous energy.

I am right, not wrong, I am great. Do not you live with this energy daily? Please look within your heart. Are you really right, not wrong and great? From now on, the answer will appeal oneself and will become the situation to change the direction.

Since the various things occur in the physical world, one thinks of something and thinks of the past and the future. I think it is the human's original nature. Though it may be still difficult to realize the fundamental mistake, the time will definitely come for one at least to feel one's stupid self. The human can change, when one feels in the heart the great flow beyond the knowledge. I can believe it.

Since I learnt in my heart gradually what I am and could realize that I am happy to exist as I am now, I think, my physical being also has been improved as compared with

before, though I am still poor and have a lot of problems as a human.

I think, I would like to do in good faith for my mother.

It is not the filial devotion to parents as mentioned in the general public. I became to think that I would express joy, as the consciousness met the truth, with the physical form.

I think, it will lead to the thought of doing in good faith for my mother.

My mother gave me the physical body. She gave me the birth in this world. My mother may be stupid. Yes she is. It is same as me. For me, there is the fact that she gave me the birth.

I think, the continuous life feeling the weight of that fact makes me improve further.

“Living with my mother, I look within my heart and proceed the turnaround in consciousness further”, I am pleased to have provided such plan for me and to expand and cultivate joy leading to the world that I wished to know eagerly.

I think, I lead everything to be utilized for the turnaround in my consciousness.

The aim is “the turnaround in consciousness”. It is planned for us to realize all consciousness existing in love through the phenomena.

## **20. I go on my path, though I am ordinary.**

I am not the person as eloquent as competent. The person who speaks gently, behaves gently and calls for keeping up together may be approachable. It seems, I am not approachable since I am not good at them. I was told by my mother previously as “I do not understand what you think of”.

I am not good at caring for and do not like to be advised by anybody either. I am not earnest or punctilious but lazy and do not like to be bothered. I am pretty self-centered. I also evaluate myself as close to the lonely wolf.

Hence, I will drop down to the bottom of hell, if I make a single mistake. Because, I do not follow anyone’s advice.

I am the person who does not listen or does not get along with, unless I accept it.

However, I think it was benefited to proceed this study.

I understand that my apparent defect worked as the advantage, because of my pure hot thought within, wishing to meet the truth.

“There must be the truth somewhere in this world”.

I am the person who has nothing good but has felt this thought in my heart, and I may say, it was only the good part and the great part.

Now I believe, it could not happen not to come to the realization, and feel, only that thought has lead me of the ordinary person.

I think, since I had that thought, I did not cause the big trouble and could fit in the society in some way, though I was pretty self-centered.

Contrarily, I usually feel, that I am forgiven to go on my path, and there is nothing else happier.

For the society, for the company, for the family, I do not have such good spirit but am sure to pour my energy to look at my past and my future.

I am easy to scare and coward but have firm thought. I have my principal or philosophy.

Hence I do not follow the person or the society.

Originally, I had the thought to select and proceed it by myself. I have to solve the problem caused by it, eventually my problem is solved by nobody but by myself, nothing is solved unless I accept it, I think, such thought was strengthened by my repeated transmigrations.

I am pleased that my principal and philosophy could finally meet something I can accept in this lifetime.

The person who conveyed the truth to us in this lifetime was Mr. Tomekichi Taike.

I am thankful that I could meet the true world through the person Mr. Tomekich Taike.

I can say that there was no bright future for us, unless we had this meeting.

I think, I understand in my heart what Mr. Tomekichi Taike conveyed to me. It is the fact that I feel it specifically and believe it firmly that we are one in the conscious world.

It is not something vague, but my feeling as “we are one” is clear and real.

Hence I know that the meeting in 250 years from now is definite, and everything will begin then from the meeting.

I also feel that the meeting in this lifetime is great joy but the meeting in the future lifetime is incomparably greater joy.

With that kind of background held, I have contact with Mr. Tomekichi Taike. I do not look up Mr. Tomekich Taike as the mentor or do not uplift as the mirror within. I think, it is intrusive to look at Mr. Tomekichi Taike with that kind of low level thought.

For me, the entity of Mr. Tomekichi Taike does not stay with that extent.

The meeting was the great joy. It was the once in a million meeting. He expressed directly what I have looked for. It is the fact that he made the great impact in my conscious world.

Therefore, I have awakened with myself. Now I confirm that I am in the joy and happiness to go through the path to the self-definition. I am ordinary but my heart within is very joyful to go through the path step by step.

I believe it firmly that I will feel it more clearly within myself in the coming time continuously.

Hence, I really look forward to the time in 250-300 years from now.

Because it is good enough for us to meet ourselves within rapidly, awaken to love within rapidly and to convey that we are the entities to flow the thoughts and energy as we are one in love.

