

The Divine Spark IN

(IN for Awakening the Divine Spark)

A simplified manual for practice

★ You can learn the form of the IN from this manual, but officially you can receive it only in the presence of a person who already received and practiced this IN for 70 times. For more information see the booklet manual.

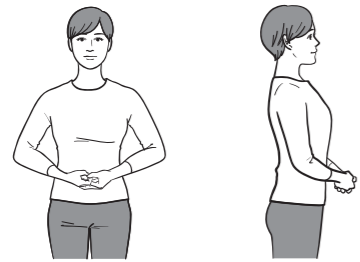
This IN is performed with a tightened navel area throughout the whole IN. Breathe slowly through the nose. The eyes are looking straight ahead, chin is pulled in a bit, the back is straight.

※ This IN has a story. Please read the text in the gray field areas to understand the story before performing the IN.

※ If you perform the IN continuously few times, always start from step No.1

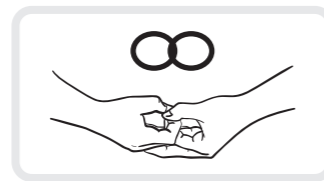
1

Inhale

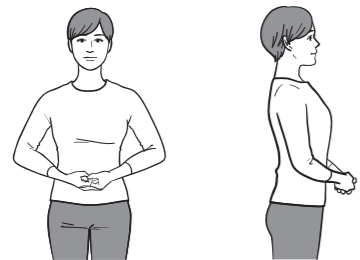


Form the Nyorai IN (IN of Great Harmony). Slowly inhale and exhale through your nose.

• The Nyorai IN should be about one fist away from the body with the little finger at about the height of the navel.

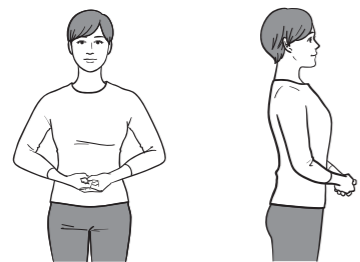


Exhale



2

Inhale



While inhaling through your nose, slightly lift the Nyorai IN as it is and start to spread the arms diagonally upwards.

I invite divinity from heaven.

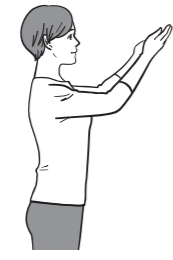
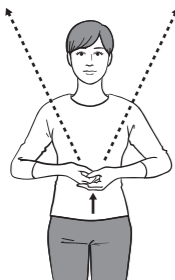
• The chin is slightly pulled in, the eyes are looking straight ahead.

• Keep your back straight.

• The arms are not too wide apart.

• The arms are straight, extended upwards and slightly in front of you, with palms facing up and tilted inwards.

• All fingers are stretched outwards and held close together.

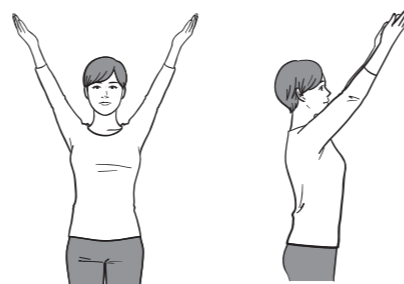


• Fingertips, elbows and arms are in a straight line.



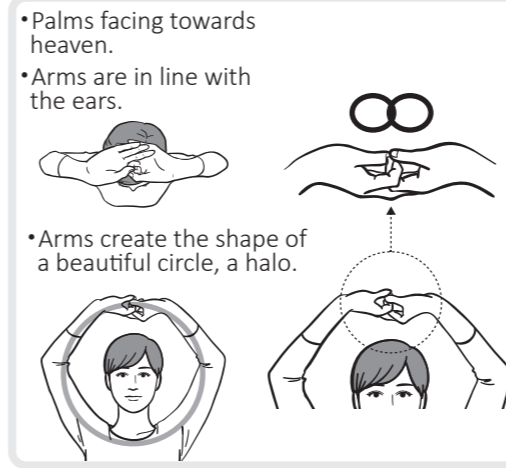
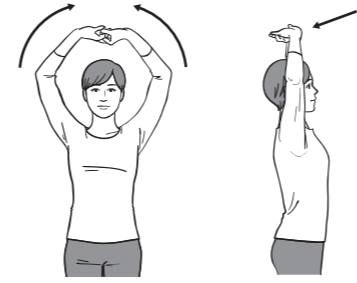
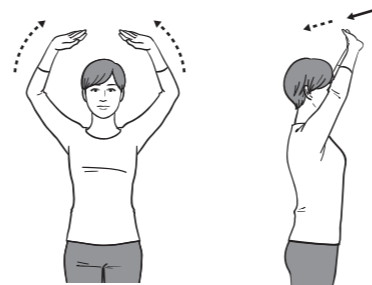
3

