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 are also 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 seen 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’ creates dualism between teacher and learner, with the leader in a position of superiority, ‘laddership’ puts everyone on an equal basis, with the ‘ladder’ serving as a guide to help others climb higher. There is no teacher or learner. In this way, laddership is the key to eradicating all dualism and opposition.
2. 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 who have finished forming it the required number of 70 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.

3. To convey the IN

1) We would appreciate, if those who have finished forming the IN 70 times, submit the Report of Achieving 70 Times to Byakko Shinko Kai’s headquarters. This can be also 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.

2) People who, after receiving it, have finished forming the IN 70 times are qualified to convey the IN.

3) Please convey the IN to persons who understand the significance of this IN and earnestly desire to form it, as well as to whom you admire and strongly feel like conveying it.
4. How to convey the IN

1) Before conveying the IN, it is required to confirm the IN. Please use the explanations in this manual as the standard.

2) Along with the practice of the IN, please also teach the divine breathing (*Kokyuhou*) method to those who are not familiar with it. When the recipients of the IN cannot utter the breathing sound, please convey to them, “You can start forming the IN, but please practice the divine breathing until you become able to utter 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 receiving.

4) After completing the formal receiving, we would appreciate if you could let us know about it by submitting The Teaching Report Form to the headquarters. This form is automatically send to those who register their accomplishment of the Divine Spark IN performance 70 times.

5. On Divine Breathing (*Kokyuhou*) Method

This IN must be formed along with the 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 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 the 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 eyeballs with air. Then shift to the exhaling
procedure.

Exhaling from the nose

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

Points to note

- The breath does not need to be long. What is important is that you
  make 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 conscious that you keep tightening your lower abdomen both
  while inhaling and exhaling. It is ideal that your lower abdomen does
  not move along with the breathing.
- When you practice divine breathing, be conscious that you 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 from the point of
  limit.

6. 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.
- 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 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 70 times after the formal receiving. However, even after achieving the 70 times, by continuing to form it repeatedly, as many times as possible, you can accelerate the revival of your and humanity’s divinity and sanctity, and carve out the path for peace.**

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

*May Peace Prevail on Earth*