

The Divinity *IN* for Humanity

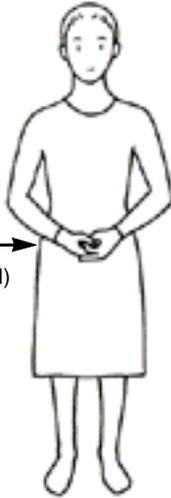
Jinrui Soku Kami Nari

Humanity is Divine

1

Starting position: The *In* of Great Harmony

Front View



The body's center
(slightly below the navel)

Side View

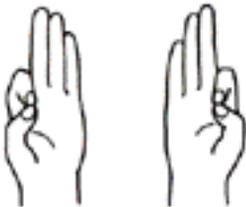


In forming the Universal *In* of 'Humanity is the Universe' (jin-rui-so-ku-ka-mi-na-ri) we receive energy from the Universal Source and distribute it throughout humanity. We will continue forming this *In* until each human being has awakened to their inner truth.

slightly away from the body

How to form the *In* of Great Harmony

1. Make circles by joining the tips of the forefingers and thumbs.



2. Link the two circles together, as illustrated



The palms face up.
Either hand can be on top.

2

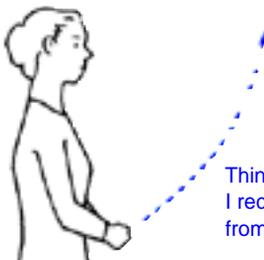
After forming the *In* of Great Harmony, release the linked circles as you lift the hands upward towards heaven from the body's center. With the hands touching each other as in the magnified view, raise them upwards in a gentle, curving motion until they are slightly above eye level. Relax your elbows. Don't over extend your arms.

Front View

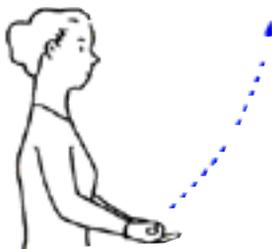
Side View

Make the sound

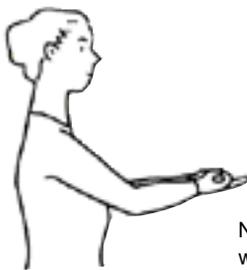
'uu'



Think: I am one with the Universe. I receive infinite light and energy from the Source of the Universe...



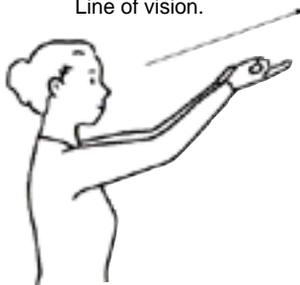
Magnified view



Naturally shape your hands like this while lifting them towards heaven.



Line of vision.



Now inhale

(after completing the movement)

3

While making the sound 'uu,' and without moving your left hand, move your right hand upward to a vertical position. Make sure both wrists are constantly touching.

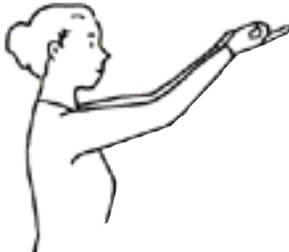
Make the sound

'uu'

Front View

Side View

1



2

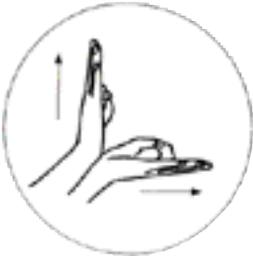


Think: ...and send it throughout the earth and humanity.

3



Keep lifting your right hand until it points straight upward and is perpendicular to your left hand. (The wrists are still touching each other.)



Fully extend your fingers

Now inhale (after completing the movement)

4

While making the sound 'ji,' and leaving your left hand as it is, bring the right hand up in a circular motion, forming a circle slightly larger than your face. The right hand moves clockwise and returns full circle.

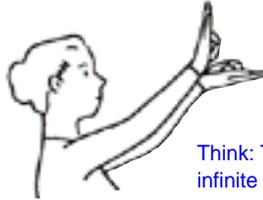
Make the sound

'ji'

Front View

Side View

1



Think: The body of humanity is infinite light itself—divinity itself.

2

Imagine that you are drawing a circle

body (right hand)



3



'nn'

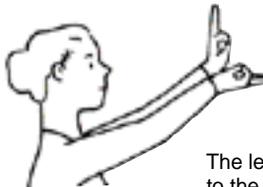
While making the sound 'nn,' reverse the right and left hand positions by turning both hands with wrists touching.

