

## Ware Soku Kami Nari IN – meaning of each movement

- UU** I am one with the Universe. I receive infinite life and energy from the Source of the Universe...
- UU** and bring it into my body through this spot in my forehead, and let it travel through each cell of my body.
- WA** My original Self is the truth and light of the Universe.
- UU** My original Self came down to Earth and declared my divinity to all human beings and everything in creation.
- RE** While I live on Earth, I am perfectly one with the Universe, infinite light and harmony.
- SO** I am one with everything in Nature: the earth, air, water, the sun, mountains, river, rocks, oceans, and stars.
- KU** I am one with everything in creation: animals, plants, and all living things.
- KA** I send infinite gratitude to everything in creation and all human beings. Infinite joy, infinite wisdom, infinite light, infinite life.
- MI** I send infinite gratitude to everything in nature. Infinite majesty, infinite dignity, infinite beauty, infinite joy, infinite life.
- NA** I embrace and uplift everything in nature and creation to heaven while receiving infinite energy from the Universe...
- RI** and send all gratitude to the Source of the Universal Law.

All my mistaken words, thoughts and actions from the past are forgiven and have vanished. My Divine Self has appeared.