The Divinity IN for Humanity
Jinrui Soku Kami Nari
Humanity is Divine

Starting position: The In of Great Harmony

Front View

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.

The body’s center
(slightly below the navel)

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.
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.

1. Make the sound ‘*uu*’

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

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

4. Line of vision.

Now inhale (after completing the movement)
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’

1

Front View

2

Side View

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

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

Now inhale (after completing the movement)

Fully extend your fingers
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

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

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

Now inhale
(after completing the movement)

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

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.

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

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

1. Make the sound ‘uu’

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

3. Hold your breath

4. Lower the right hand, then the left, in swift cutting movements, and make the sound ‘ptt’ ‘ptt’, expelling your remaining breath.

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

Now inhale

(after completing the movement)
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.

1. Make the sound ‘so’

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

2. The hands meet in front of the chest

3. From Above

continued on the next page
Now inhale
(after completing the movement)

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

Straighten your fingers.
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.

1. Make the sound ‘ku’

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 on the next page
Now inhale
(after completing the movement)
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**

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1. The big circle means infinity

2. The palms face up

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

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

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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)
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’

1. Front View
   - The arms extend straight out at either side.
   - The fingers are extended.
   - Now inhale (after completing the movement)

2. 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.

3. The palms of the crossed hands turn outward.

4. The palms face out

5. The palms face downward.
   - The arms extend straight out at either side.
   - The fingers are extended.
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’

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

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

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.

1. Make the sound ‘ri’

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

3. Unlink the circles

4. The palms are visible from the front.

5. Now inhale (after completing the movement)
While holding your breath, form a figure 7 (seven) with your index finger (a crossed seven, as written in European countries).

1. Hold your breath

2. Form a figure seven

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

4. Still holding your breath, form the InView of Great Harmony. Then exhale.

Exhale and resume normal breathing (after completing the movement)