4



while turning your hands, make the sound 'nn'.

5



The left hand is perpendicular to the right hand.

Now inhale

(after completing the movement)

*Note: Make the sound ji-nn in one breath.

5

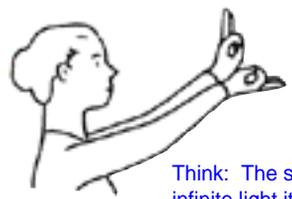
While making the sound 'ru', keep your right hand as it is and make a circular motion with your left hand, forming a circle that is slightly larger than your face, and returning full circle. (From your point of view the circle will be counterclockwise.)

Make the sound

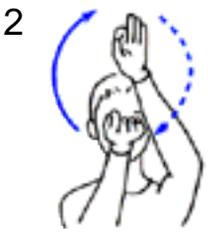
'ru'

Front View

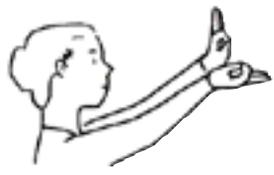
Side View



Think: The spirit of humanity is infinite light itself—divinity itself.

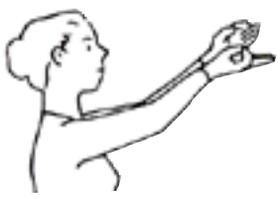
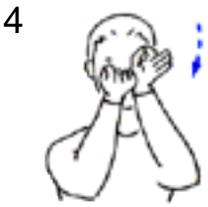


Spirit (left hand)



'i'

While making the sound 'ii,' keep your right hand as it is and bring the left hand back into alignment with the right hand. When the motion has been completed the two hands will be touching each other.



Now inhale

(after completing the movement)

*Note: Make the sound 'ru-i' in one breath.

6

While making the sound 'uu,' bring the right hand towards the left side of the chest and the left hand towards the right side of the chest, and cross your hands in front of you. The fingers extend upward toward heaven and the palms face out.

Make the sound

'uu'

Front View

Side View

Think: Humanity is always receiving infinite energy from the Universal Source...

1



2



3

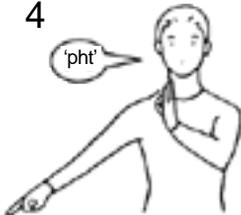


Think: ...but the universal energy is obstructed by the disharmony of human beings' mistaken ideas

Hold your breath

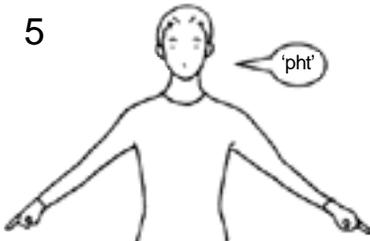
Lower the right hand, then the left, in swift cutting movements, and make the sound 'pht' 'pht', expelling your remaining breath.

4



Think: I cut through the disharmony and break it into pieces.

5



'pht-pht'

Now inhale

(after completing the movement)

7

While making the sound 'so,' bring both arms up to shoulder level. Forming a wide arc, bring both hands in front of the chest. The tips of the middle fingers are touching. The palms face downward.

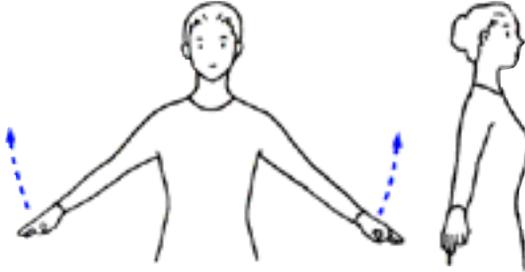
Make the sound

'so'

Front View

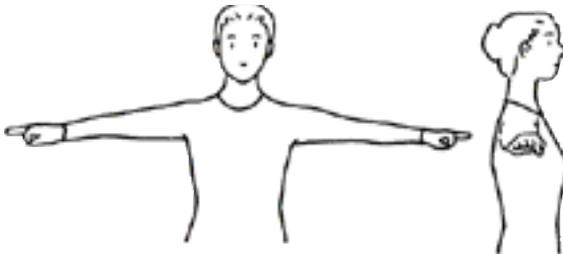
Side View

1



Think: I calm the struggling movement of humanity's mistaken ideas and gather them together....

