

The Divine Spark IN

IN for Awakening the Divine Spark

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What is an *IN*?

Pronounced “een,” an *IN* is a way of attuning ourselves with the universal laws of harmony, and emitting powerful, harmonizing energy throughout the world. *INs* are usually formed with the hands and fingers, but our breathing and bodily posture also play an important role.

Since ancient times, *INs* have been practiced by saints, priests, and other special people, but now we have entered an age when all human beings are capable of forming *INs*.

An *IN* could be described as "a blessing," and it also corresponds to the Sanskrit word "mudra." To this day we can still see *INs* depicted in holy statues or iconography, and they have also been used in the sacred dances of oriental cultures.

The Divine Spark *IN* is a gift of love from the universe to humanity, and it arrives at a crucial moment in our evolution.

The Divine Spark *IN*

by Masami Saionji

By nature, the *Divine Spark IN* is not an *IN* we perform to show others, nor an *IN* we teach to others, and never something we force on others.

At long last, the time has been divinely given for this *IN* to be made known throughout humanity.

Recent appearances that seem to signal the end of humanity and the earthly world are by no means the end. They are the beginning of the rebirth of humanity’s divine consciousness—a rebirth that will forge the most radiant, shining era since the dawn of human history.

When we, as fellow human beings, form this shared *IN*, we are perfectly joined together in a sacred bond.

A ray of light penetrates and purifies our human minds and hearts that have been closed off by walls of nationality, ethnicity and religion, segregation and discrimination, and one by one, we naturally recall the sacred, divine existence of everyone.

When we form the noble, radiant *Divine Spark IN*, we are selfless and pure, at one with the divine. We become a ladder* of light connecting all humanity.

Those who see this beautiful, divine *IN* feel a stirring in their soul, as if they have encountered God itself. It captivates the hearts of others, instilling in them the wish to form this sublime and mystical *IN* themselves.

This is not an *IN* we perform to show others, nor an *IN* we teach to others, and never something we force on others.

It is the key to opening humanity's closed hearts, guiding us to recall the divinity that is innate to us all.

Forming this *IN*, just as we are, we become a sacred ladder, merging all nationalities, ethnicities and religions into one.

** Note: The term 'ladder' here refers to a figurative ladder bridging all dualistic, opposing notions. Whereas 'leadership' suggests a separation between teacher and learner, with the leader in a position of superiority, 'laddership' puts everyone on an equal basis. 'Laddership' is sometimes expressed as 'invisible service.'*

To receive the *IN*

Anyone who understands the significance of the *Divine Spark IN* and affirms his or her divine sanctity is qualified to receive this *IN* regardless of his or her age. Receiving this *IN* is free of charge.

From whom can the *IN* be received?

The *IN* will be conveyed by a person who formally received this *IN*, and has finished forming it the required number of 3,500 times. You can receive the *IN* from one person or a group of such persons.

**Note*

Before formally receiving the *IN*, you can practice it by yourself. This however does not count as a formal receiving of the *IN*.

To convey the *IN*

- 1) Only people who, after formal receiving, have finished forming the *Divine Spark IN* 3,500 times are qualified to convey the *IN*.
- 2) We would appreciate it if those who have finished forming the *IN* 3,500 times would submit the *Report of Achieving 3,500 Times* to Fuji Sanctuary. This can also be done online through our website. We ask for this cooperation since we will then be able to send various information that can help when conveying the *IN* to others.
- 3) Please convey the *IN* to persons who understand the significance of this *IN* and earnestly desire to form it, as well as persons you admire and sincerely feel like conveying it to.

How to convey the *IN*

- 1) Before conveying the *IN*, it is required for us to confirm our own *IN* movements. Please use the explanations in this manual as the standard.
- 2) Along with the practice of the *IN*, please also teach the divine breathing (*kokyûhô*) method to those who are not familiar with it. When the recipients of the *IN* cannot make the breathing sound, please convey to them, “*You can start forming the IN, but please practice the divine breathing until you become able to make the sound.*”
- 3) When the recipients have become able to form the *IN* correctly after enough practice, please check the *IN* of the recipients one by one, before completing the conveying.
- 4) After completing the formal conveying, we would appreciate it if you could let us know about it by submitting the *Teaching Report Form* to Fuji Sanctuary. This form is automatically sent to those who register their accomplishment of the *Divine Spark IN* 3500 times.