Exhale



While exhaling through your nose, start turning your palms upwards, bringing them above your head and form a Nyorai IN which is facing upwards. The arms form the shape of a circle, like a halo.

Our existence on earth carries a halo and radiates light. (A halo expresses the harmony of masculine and feminine, yin and yang energies.)



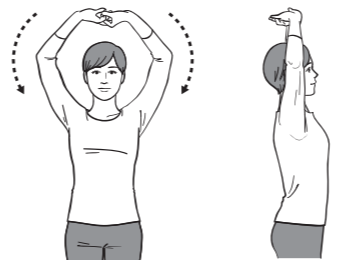
• Palms facing towards heaven.

• Arms are in line with the ears.

• Arms create the shape of a beautiful circle, a halo.

4

Inhale



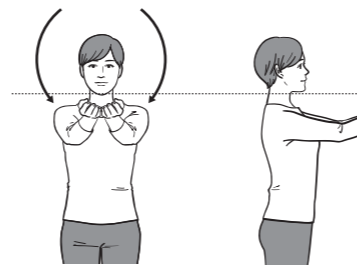
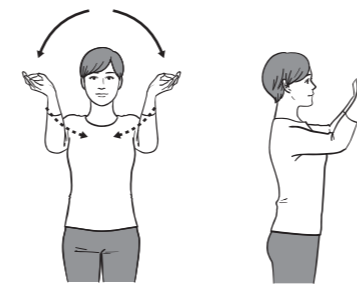
While inhaling through your nose, move your hands down in front of you in a spherical movement, forming a beautiful ball of light. Gently support that ball of light.

• Start by releasing the joined hands above your head. Keep the circles made by the thumb and forefinger of each hand and bring the two hands down in front of you in a spherical movement.

I receive the divinity that has descended from heaven.

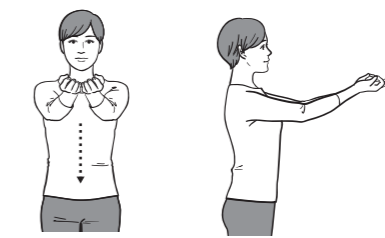
• The hands are just below the chin, so the face can be seen.

• The fingers and elbows are not straight. They are slightly bent. Your palms and fingers form a curved shape, as if you are supporting a ball (of light) in your hands.



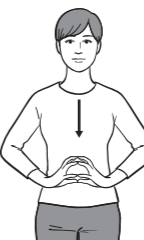
5

Exhale



While exhaling through your nose, bring your hands down, forming a sphere-like shape, pressing the fingertips against each other.

This divinity is our original self-infinite love, harmony, health, forgiveness, joy, happiness ... (The sphere expresses divinity itself.)



• Keep your shoulders relaxed, focus on your navel area, and press the fingertips against each other.

• The thumbs should be in front of the navel, about one fist away from the body.



• If possible, create as beautiful spherical shape as your physical abilities allow.

6

Inhale



While inhaling through your nose, pressing the fingertips against each other, gradually bring your hands upwards in front of your chest, closing the palms together, until completely joined in a prayer-like position (Gashō in Japanese).

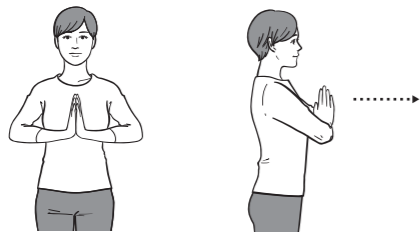
The masculine and feminine energies are unified. I am divinity itself.



• Hands should be about one fist away from the body.

