

THE POWER OF POSITIVE WORDS

an introduction to the activities of Byakko Shinko Kai



MAY PEACE PREVAIL ON EARTH

WORDS

carry vibrations strong enough to **inspire**, to **heal**,
and to **transform** the human heart,
as well as the worlds of animals, plants, and all of **creation**

Bright, positive words carry a wonderful energy and power. Words of gratitude, kindness, encouragement, and love are expressions of our original, shining self. They illuminate a dark, gloomy heart, envelop us in warmth, and awaken trust in us.

When positive words become our habit, they will change not only our way of living, but the entire world.

The purpose of this booklet is to introduce the practices and methods advocated by Masahisa Goi and Masami Saionji, the late founder and current chairperson of Byakko Shinko Kai, to contribute to the realization of a peaceful, harmonious world. We invite you to incorporate any or all of these into your own life and your activities for peace. For more information on the organization, please see the last two pages of this booklet.

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to achieve
inner and **outer peace**,
and an **elevation**
of humanity's **consciousness**

for more information, please visit:
byakkoblog.typepad.com
and follow the links under 'Reference Pages'

1 Prayer for World Peace

Create inner and outer peace with the universal message and prayer:

MAY PEACE PREVAIL ON EARTH

May peace prevail on Earth is an all-inclusive message and prayer which anyone can think or say, regardless of religious affiliation or spiritual discipline. If you already have a favorite prayer for peace, you can try adding *May peace prevail on Earth* at the end.

Our thoughts create an energy field strong enough to alter not only our own lives, but the future of the entire planet. As we draw positive energy into ourselves, we also help bring about peace on Earth with the amazing power of these words.

This prayer for world peace was first introduced in 1955 by Masahisa Goi, the late founder of Byakko Shinko Kai. You may also wish to use the prayer in its full form:

*May peace prevail on Earth
May peace be in our homes and countries
May our missions be accomplished
We thank you, guardian deities and guardian spirits.*



Prayers for Peace in Each Country

Giving expression to our common wish for **peace**
in each country and region **on Earth**

We all wish for world peace. But in our busy lives, it is not always easy to find time to sit and pray for peace. Here is something you can try: whenever you hear of a negative incident in a particular place — whether near or far — you can immediately send out positive energy to that place through a prayer for peace. Of course, it is especially effective to send the collective energy of many people's prayers. It is also natural to add *May peace prevail on Earth* at the end of your prayer.



MAY PEACE BE IN (name of country or region)

In a prayer ceremony for peace in each country, people are invited to pray with united hearts and minds for peace in all the countries and regions of the world, using the flag of each nation as its spiritual symbol. This ceremony is an affirmation of our wish for peace and happiness in the hearts of all humanity. We can also use this prayer in everyday life, to send love to a place or country that needs our positive energy.



2

Fading Away

When dark clouds of negative thoughts hang over you,
transform them into positive thoughts with the phrase:

IT'S FADING AWAY — MAY PEACE PREVAIL ON EARTH

Everything that appears in our life does so in order to fade away.

When feeling upset, angry, or in difficulty, do not ignore the feelings or try to escape, but do not cling to them either. Become aware that all that appears in our life is a product of a past activity, far or near, manifesting today to fade away and disappear, and when it does so the sun will shine again, without fail.

We can help this process of transformation, by using bright, elevated, inspired words and thoughts, no matter what circumstances we may face. Each time we do so, we shift our present way of thinking into a more positive one, thus creating a new lifetime habit.

Making full use of this pure, light-filled expression, your thoughts, feelings, and circumstances, will gradually transform in accordance with your behavior.

Just think that all this suffering is occurring in the process of fading away, and that it will absolutely vanish into nothingness. Then, once it has entirely disappeared, your original, infinite light will shine through and a truly wonderful world will take shape around you. So, all you need to do is to think, with your whole being, that all those unpleasant experiences are fading away, and to feel gratitude toward the infinite love and protection of the universe.

— Masahisa Goi

3

Bright Thinking

Empower yourself with infinite words

Infinite Joy

Infinite Love

Infinite Peace

When a dark or negative thought crosses your mind, you can counter it with a bright thought like *Infinite light!*

When you come across an unpleasant incident or sight, you can think: *It's fading away. I will let it go. Infinite peace. Infinite forgiveness.*

When you feel gloomy or sullen, pierce through your darkness with a phrase like *Infinite joy! Infinite happiness!* or another appropriate phrase.

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



4

Gratitude to Nature

Heal and enliven the world of nature with simple expressions of gratitude

Thank you, dear **Earth**

Thank you, dear **water**

Thank you, dear **food**

In thinking and expressing words of gratitude to our planet and the world of nature, you can create a way of living that is gentle, loving, and healing toward the Earth.

When you are out walking, you might think or say:

Thank you, dear Earth! I am so grateful to you for supporting my footsteps!

Thank you, precious air! You sustain my life with each breath!

When eating a meal, you might think:

Thank you, delicious food! You nourish every cell in my body!

Thank you, refreshing water! How radiant you make me feel!



5

Principle of *Effect and Cause*

Call forth your unlimited **potential** and attune your mind to the **infinite**

Infinite Success! Accomplished!