I think of the time that many consciousness respond, and rejoice at the present time that I can commit to go forward on my believable path.

## 21. Summary

Up to here, I have mentioned the things from the various angles including my stupidity, beginning with “what is the turnaround in consciousness”, through the explanation of “the work is difficult”, “why is it?”, “we can not understand the truth unless we do it”, “we have repeated the transmigrations as we were born and died in order to do it”.

I think, you are firstly interested in how you can achieve the difficult “turnaround in consciousness”.

However, to our regret, there is neither fast way nor trick. There is only one way, to repeat the work “to look within the heart”.

The person who does not do this work would not be able to make “the turnaround in consciousness”.

Because the person who does not know or does not like to look within the heart is hardened in “the physical world as true and all”. As far as one is hardened, nothing can help one. The person who wishes to seriously “looking within the heart” may still be on the basis of “the physical world as true and all”, but that basis is beginning to shake slightly.

Hence I would mention in detail the work of “looking within the heart”. It is not the work “looking within the heart” to review or reflect oneself and correct it. “Looking within the heart” is to feel the energy of oneself through that work. It is to realize, “I am the energy”.

Firstly one has to begin with bringing one’s thought out, what kind of thought one has spread toward one’s mother without disguise or fine words. It is unnecessary trouble, if one bring it outward, though one begins to bring it out.

In fact, if you spit out the complaint, dissatisfaction or other thoughts directly toward your mother in front of you, it will cause the trouble at that stage.

It will be difficult except for the people who try to work “looking within the heart” together and to understand each other. It is not good idea to spend the time and energy to

solve the unnecessary trouble.

For the moment, please try to write the thought in the notebook, just write it off. There is no perfect mother. Everybody is stupid. Everybody is supposed to directly bring out one's thought toward the mother, when one sees and hears the behavior of stupid mother.

You will know it, if you do it. The thought used for the mother is the thought used for all people around. Therefore, it is the reflection of mother at first.

The people gathered for the seminars have done it repeatedly.

Specifically, what mother did for one, did not do for one, contrarily what one did for mother, concentrating on those 3 points, and in each case and the relation with mother, please confirm without disguise what thought you have bashed to your mother then.

Concurrently, we review each religious itinerancy. It is not necessary for the person to be exaggerated like the religious itinerancy, but for instance everybody should have paid respect at gravesite once or twice. How about the experience of shrine visit at New Year's holiday. What kind of thought did you bring out in front of gravesite or family altar and also throwing some coins in and placing hands together. Some people might bow looking at the sun, or might pray for the star in the night sky.

Anyway we remember it, whether we prayed, wished, requested the power, or were interested in the fortune-telling or incantation. If we ask ourselves why we did it, some kind of reason will be returned to us.

It would be, "Wished to be helped", "wished to be saved", "wished to know the mysterious world", "want to have power, want to have power to become as I like". As we thought to become happy then, we brought our body there and spent a lot of money sometimes. If we look at them in our hearts carefully, we will definitely know how greedy we were.

Anyway we have to do it first.

At any time please check the thought welling out of yourself, make one or two deep breathes, close your eyes and turn your heart toward the thought checked now, then call "mother" in your heart.

Putting at side "what happens, how it becomes, what is felt?" for a while, and repeating the work consistently are the keys, and it is the first step.

When one looks within carefully the heart used for the mother and the heart used for the false god as they are, the various thoughts come up in the heart such as "why was I born?", "what am I indeed?", "Am I really right in this way?". It may be the things remembered many times in the past, but resonates deeply within at one time.

As if it is the opportunity, the phenomenon occurs to definitely realize that one's existence was totally wrong. As it was mentioned in this book, it will probably be the phenomenon related to "the birth and death of human". It will be the second step, if one can utilize the opportunity.

The person who has seriously done the work to "look within the heart" will begin to see the signs to change somewhere around that stage. Though it may be a little bit, it is the big occasion in one's history that the sign dawns.

As I mentioned in my book "thanks", I encouraged myself to change the direction drastically through "the birth and death of human". That is all, if we say it was own plan, but I think there is nothing else but this phenomenon to change the direction of the thought as "the physical world is true and all".

The truth is conveyed naturally from our inner self. Because "our true self" or "the truth" definitely exists within us. I feel, there is only the natural catastrophe left for us to realize in our hearts that "our true selves" leads "our false selves".

While we live our daily lives peacefully, the words "there left only the means of natural catastrophes" may be severe and wild expression. It is difficult to accept it as real, but has already become the flow in conscious world. We can not hold the physical world forever. The physical world will ruin the physical forms in many areas. It will be ruined with joy flowing the message as "please look within the heart held to".

Though we claim it many times, it is what most people can not understand yet now.

It is impossible in the situation that they still hold their present lives, their present families and their present selves.