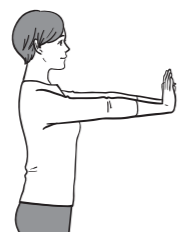
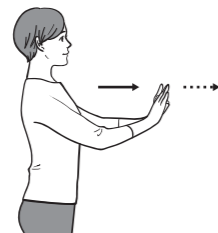


7
Exhale



While exhaling through your nose, extend both hands out directly in front of you, palms facing forward. While extending your arms, create circles by joining the tips of your forefingers and thumbs, creating circles. Arms are kept straight.

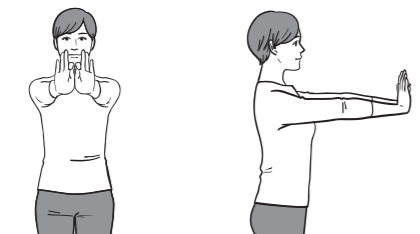
*My divine self emits divinity to humanity.
(Thanks to this, each human being remembers the divinity within themselves.)*



•The circles of your forward facing fingers are aligned right next to each other. The rest of the fingers are pointing upwards.

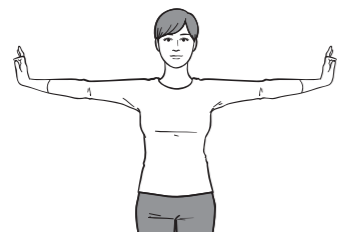
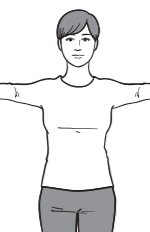


8
Inhale



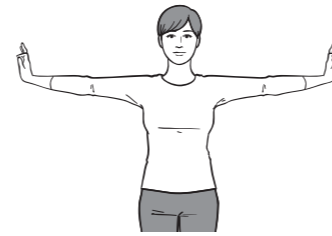
While inhaling through your nose, spread out both arms widely to the sides while keeping the same shape of the hands. Align the arms with the shoulders.

This divinity spreads out widely to each and every human being.



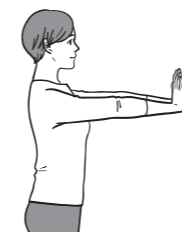
•The fingers are pointing upwards.
•Arms are horizontally straight.

9
Exhale



While exhaling through your nose, bring both hands back to the previous position, keeping the same shape.

•The circles of your fingers are aligned next to each other. Other fingers pointing upwards.

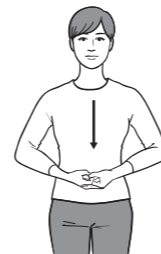
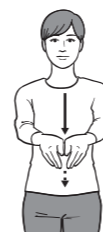


10
Inhale



While inhaling through your nose, return your arms to the *Nyorai IN* (*IN of Great Harmony*).

•The *Nyorai IN* should be about one fist away from the body with the little finger at about the height of the navel.



11
Exhale



While keeping the *Nyorai IN*, exhale completely. This is the final part of this *IN*.



The Divine Spark *IN* (*IN for Awakening the Divine Spark*)

Simplified manual for practice

All the detailed information about this *IN*, *Divine Breathing (Kokyûhō)*, how to convey this *IN* to others, etc. are written in the booklet manual "*How to perform the Divine Spark IN.*" It is recommended to read it.

Important notes when performing the *IN*

- This *IN* is performed with a tightened navel area and tightened bottom throughout the whole *IN*, breathing slowly through the nose.
 - The chin is pulled in a bit. The back is straight. Keep good posture.
 - Eyes are open, looking straight ahead, focusing on a far distant point.
 - Each person has a different physical build and flexibility. Therefore, it does not matter if the positions and forms of hands and arms are slightly different from the illustrations.
 - The motions and the breathing should be smooth and calm.
 - Each movement should be performed with one's whole heart and with care.
- ※ When you perform this *IN* by yourself, it is up to you if you wish to make the *Kokyûhō* sound or not. When this *IN* is performed in a group, it is important to adjust the *Divine Breathing (Kokyûhō)* of all participants. In this case, please make the *Kokyûhō* sound and adjust it to the sound of the person next to you.
- ※ This *IN* can be performed while sitting or while standing. Those with illnesses can perform this *IN* while lying down or through imagining the movements in their minds.

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December 2018