

Questions and Answers

The first person to learn the Divinity IN was Mrs. Masami Saionji, a respected author and mother of three who serves as Chairperson of the Byakko Shinko Kai and several other peace-oriented organizations. In a special interview, Mrs. Saionji answers some of the questions people have been asking about the IN.

Q: First, would you explain why we do the Divinity IN of wa-re-so-ku-ka-mi-na-ri?

A: In the beginning, human beings existed in the universal law. Everything was perfect. Everything was in great harmony. Then, human beings came down to the earthly plane, to work and to create something.

But after a long, long time had passed, human beings separated themselves from the universal law. They forgot their original Selves. Now, it's time for

human beings to wake up and remember their original Selves.

What is the original Self? The original Self is life itself, bright and infinitely free. It is everything in the universe. It is the life of the universe.

We human beings were born from the universal source and we are exactly like the universal source—just like parent and child. The universal source is the parent and a human being is the child. When human beings do the Divinity IN, we start to wake up and remember this. We remember who we really are. That's what it means to awaken to our original Self.

The universe is made from energy. Everything is energy, or vibration. Words are energy. Thoughts are also energy. Actions are energy, too. When we speak negative words, that negative energy brings negative effects. When we have a negative way of thinking, our negative words vibrate negative energy to the people around us. In exactly the same way, if we speak positive, true words, our words make people happy, encouraging and brightening them.

The IN is also a vibration—a very strong vibration. Each of the IN's movements connects us directly with the universal law, so they let us catch a very wonderful, powerful, infinite energy. That's why, when you do the IN, you can transform yourself. You remember your original Self, and what kind of purpose your original Self has, and what kinds of things you need to keep in mind.

As we are forming the IN, we make the sounds wa-re-so-ku-ka-mi-na-ri. These sounds carry the vibration of 'I am one with the Universe,' or 'I am a Divine Being.' Nowadays, many people don't believe that they are infinite, universal beings. But when you believe that you are a universal being, you spontaneously know and experience your oneness with other people, with nature, and with everything in creation. You know and experience the reality that everything is one being, one life.

If you feel and understand that everything in creation is one, you can transform

yourself. By that, I mean that you can change your habits. If you have a habit of complaining, or feeling sad, or unhappy, or jealous, you can change that kind of habit.

Why do people get negative feelings in the first place? It's because they have been thinking that they are not one with others. They always feel some kind of separation. But when you do the IN, you feel oneness.

The IN holds a deep meaning. Each movement has a truth—a true meaning. Even if people didn't study much about the IN, once they start doing it, step by step they naturally awaken to their original Self.

When I received this IN from the universal law, the vibration from the universal source told me that whenever people do this IN, the effect will appear for sure. The IN has a much stronger effect than any words, any thoughts, any actions.

Q: What if, for physical reasons, we cannot make the movements?

A: Even if you are bedridden, or have lost some fingers or limbs, you can still do the IN in your mind. Just try your best to form an exact, correct image of the movement through your imagination. Regardless of what condition your physical body is in, your spiritual body is complete and perfect. Your spiritual body will perform the IN just as you envision it in your mind.

I would like for everyone on the planet to have a chance to learn this IN.

Q: Thank you. Next, what can we do if we want to form the IN but there are people nearby, and we do not wish to do the IN in front of them?

A: In that situation, without calling attention to yourself you can form the IN in your mind while sitting or standing quietly where you are. Your spiritual body will perform the IN perfectly, as I mentioned earlier, and it will definitely work.

Q: We have heard that it's effective to do the IN when we are out in nature. Why is that so?

A: Through harmful words, thoughts and actions, human beings have attacked the energy field of animals, plants, and everything in nature. When we do the IN, we restore the energy that was interfered with. Refreshed by this new, pure energy, animals, plants, and everything in nature can recover their inherent power of self-healing.

If you don't have an opportunity to go out in nature but want to revitalize nature through the IN, form an image in your mind of the animals, plants, water, mountains, or other natural setting that you want to send energy to. Then perform the IN while keeping that image in your mind.

Q: We have heard you say that it's good to have a specific purpose in mind when we do the IN Why is that?

A: If you have a specific, good purpose in mind, it helps you to concentrate. Then the energy of IN will be focused on your goal and the IN's effects will be clearly recognized. As you continue to recognize the effectiveness of the IN, your confidence will grow step by step and this will encourage you to do the IN more often and more sincerely. As a result, the immense power of the IN can be demonstrated more fully.

On the other hand, if your feelings are vague when you do the IN, the effects may also seem vague.

Q: Why is it important for us to make the sounds 'wa-re-so-ku-ka-mi-na-ri' before we start doing the IN and also while we are doing it?

A: These sounds hold a very powerful, harmonizing resonance. When we make these sounds, we attune our physical and mental vibrations to the pure energy of the IN. This refines and harmonizes all our cells, allowing us to

perform the IN more beautifully and accurately.

Q: Some people have said that they would like to say the words ‘I am a Divine Being’, but hesitate because their daily words, thoughts and actions are not so harmonious.

A: The important point here is to distinguish between the true, infinite Self and the superficial self that gets caught up in disharmony and emotionalism. When you say these words, it is not your superficial self that is talking. It is your infinite, divine Self. Your divine Self is speaking and creating a pure, sparkling atmosphere where you are. If you remember this, you should be able to say the words.

Q: Many people have asked who first thought up the Divinity IN

A: This IN was not devised through the human thought processes. It was

conveyed to earth from the source of the universal law, so that human beings could awaken to their divinity and safely progress into the 21st century.

Q: We have learned that you were the first person to receive this IN from the universal source. Some people are wondering how you were able to do this.

