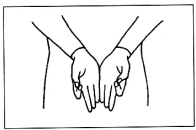


The Spiritual Exercise of Gratitude to Nature while forming an *IN*

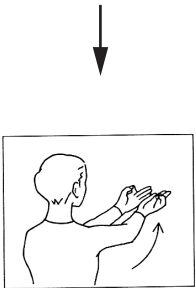
“Gratitude to the Ocean” is used as an example



1. First form the Nyorai *IN* (infinite symbol) in front of the navel area.



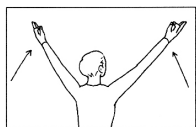
2. As shown in the picture, raise your opened hands a little bit and start to form the *IN*.



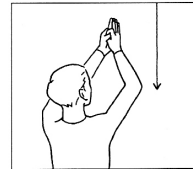
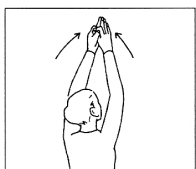
3. While voicing the words, “On behalf of humanity” as shown in the picture, raise both hands to the height of your shoulder stretching your arms, palms facing up, thumb and index of each hand joined.



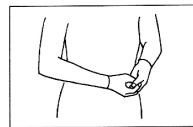
4. Voicing “We thank you divinities who govern the ocean” , widely spread both hands horizontally.



5. Voicing the words “Dear Ocean” stretch your hands above your head and form the Nyorai *IN* (Linking the index and thumb of each hand in a Nyorai *IN* Gashou position). Extend your arms upward as much as you can.



6. Voicing the words “Thank you” , slowly lower your hands and keep them in front of the chest. (Nyorai *IN* gashou position). Next, lower your hands to the starting position in front of the navel.



In the same manner practice the other 11 exercises of gratitude to nature. When offering gratitude to the physical body recite the words:
“On behalf of humanity” (first move)
“I thank the (or my) Physical Body” (second move)
“Dear Physical Body” (third move)
“Thank you” . (fourth move)