2



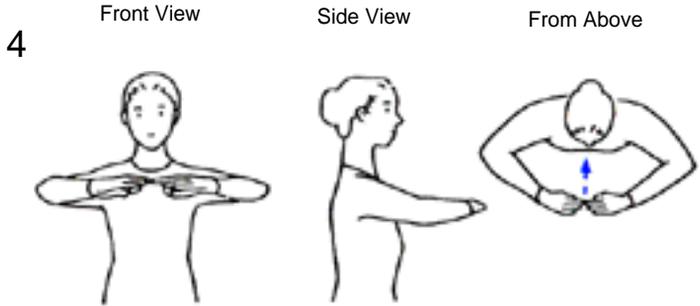
3



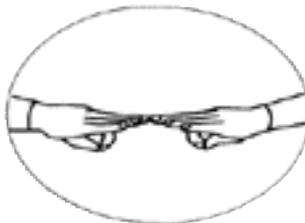
The hands meet in front of the chest

continued on the next page

continued on the next page



The fingertips meet at chest height
(around the solar plexus).



Straighten your fingers.

Now inhale
(after completing the movement)

8

While making the sound 'ku,' turn your palms up with your middle fingertips still touching. Extend your hands out in front of you, then spread them out widely to either side, palms still facing up. Gradually bring the hands down and cross them in front of the navel area, the right hand over the left.

Make the sound

'ku'

1

Front View

Side View

From Above



2



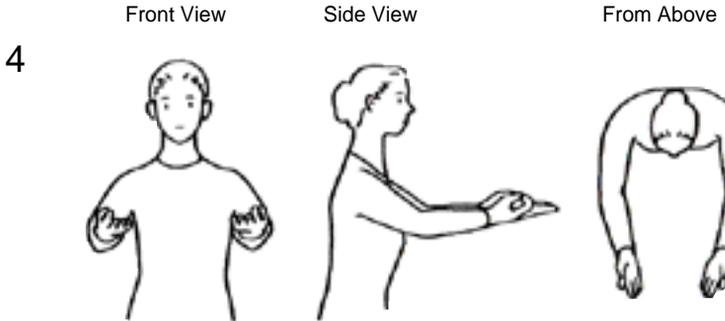
with the palms facing up, extend your hands forward

3

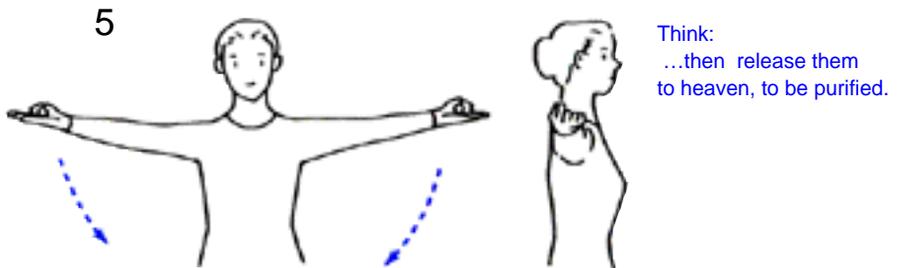


until your arms extend straight out in front of you, the sides and the tips of the little fingers still touching.

Continued from the previous page



Let the hands separate and spread out to either side, still at chest level with palms up and the thumb and index finger of each hand still forming a circle.



Stretch out your arms with palms up.



Gradually bring the hands down and cross them in front of the navel area, the right hand over the left, palms up.

Now inhale
(after completing the movement)

9

While making the sound 'ka,' make a large, circular movement by lifting the arms upward on either side and crossing the hands above your head, palms facing inward with the inside of the left wrist touching the back of the right wrist. Continue the same sweeping, circular movement by bringing both hands downward in front of you and circling upward again until they extend straight out horizontally at either side (shoulder height, palms facing down).