On the Divine Breathing (*Kokyûhô*) Method

This *IN* must be formed along with divine breathing, in which you empower and tighten the *tanden* (lower abdomen, slightly below the navel), and inhaling and exhaling from the nose while denting the abdomen.

*Those who are not familiar with the divine breathing method are requested to practice and master this breathing along with the practice of the *IN*.

*Through breathing,
we are not simply inhaling and exhaling physical air.*

*Originally, breathing is a bond of life
that links our physical body with the Universal God.*

*It is the prayer of life
that links our physical body with the Universal God.*

*Breathing, which is equal to prayer itself,
links us into one with the Universal God.*

*It awakens us to our own divine sanctity
and enables us to exert our innate infinite potential*

*Excerpted from “The Power of Breathing” carried in the December 2009
issue of the Japanese Byakko magazine*

Explanation of Divine Breathing

This is a breathing method transcending the frameworks of abdominal breathing and chest breathing. Its important point is to use the rear space of the nasal passage to generate the pure sound of respiration (cosmic vibration) while breathing.

Posture

Straighten the back and lift your chest, but be careful not to put tension in your shoulders.

Inhaling from the nose

When inhaling, focus your consciousness on the *tanden* (lower abdomen) to tighten that part, and also tighten your bottom. In this condition, inhale from the nose while denting the abdomen as if pulling the navel to the back, and expanding and lifting the chest. After filling

the chest with air, continue inhaling further until filling the shoulders, and finally the back of the eyeballs, with air. Then shift to the exhale.

Exhaling from the nose

Exhale as if lowering the air in this order: from the back of the eyeballs, shoulders, chest, and *tanden* (lower abdomen). Throughout this process of fully exhaling, keep tightening the *tanden* and your bottom, trying to pull the navel even more closely toward your back.

Points to note

- The breath does not need to be long. What is important is that, at first, you make an audible sound while inhaling and exhaling. Through the practice, you will surely become able to make the sound.
- Make the sound not from the throat but by using the rear space of your nose.
- Be careful not to lift or lower your jaw while inhaling and exhaling.
- Be mindful to keep tightening your lower abdomen both while inhaling and exhaling. Ideally, your lower abdomen does not move along with the breathing.
- When you practice divine breathing, be mindful to fully exhale and inhale as much as you can. To do so, it is effective to try to exhale and inhale even more fully and deeply than you were able to do before.

Reminders for Forming the *IN*

- This *IN* can be performed while sitting or while standing.
- Form this *IN* while tightening the *tanden* (lower abdomen) and bottom, or denting the abdomen throughout the time you slowly inhale and exhale from the nose.
- The chin is pulled in a bit. The back is straight.
- Keep your eyes open while forming the *IN*.
- Look straight ahead, focusing on a far distant point.

- Move your hands and arms slowly and smoothly along with your breathing.
- Form each *IN* carefully and mindfully.
- Each person has his or her own physical build and flexibility. Therefore, it does not matter if the positions and forms of the hands and arms are slightly different from the illustrations.

*It does not matter if you make the breathing sound or not while forming this *IN*. However, when you form it with a group of people, it is important that you breathe in concert with others. At that time, try to attune your breathing sound to that of the people near you.

In order to convey the *IN* to others, it is necessary that you form it 3,500 times after the formal receiving.

However, even after achieving the 3,500 times, by continuing to form it repeatedly, as many times as possible, you can accelerate the rebirth of your and humanity's divinity and sanctity, and carve out the path for peace.

The harmonious power radiating from the *IN* multiplies when you form it with 2, 3, or more people, rather than when you form it alone, powerfully working for the rebirth of the divine sanctity of all humanity.

May Peace Prevail on Earth

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