

***Fuji Sanctuary's  
Seven Stations***

*Updated program guidelines 2020*

# Intro

The Fuji Sanctuary is a place filled with the accumulated energy of the peace prayers recited over the years by tens of thousands of people.

Bathing in this energy, while visiting the sanctuary, a person can remember and reconnect with their own divine nature and revive the inner healing energies of Life itself.

High dimensional energies are freely flowing at the Fuji Sanctuary and the Seven Stations is a place (*Ba in Japanese*) where the Universal God (Source) energy is pooled. Each station offers us the opportunity to connect with our divine nature, to unite with the Universal God (Source), in turn to become fully engaged in the creation of a world we really hope for and envision.

The following guidelines are an invitation to spend some peaceful time while walking the path of the 7 Stations, performing the proposed activity at each station, listening to your inner voice, your true self.

This quiet time spent in full awareness of our divine nature is what leads to the revival of humanity's divine consciousness.

# **The Seven Stations' Guidelines**

When we enter the 7 Stations path, we engage in a wonderful and powerful spiritual activity.

Thus, there is a short preparation before entering the 7 Stations' space, to prepare for this moment of deep connection with our divine spark (true self) for ourselves, in turn for humanity at large.

**The following is an overview of these steps.**

Reciting the World Peace Prayer.

Making a Declaration at the start of the activity, with a sacred consciousness.

Perform the Divine spark IN once.

Proceed to each Station:

1. Fading Away
2. Extinguishing Self-Denying Thoughts
3. Accomplishment of Wishes
4. Light-Filled Thoughts
5. Gratitude to the Earth and the Environment
6. Ware Soku Kami Nari
7. Jinrui Soku Kami Nari

Declaration at the end of the task

## *Notes:*

\*The Seven Stations are numbered from 1 to 7.

You may choose to spend time at any or all of the stations.

Though we recommend following the path from 1 to 7, you may start from any station and visit the stations in any order.

\*In stations 4, 5, 6, and 7 you may recite the prayer text, or perform a special IN, (*different for each station*).

If you wish to learn the INs, please ask for the manuals at the reception desk or see the manuals at our website.

## **Awareness during the tasks**

The following points are important to remember so as to keep an awareness of one's divine nature all throughout.

- My divine self accomplished all
- My divine self is one with the Universal God (Source), Guardian Deities and Guardian Spirits
- My divine self purifies the past and creates only a bright future
- My divine self receives high dimensional energy

# **Walking through the 7 Stations in full awareness of our divine core nature**

## **What to do before starting on your 7 Stations' program**

Before entering the Seven Stations, please find a place in the sanctuary that you favor, (the Main Dojo, main prayer hall, the Prayer field or other areas), where you can recite the World Peace Prayer, voice the Declaration, and perform the Divine Spark IN.

### **The World Peace Prayer**

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

### **The Declaration**

\*Voice aloud or silently, keeping with a sacred consciousness.

*“From now on, I will accomplish the program  
of the Seven Stations with a divine (sacred) consciousness”*

### **The Divine Spark IN**

After making this Declaration, please perform the Divine Spark IN once.

\*If you do not know the *Divine Spark IN*, making the declaration will be fine.

*Notes:*

\*You are welcome to translate and recite the Declaration in your own language.

\*More information about the *Divine Spark IN* can be found at the following website: <https://divinesparkin.jimdofree.com>

### ***Proceed to the 7 Stations:***

#### ***1. Fading Away Station***

This is a place where you can let go of all your thoughts, through which the present moment appears in its truth as it is, and let these thoughts freely fade away.

*How to proceed:*

a) In silence, write on a sheet of paper any thoughts that come to your mind, whether good or bad.

Write as much as you wish, until you feel that you have emptied yourself of thoughts.

b) When you are ready, carefully place your paper into the burner.

Silently, offer gratitude to your Guardian Deities and Spirits and pray the Prayer for World Peace.

*\*Caution: the burner is very hot. Please be careful.*

## ***2. Extinguishing our Self-Denying Thoughts Station***

This is a place where the thoughts about our own self, such as:

*'I am not good, I cannot love, I am not loved, I cannot forgive...'* are allowed to be erased.

Expressing these thoughts and letting them go help us create our own future with infinite possibilities.

*How to proceed:*

a) In silence, write on a sheet of paper the thoughts that are self-denying, that hurt you, or that bring you down and negate your true (divine) self.

Write as much as you wish.

b) When you are ready, carefully place your paper into the burner.

Silently, offer gratitude and pray the Prayer for world peace.

\*Caution: the burner is very hot. Please be careful.

### ***3. Great Accomplishment Station***

This is a place where we unite with our Guardian Deities, our Guardian Spirits and the Universal God (Source) to fulfill our wishes.

*How to proceed:*

**a)**

Write your own wishes on the provided sheet of paper. You can write as many wishes as you like.