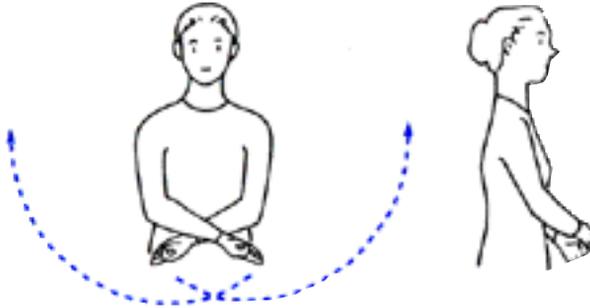
Make the sound

Front View

Side View

'ka'

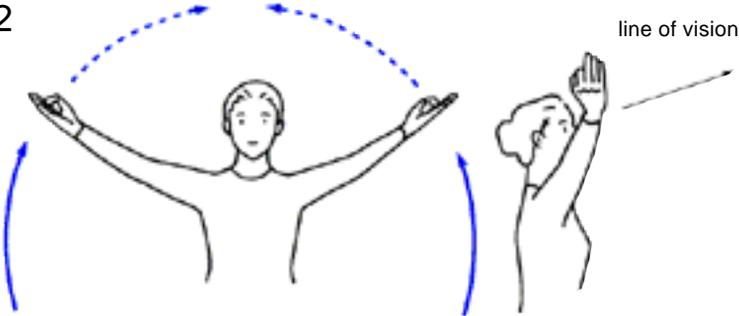
1



Think: Each human being is reborn as infinite light itself, infinite love itself...

The big circle means infinity

2



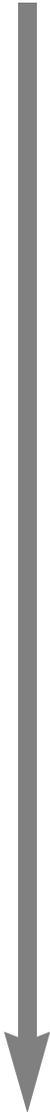
The palms face up

3



The palms face in The right hand comes in front of the left

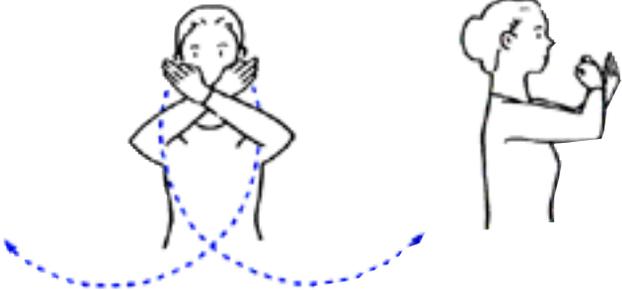
Continued from the previous page



4

Front View

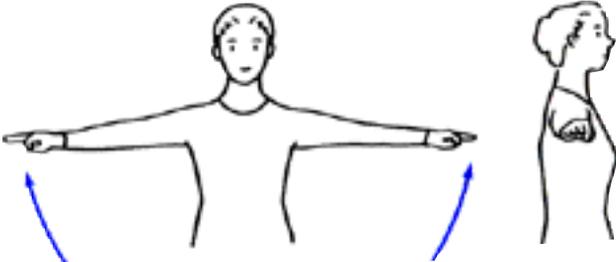
Side View



The right and left hands cross as they move downward in a circling motion.

The arms sweep upward to either side, stopping at shoulder height. The fingers extend straight out to the side, palms downward

5



Palms down

Now inhale
(after completing the movement)

10

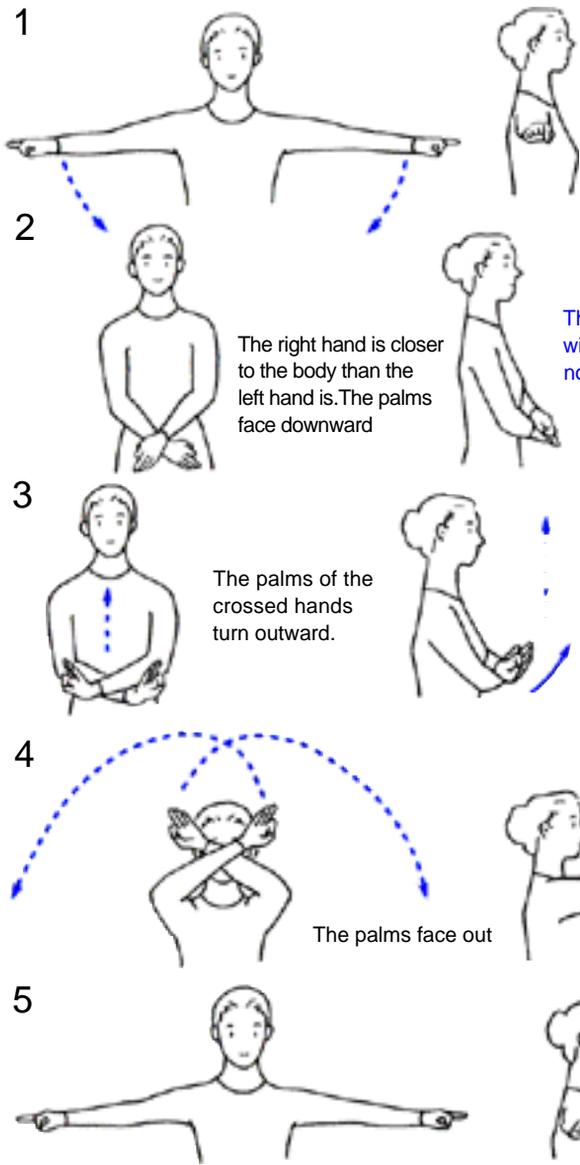
While making the sound 'mi,' bring the hands downward in a circling movement. The hands cross in front of the navel area, the right hand under the left. As the hands cross, the palms of both hands turn outward. The circling movement continues until the hands cross above the head, with the inside of the left wrist brushing against the back of the right wrist. The circling movement continues downward until the arms extend straight outward to the sides at shoulder height, palms facing downward.

