

The Spiritual Exercise of Bright Thinking while forming an *IN*

1. First form the Nyorai *IN* (infinite symbol) in front of the navel area.



2. Join your hands in front of your face (Hands joined in a prayer-like position, index and thumbs of each hand linked up, called Nyorai *IN* Gashou in Japanese) and voice the words: ***“May Peace Prevail on Earth”***



3. Keep your left hand as is with the tips of the index finger and thumb joined. While voicing: ***“Infinite”***, extend your right hand palm faced up to the right, and in a natural way spread the hand widely horizontally.

Next, bring your extended right hand toward and above your right shoulder the way you would do when you are ready to throw a ball.



4. Extend the index finger of your right hand. Voicing the word ***“Oneness”***, forcefully point your index finger to heaven.



5. Again form the Nyorai *IN* Gashou in front of your face and repeat the same movements (Steps 3, 4) using other bright words. Voice ***“May Peace Prevail on Earth”*** each time you have voiced the seven bright words.
6. When you are finished, lower your hands to the starting Nyorai *IN* position. (Step 1)



Empower yourself with 'infinite' words

To think and speak bright, positive words at all times is a matter of changing our habits. However, it takes practice, dedication, and constant awareness. To assist us in doing this, Byakko Shinko Kai offers the practice of Bright Thinking.

When a dark thought crosses your mind, counter it with a bright one like *Infinite light!* When you feel gloomy or sullen, pierce through the darkness with a phrase like *Infinite improvement!* *Infinite joy!* or *Infinite possibility!*

If you practice this day in and day out, before you know it, you will find that life is taking a brighter direction. Be as creative as you like with your bright words—the possibilities are infinite!

The Bright Thinking *IN*

The *IN* of Bright Thinking acts like an antenna that connects us to the infinite energy of the universe. This *IN* is simple and easy to learn, and can be done anywhere. We invite you to try it, feel free to use it in your own practice.

Byakko Shinko Kai

Fuji Sanctuary

812-1 Hitoana, Fujinomiya-shi,
Shizuoka-ken, 418-0102 Japan

Tel. No.: 0544-29-5100

E-mail: byakkoinfo@gmail.com

Bright Thinking

The IN and Kotodama