**b)**

Perform a peaceful breathing technique in the following way:

**Inhale** thinking '*I am a divine being,*'

**Pause** and hold your breath while thinking '*It's accomplished,*'

**Exhale** thinking '*All humanity is divine.*'

*Continue with the same pattern for each wish.*

*\*Feel free to check our video on peaceful breathing:*

<https://byakko.org/practices/peaceful-breathing/>

**c)**

Insert the paper in an envelope and place it in the box provided.

*\*At a later date, a staff person will offer a prayer and burn the contents of the box.*

*\*Please do not put anything else than the paper in the box*

**d)**

Make the following declaration:

*'The wish of my divine self ..... (your name) is fulfilled by co-operating with my Guardian Deities, Guardian Spirits and the Universal God (Source), connecting with all the wishes of all living things. No matter what the result is, I offer my gratitude, for I know that it will only lead me towards a better and brighter future. May peace prevail on earth.'*

#### ***4. Light-filled thoughts Station***

In this station we imprint the energy of light into heaven. By adding the word 'infinite', we free ourselves from the concept of finitude, we become able to live our life with infinite abundance.

*How to proceed:*

Facing the center, recite the 49 light-filled thoughts or as many as you feel. For each *light-thought*, you can use the special IN as well.

\*Recite quietly or in silence.

\*The IN manual is available at the reception desk or the following link.

*Bright Thinking IN manual:*

<https://byakko.org/wp-content/uploads/2013/12/Bright-Thoughts-IN-wit-h-line.pdf>

*49 Light-filled thoughts complete list:*

<https://byakko.org/wp-content/uploads/2013/12/49-Words-of-Light.pdf>

## *5. Gratitude to the Earth and the Environment Station*

This is a place to give gratitude to mountains, earth, animals, plants, water etc. on behalf of humanity.

This wave of gratitude becomes a healing light that reaches all corners of the earth and revives all living things.

*How to proceed:*

Facing the center, recite the 12 prayers of gratitude to the earth, or as many as you feel. For each element, you can use the special IN as well.

You can also add to the list and offer your prayer of gratitude on behalf of humanity to another element.

\*Recite quietly or in silence.

\*The IN manual is available at the reception desk or at the following link:

*Gratitude to Nature IN manual:*

<https://byakko.org/wp-content/uploads/2017/05/Gratitude-to-Nature-IN-with-lines.pdf>

*12 Prayers of Gratitude to Nature (complete text):*

<https://byakko.org/wp-content/uploads/2020/09/12-Prayers-of-Gratitude-to-Nature.pdf>

## ***6. Ware Soku Kami Nari Station (I am a divine being)***

This is a place to remember that our true self is divine and one with our Guardian Deities, Guardian Spirits and the Universal God (Source).

*How to proceed:*

Facing the center, voice the words (sounds) ‘*Ware Soku Kami Nari*’ and perform the appropriate IN.

You can choose whether or not to recite the declaration, (*in Japanese, English or both, or in your own language*).

\*Recite quietly or silently.

\*If you do not know how to perform the IN, you can just voice the words, ‘*Ware Soku Kami Nari*’

*‘I am divine being’ Affirmation text:*

<https://byakko.org/wp-content/uploads/2016/02/Divine-Affirmation-of-Ware-Soku-Kami-Nari.pdf>

*Ware Soku Kami Nari IN:*

*Page where you can find the explanation video*

<https://byakko.org/practices/divinity-in/ware-soku-kami-nari/practicing-the-divinity-in-for-the-self/>

## ***7. Jinrui Soku Kami Nari Station (Humanity is divine)***

This is a place where we continue to send love, forgiveness and compassion to all humanity, until the time when each human being awakens to their own divine self.

*How to proceed:*

Facing the pyramid, voice the words (sounds) ‘*Jinrui Soku Kami Nari*’ and perform the appropriate IN.

You can perform the IN with the *ocean breathing* or with the sounds or both.

You can choose whether or not to recite the declaration, (*in Japanese, English or both, or in your own language*).

\*Recite quietly or silently.

\*If you do not know how to perform the IN, you can just voice the words ‘*Jinrui Soku Kami Nari*’.

*‘Humanity is divine’ Affirmation text:*

<https://byakko.org/wp-content/uploads/2016/02/Divine-Affirmation-of-Jinrui-Soku-Kami-Nari.pdf>

*Jinrui Soku Kami Nari IN:*

*Page where you can find the explanation video*

<https://byakko.org/practices/divinity-in/jinrui-soku-kami-nari/practicing-the-divinity-in-for-humanity/>

**Declaration to be made at the end  
of the 7 Stations spiritual activity**

Please recite the following Declaration, before leaving the 7 Stations:

*“From now on, I will live my life fully conscious  
of the revival of the divine spark (my true self).*

- \*Please kindly return the clipboard to the reception desk.
- \*You are welcome to keep the printed guidelines.