Under this principle, we do not focus our consciousness on the past. Instead, we project a positive thought into the future. You can imagine it like this: the future is like the water in a river, flowing down from upstream. You throw leaves with bright, positive scenarios drawn on them into the water upstream, and with the flow of the river, the leaves run down to where you now stand. These bright scenarios flow down from your future self to your present self. In this way, you can change the course of your future. So, the principle of *effect and cause* is a way of thinking in which our life flows to us from the future.

— Masami Saionji



A joyful future already exists within you—it is up to you to draw it out!

The principle of *effect and cause* is a principle of positive thinking that encompasses each of the previous practices. This new principle of *effect and cause* replaces the old *cause and effect* way of living, encouraging us to create our own happiness by focusing only on positive thoughts.

With this way of living, we put ourselves in the driver's seat. Using our powers of visualization, we become fully conscious that we are the one who constructs our life. With one thought after another, we consciously plant the tree as we envision it bearing fruit.



6

Spiritual Breathing Technique

The power of **positive** words
and **deep, harmonized** breathing

Inhale thinking:

**I AM A
DIVINE BEING**



Holding your breath,
pause and think:

ACCOMPLISHED!



Exhale thinking:

**ALL HUMANITY
IS DIVINE**

As you hold your breath, use any positive word or phrase you like, depending on your current situation, how you feel, and what you wish to create. For example, you might think:

I can definitely do it!

I am completely at peace!

Everything will absolutely get better!

I respect myself and others. Accomplished!

7 Divinity *IN*s



a way to send love and light
to ourselves and all humanity

IN (pronounced 'een') is a Japanese word similar in meaning to the Sanskrit word *mudra*. The Divinity *IN*s consist of a series of hand and arm movements, combined with specific breathing and vocal sounds, for attuning us to the great harmony of the universe. They help us create greater peace, harmony, and happiness in our daily lives, and in the lives of others.

There are two main Divinity *IN*s: the Divinity *IN* for the Self and the Divinity *IN* for Humanity.



8

Written Mandalas

of **bright words** and **gratitude to nature**

A path to inner peace and world peace

A written mandala is made up of a number of concentric circles, inside which bright, positive, meaningful words are written. As we write words of love, gratitude, peace, and harmony, the power of those words is poured into the mandala. The process of writing the words heals and revitalizes us. When the mandala is completed, it continuously radiates this healing energy to humanity and the Earth.



Writing a mandala



Collective mandala



Mandala detail

Mandala writing was first introduced in Japan in 1999 by Masami Saionji, Chairperson of Byakko Shinko Kai. Through a grassroots network, mandala writing is now spreading throughout the world, becoming popular with people of all ages, cultures, and backgrounds.

Mandala workshops and exhibits

Writing mandalas is an easy practice to pick up, and it is easy to teach to others. Many people around the world are holding workshops to introduce writing mandalas as a way to bring greater peace and harmony into people's lives, and to the world.

Mandalas encourage creativity and imagination. They are an inspiring, limitless tool, for creating peace, understanding, and healing. Most people enjoy the process of writing mandalas and can immediately feel the uplifting effects.

You may also wish to incorporate other activities into your workshop, such as reading poems, singing songs, expressing gratitude to nature, or anything that lifts people's spirits. There is no limit to the ways in which mandalas can be used to find peace and healing.

The mandalas completed at a workshop or other event can be used to create a mandala exhibit. Mandalas displayed together are especially beautiful and powerful, and people who view mandalas can often feel the light radiating from them. Mandala exhibits add a wonderful element to almost any event.



9

Symphony of Peace Prayers

celebrating the **oneness** of the **human family**,
its **cultural** and **religious diversity**

The Symphony of Peace Prayers (SOPP) is an inter-religious, inter-spiritual annual peace prayer event, first held in 2005 at Fuji Sanctuary in Japan. At the core of this event is its unique prayer ceremony, in which representatives from various world faiths and spiritual traditions lead participants in their own prayers for peace. Participants also offer prayers for peace in all the countries and regions of the world. Each year, the SOPP continues to expand to more and more corners of the globe, sending waves of peace, harmony, and light throughout humanity.



Prayers of different faiths and traditions



Prayers for peace in each country



BYAKKO AROUND THE WORLD

Byakko Shinko Kai is an international grassroots organization founded to support the world peace prayer movement that originated in Japan in 1955. *Byakko* is a Japanese word meaning 'white light,' and the organization is dedicated to the realization of world peace and the elevation of humanity's consciousness. The photos below show some of the many countries around the world where activities initiated by Byakko Shinko Kai are taking place.



United States



Spain



United Kingdom



Poland



Italy



Japan



Columbia



Philippines



Chile



Argentina



Uruguay



Ghana



Pakistan



Australia



FUJI SANCTUARY

global sanctuary of peace — home of the SOPP

Set in the foothills of magnificent Mount Fuji in Japan, Fuji Sanctuary is the home of Byakko Shinko Kai, an international grassroots organization dedicated to world peace and the elevation of humanity's consciousness through prayer and other easily accessible spiritual practices. Since the 1980s, Fuji Sanctuary has continually hosted prayer ceremonies and other activities and initiatives for peace. It is the home of the Symphony of Peace Prayers, an annual worldwide peace prayer event. Today, Fuji Sanctuary is part of a global network of like-minded groups and organizations around the world.

For an international contact list, please visit **byakkoblog.typepad.com** and click on 'Contact List Worldwide'.

Visit Byakko Shinko Kai's global site at **www.byakko.org**