A: Everyone has the power to receive the precepts of the universal law. At present, though, the earth is engulfed in waves of disharmony, just like the rough waves on the ocean during a storm. Because of these rough waves, people cannot easily tune in to the delicate vibrations coming from the universal source.

Goi Sensei (Masahisa Goi) wanted me to be able to do this, so he began training me for it from when I was about twenty years old. There were many phases to this training, which I will describe in more detail when I write my autobiography. It entailed keeping my mind perfectly calm and steady in any

situation, no matter what. Even after he left this world (in 1980) Goi Sensei continued training me from the world of the universal source.

The training has been both physical and mental, and it still continues today. Most people who know me are aware of my most recent assignments, which have included praying (meditating) for eight hours a day for about three months at a time. These assignments have been carried out in several places: in North America, Europe, Asia, and so on. The content of the prayer (meditation) is very deep and multi-faceted, and it cannot really be described with ordinary language. However, I can say that it includes learning a variety of IN, and it also involves purifying disharmony in the country or continent where I am. In doing these assignments I became more and more finely attuned to the vibrations coming from the universal source, and that's why I could receive this IN when it was conveyed to earth on July 24, 1994.

You could think of it this way. Imagine that you want to tune in to a very

important program on your radio, but when you turn the dial all you can hear is static. Yet if a person's ear is extremely well trained, they can hear the programs that are being transmitted, even through the static. My perception is something like this.

Incidentally, it may sound as if I went through this training all alone, and in a sense that is true. But thanks to the many people around the world who were intently praying for world peace, the 'static' became much lighter, and this made it possible for me to carry on my training successfully. I always feel grateful to those people.

The next point I would like to make is that once I received the IN, it became easier for other people to receive it. Let me explain this with another example. Suppose you want to go to the mountain, but you are surrounded by bushes growing so thick and so high that you cannot see where the mountain is or how to get to it. Yet if just one person can clear a path to the mountain, it

becomes much easier for other people to go there. As more and more people walk along the path, the path gets wider. Then greater numbers of people can easily go to the mountain. This can be compared to my job. My job was to clear a path to the mountain.

Q: When you received the IN from the universal source, how did it appear? Did you see someone performing the IN or did you feel the movements through your body?

A: It was more like feeling the movements through my body. When I meditated and received the IN from the universal law, I never saw anyone performing the movements. If I had to compare it to something, I'd say it's like a movie, in which all the scenes appear in front of me all at once, in the space of an instant. It's somewhat like the workings of a computer, or the internet—very large-scale yet very precise. Everything appears vividly and in

great detail. Everything is perfectly clear.

One more thing. It's not a three-dimensional image. It's four-dimensional. By 'four-dimensional,' I mean that you don't view it from just one side. You see it from all directions—from above, from the front, from the sides, and from the interior, all at once, instantly and with perfect clarity.

How can you convey something like that, that appears perfectly and completely within a split second, using the words of the third-dimensional world? If you want to depict a three-dimensional figure on a flat, two-dimensional surface, like a piece of paper, you can do it with dotted lines and so forth, but it's much more difficult to describe the IN in terms of the third-dimensional world. To describe it, I have to divide the oneness of the IN into several parts—such as hand movements, eye movements, breathing, and so on. Then all those parts have to be recombined into one.

When people watch me doing the IN they can only see me from one

perspective. If they are sitting in front of me, they cannot see my back, or the back of my hand. They cannot feel my breathing. Yet correct breathing is very, very important. That's why I always ask people to breathe slowly.

If people could perform the IN with perfect precision, their bodies would be in perfect harmony and their illnesses would disappear immediately—but it takes a lot of practice to do this. And I am happy to say that people are getting better and better at it.

Q: Would you explain more about what it's like to observe the IN all in one moment? It's not like seeing with the eyes, you said.

A: That's right. It's not visual. It's beyond that. When you 'see' from the fourth-dimensional world, you are not confined to one spot. You can be everywhere, instantly. There are no barriers of distance or time.

Try imagining, for example, that you are looking at a building—say a

hospital—from a fourth-dimensional perspective. What you see is more than just the outside of the building. You see each patient in each room. You understand the state of each person’s health. You know which ones will be discharged from the hospital, and which ones will pass away while they are there. You discern that this one is in a good mood, and that that one misses her family, and so on. All this is clear to you in an instant. This may give you some idea of what it’s like to have a fourth-dimensional perspective.

When I see someone doing the IN, I understand the activity all their internal systems, their blood vessels, bones, muscles, internal organs, and all their cells in perfect detail. I perceive their cells moving, working, and creating, and I can instantly see how the IN influences each of their cells and their genes. I can ‘see’ the energy vividly at work. This is why I can clearly state that the IN is a perfect method for creating harmony.

Q: Is that why you say that the IN belongs to the world of science?

A: Yes. I say so because, seen from the fourth-dimensional world, the evidence is clear and the result is verified. There is nothing vague or subjective about it. In the fourth dimension, every part of the whole is clearly discerned. I am completely sure of why people do the IN, and of how its energy harmonizes and activates all the cells of the body. By ‘activate,’ I mean ‘awaken.’ The IN awakens each cell to its innate, infinite capability.

Even if the IN seems complicated or hard to learn, I would like to suggest that you try it. You could just practice part of it if you like. Also, I’d like to recommend that you try repeating the syllables that go with it: wa-re-so-ku-ka-mi-na-ri, whenever you have time. From minute to minute, in whatever ways we can, we human beings have to keep trying to uplift ourselves and awaken to our inner, infinite Selves.

Excerpts from an interview with Mrs. Saionji, Byakko Shinko Kai 1999