Make the sound

'mi'

Front View

Side View



The right hand is closer to the body than the left hand is. The palms face downward

Think: ...infinite oneness itself, with no opposition, no boundaries, no barriers.

The palms of the crossed hands turn outward.

The palms face out

Now inhale (after completing the movement)

The palms face downward.

The arms extend straight out at either side. The fingers are extended.

11

While making the sound 'na,' lower your hands and bring them together in front of you. Then raise the hands as if scooping something up. When the hands are in front of the face, form circles made with the forefinger and thumb of each hand, and link the circles together. The palms and the fingers are pressed together.

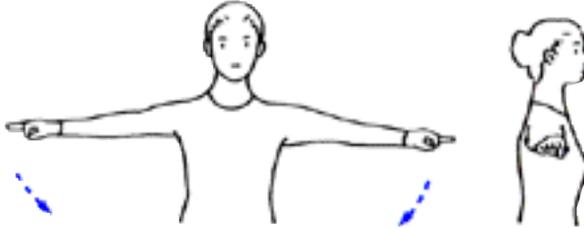
Make the sound

'na'

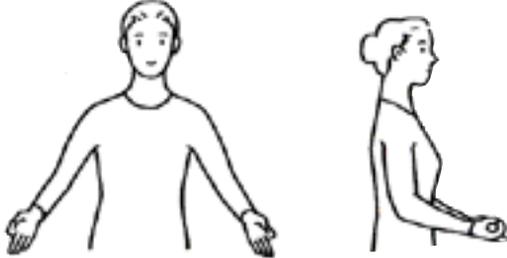
Front View

Side View

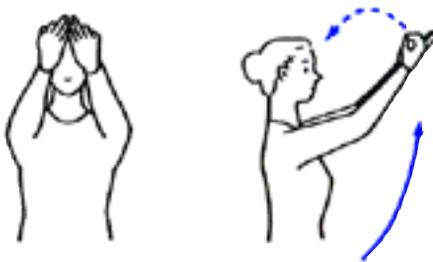
1



2



3



Think: I embrace and uplift everything in nature and creation to heaven...

Think: ...while receiving infinite energy from the Universe...

4



Either thumb can be in front
Press your palms together
as much as possible.

Now inhale

(after completing the movement)

While making the sound 'ri,' separate the hands and lower them to hip level.

Make the sound

'ri'

1

Front View



Side View



2



Think: ...and send all gratitude to the Source of the Universal Law.

3



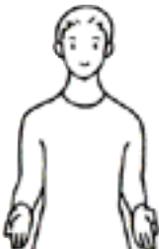
Unlink the circles



4



5



Now inhale

(after completing the movement)

The palms are visible from the front.

13

While holding your breath, form a figure 7 (seven) with your index finger (a crossed seven, as written in European countries).

Hold your breath

Front View

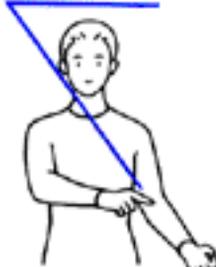
Side View

1



7 Form a figure seven

2



Think: Seven is the sign of truth, great harmony, and complete perfection.

3



Not an uncrossed seven, as written in North America or Japan, but a crossed seven, as written in Europe.

14

Still holding your breath, form the *In* of Great Harmony. Then exhale.



Exhale and resume normal breathing (after completing the movement)