Yes, it is impossible in the current situation. Hence, the various affairs, the unexpected affairs, the unimaginable affairs will occur in the time to come. The storms of natural catastrophes will be distributed equally for everybody.

Furthermore the natural catastrophes that will occur in future store the enormous energy to instantly ruin the thought as “the physical world is true and all”. The conscious world has come to that stage.

It is unknown how many people feel it now.

However, in the flow of consciousness that can not be stopped or be changed, the script to realize the truth is definitely provided for everybody. It is sometimes assumed as the destiny or fate, but I do not think there is something like destiny existing. Everything is planned and scheduled by oneself. There is never coincidence.

I do not think, the expression as wavered by the destiny is right. One is not wavered but has oneself wavered. One says, “realize the truth” to oneself.

Did not we know it but laid the blame on the destiny? It is said as the buck-passing.

Who decides the destiny? We say “leave it to chance”. We also say “the glorious path that was obtained by developing the destiny and overcoming the difficulty”.

Leave it on one hand and develop it on the other hand, are not they something wrong?

Are not they contradicting?

Yes, we are in the situation that everything is wrong now. As it is the wrong situation, the wrong result will blow out here and there. It will appear clearly in the coming time.

I think, the call as “the root is wrong, realize the truth” will become louder.

I expect the day that the message from the flow of consciousness resonates in each heart with the loud call as “the truth is one” and with the wish to go together.

We should not sit down and spread our roots in the daily lives but have to know that we have the bodies in our circumstances to look within our conscious world.

“Why were we born?”, “What were we born for?”, as the answers for them become clear within us, our thoughts for the work currently engaged, for our families, for our

health and for the affairs around will be changed. The change will appear for our relation with them. Then, please ask yourself one more step further, what kind of entity you are. Your inner self knows it. Love within yourself answers. It answers by the vibration. It is just joyful. The time will come for you to feel in your heart clearly to go forward with joy. Please accept it humbly and straightforward, and exist in accordance with the prompt from yourself within.

## 22. Conclusion

I have added at the various parts in this book of version 3 to be published, continuing the publication of version 1 in August 2007, version 2 in July 2011.

It has already been 8 years passed from the first edition in 2007 until this year in 2015.

When I think back, the seminars with 3 days and 2 nights hosted by Mr. Tomekichi Taike, have begun about 30 years ago, and have been held in various regions of Japan. They have been continued changing the names from “the light of El Ranty seminar”, “UTA Group seminar” and “the flow of consciousness study” to “UTA session”.

I, myself, have joined the seminar in April 1993 and have studied with Mr. Tomekichi Taike for about 20 years. I have the friends whom I have studied with throughout Japan. In this year of 2015, we came to the year of turning point. The manner of study to gather at a place with Mr. Tomekichi Taike has ended as of December 2014, and has newly begun the seminars of “UTA circle” in March this year of 2015. Obviously, there is no change to study the true world in the direction indicated by Mr. Tomekichi Taike, though the manner of study has changed.

With such a background, I become to publish the revision of this book.

I have mentioned, we, the humans, were born to make the turnaround in consciousness.

The last task in life is the work for “turnaround in consciousness”. If it is asked what we are born for, it is in order to realize our true selves. Unless it becomes reality within ourselves, we have to eternally wander in the darkness, same as in the past.

As I mentioned in the summary of chapter 21, the necessary work to proceed the turnaround in consciousness within ourselves is the work to “look within our hearts”. There is one more important work to make the turnaround in consciousness. It is the meditation. It is not the simple meditation but the work of “the right meditation”. As the right meditation is gradually made within ourselves, the turnaround in consciousness is also progressed. As the turnaround in consciousness is progressed, the completed level of right meditation is also raised. The turnaround of consciousness and the right meditation are so called both wheels of automobile that opens and spreads the door to the true world.

I would convey my last message for you to please open the door to the true world and move both wheels smoothly, and go forward comfortably together.

The comfortable walk, it is the walk in the flow of consciousness toward the dimensional migration, planned in 250-300 years from now.

You, also you, please respond to the call from the flow of consciousness to proceed together toward the dimensional migration.

Hence, I wish to close this book, mentioning what meditation the right meditation is.

As the “turnaround in consciousness” makes the progress within oneself, the time for meditation naturally becomes pleasant.

I mentioned in the text that please practice to have the time for making deep breath once or twice and call mother with the thought coming up within.

Actually the very last of meditation is to turn the heart toward, tune to and leave for Tomekichi Taike. Let us become to practice such meditation.

Obviously, Tomekichi Taike means Mr. Tomekichi Taike who has hosted the seminars for these 30 years.

However, Tomekichi Taike mentioned here does not mean Mr. Tomekichi Taike but

the conscious world indicated by Mr. Tomekichi Taike.

Namely, when Mr. Tomekichi Taike mentions to turn the heart toward him, it means that you turn your heart to your true self definitely existing within yourself.

Mr. Tomekichi Taike has conveyed further.

“Your true self is love. Your true self is the entity to flow the energy of love endlessly. You are love. And I am love. I and you are the consciousness, energy, love. And we are one.”

“The world of Tomekichi Taike is joy, warmth and broadening. The world of Tomekichi Taike exists in the heart of everybody. Hence, it is really stupid to look for the peace and healing outward, without knowing or believing it.”

“Please look within the heart that ask for the peace, ask for the healing and ask for the warmth outward. Let us look at it.

What kind of heart is it that ask for the peace, ask for the healing and ask for the warmth?

Is not it the lonely heart? Is not it the unsatisfied heart?

Then, why does the human have lonely heart? Why does one have unsatisfied heart?

Why are the lonely heart and unsatisfied heart not filled, though there are lot of things, lot of money and lot of people around?

We are supposed not to seek those things outward, as far as we realize that there are warmth, joy and peace within ourselves. However, the humans have sought for the warmth, joy, peace and healing outward in all times. Should not we admit, it was because we forgot our true selves, thought ourselves as a physical beings and look at ourselves existing only in the physical world?

We can not release ourselves from the lonely hearts or unsatisfied hearts, as far as we exist with the perspective as the physical form is true. Is not it suffering? Yes it is. We can never say from the hearts that we are happy in that situation.

We can never make someone happy, as far as we do not know the true happiness and joy.

Hence, it is the matter, how arrogant thought it is to make someone happy and how

ignorant thought it is to make me happy.”

Once “the turnaround in consciousness” makes the progress within, these things are understood precisely and are conveyed to the heart.

Then in that situation, there is the thing that is felt and understood in your heart.

That is the call from the flow of consciousness as “let us go forward together toward the dimensional transmigration”.

“The time that we, the flow of consciousness, convey the messages on the earth is 300 more years.

In 300 years, the planet earth will experience a lot of natural catastrophes. We, the flow of consciousness, will convey the messages toward the dimensional transmigration to the consciousness that will transmigrate on the earth. That is the natural catastrophes. Furthermore, the scale and energy of natural catastrophes to occur are beyond the imagination of humans. We will flow our messages to proceed the dimensional transmigration through the enormous energy of natural catastrophes.

We are the energies of love. We flow as the energies. We, the energies of love will do the work further from now.”

I feel this thought firmly in my heart during the meditation.

It would be the matter of different dimension for the people who believe the physical forms as true. It would not be believable. However it is clear in my heart. It resonates in my heart. I feel in my heart that we send the messages through the affairs in the coming 300 years.

We also flow the messages “let us go forward together”, “we wait for you forever”.

Please be careful that the true meaning of the message is not accepted directly, if you

grab it with greed. You do not understand that the gentleness accompanies the severity, if the turnaround in consciousness is stalled.

The messages “let us go forward together toward the dimensional transmigration”, “we wait for you forever” convey the joy of self-definition and self-reliance. That joy is the joy in the conscious world as  $1+2=3$ . The term  $1+2=3$  is not the joy in the conscious world.

The messages brought out of joy are backed up by the severity. Please relish the messages in your heart.

It is the time from now for everybody to establish each path in the heart. It depends on everybody, how to exist, how to live and how to die.

I wish you to feel in your heart, how gentle and lovely it is for you to look within your heart and meditate as much as possible, while you have the physical body now.

You will know it is not easy study, as far as you feel the world of consciousness in your heart.

While you relate to it with greed, you will feel fear as it is severe, will rebel or will go so far.

However, when you realize the true joy and warmth in your heart and hear your true voice, it will be conveyed to your heart that the severity is the true love and warmth.

There is the world that spreads definitely. When you know that you exist in that world, the joy spreads with severity as you feel how happy time you have, at the present time and the time from now.

In 300 years from now, we will definitely prove it. My conscious world believes it firmly that we are en route. I conveyed it to myself in this lifetime that it is not the small world, such as heaven’s voice or god’s voice. I will proceed directly the things conveyed by the true world.

I mentioned that this lifetime is the beginning. The conscious world will change drastically as this lifetime is the turning point. The affairs to encourage “the turnaround in consciousness” will come along for everybody. It is the liberty for everybody, what to

choose then. However it will accompany the definite self-responsibility.

The grace is 300 years from now. It is not clear whether or not the earth will exist after that.

It is conveyed to me that I will not transmigrate on the earth again. It is the present time that I feel in my heart to return to my world with that thought.

“Consciousness is eternal, I am joyful.”

Please begin the turnaround in consciousness.

Please feel that you have the future in order to meet your true self.

It is the joyful path, definitely the joyful path.

Please, please, let us go beyond the three dimensional world together.