



How to Perform 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 have also been 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 encountered 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' suggests a separation between teacher and learner, with the leader in a position of superiority, 'laddership' puts everyone on an equal basis. 'Laddership' is sometimes expressed as 'invisible service.'



1. 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 has finished forming it the required number of times. You can receive the *IN* from one person or a group of such persons.

** Important Note :*

Before formally receiving the *IN*, you can practice it by yourself. This however does not count as a formal receiving of the *IN*.

2. To convey the *IN*

1. Only people who, after formal receiving, have finished forming the *Divine Spark IN* **70 times** are qualified to convey the *IN*.
2. We would appreciate it if those who have finished forming the *IN* the required number of times would submit the online Accomplishment Form (byakko.org/divine-spark-IN-70/en/) We ask for this cooperation since we will then be able to send various kinds of information that can help when conveying the *IN* to others.

3. Please convey the *IN* to persons who understand the significance of this *IN* and earnestly desire to form it, as well as persons you admire and sincerely feel like conveying it to.

3. How to convey the *IN*

1. Before conveying the *IN*, it is required for us to confirm our own *IN* movements. Please use the explanations in this manual as the standard.
2. Along with the practice of the *IN*, please also teach the divine breathing (*kokyûhô*) method to those who are not familiar with it. When the recipients of the *IN* cannot make the breathing sound, please convey to them, “*You can start forming the IN, but please practice the divine breathing until you become able to make 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 conveying.
4. After completing the formal conveying, we would appreciate it if you could let us know about it by submitting the Teaching Report Form to Fuji Sanctuary. This form is automatically sent to those who submit the online Accomplishment Form.

4. On the Divine Breathing (*Kokyûhô*) Method

This *IN* must be formed along with 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 the Japanese 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 your 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 the eyeballs, with air. Then shift to the exhale.

■ Exhaling from the nose

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

Points to note

- The breath does not need to be long. What is important is that, at first, you make an 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 mindful to keep tightening your lower abdomen both while inhaling and exhaling. Ideally, your lower abdomen does not move along with the breathing.
- When you practice divine breathing, be mindful to 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 than you were able to do before.

5. 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.
- The 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 the 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.

By continuing to form the Divine Spark *IN* repeatedly, as many times as possible, you can accelerate the rebirth of your and humanity's divinity and sanctity, and carve out the path for peace.

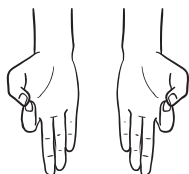
The harmonious power radiating from the *IN* multiplies when you form it with 2, 3, or more people, rather than when you form it alone, powerfully working for the rebirth of the divine sanctity of all humanity.

6. The Divine Spark /N Illustrated Movements

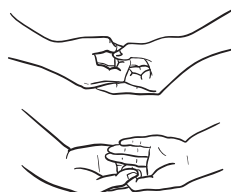
How to form the Nyorai IN

(IN of Great Harmony)

① Join the tips of the forefingers and thumbs



② Link the two circles together, palms facing up.



Either hand can be on top.

※ If you perform the *IN* continuously few times, always start from step **1**.

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

1

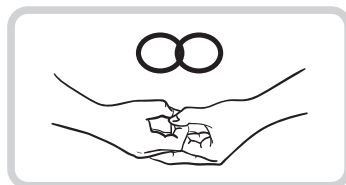
Inhale



**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



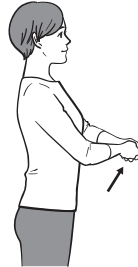
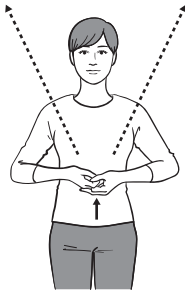
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Inhale

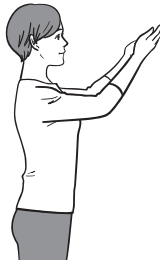


While inhaling through your nose, slightly lift the *Nyorai IN* as it is and start to spread the arms diagonally upwards.

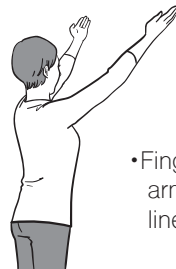
I invite divinity from heaven.



- 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.

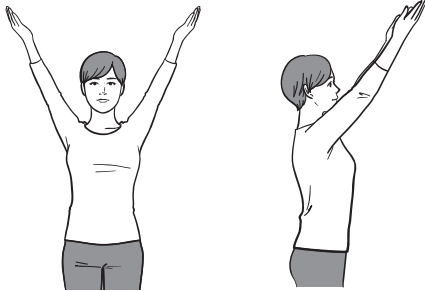


- Fingertips, elbows and arms are in a straight line.



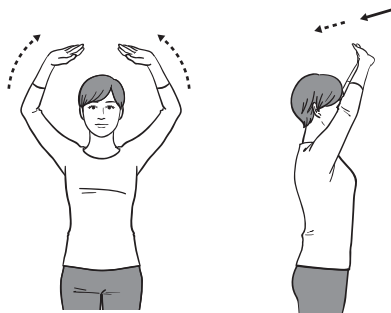
3

Exhale

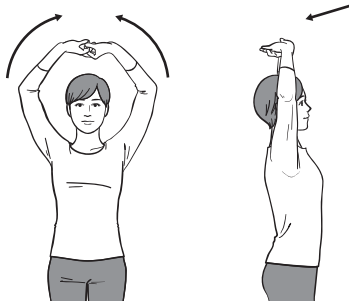


While exhaling through your nose, start turning your palms upwards, bringing them above your head and form a *Nyorai IN* which is facing upwards. The arms form the shape of a circle, like a halo.

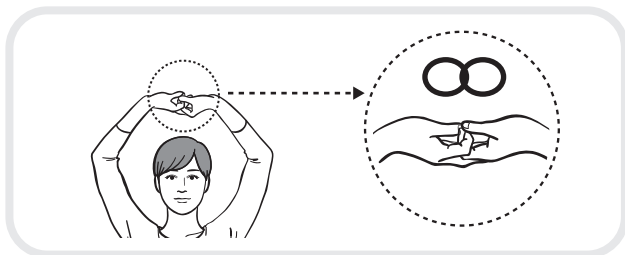
Our existence on earth carries a halo and radiates light. (A halo expresses the harmony of masculine and feminine, yin and yang energies.)



- Palms facing towards heaven.
- Arms are in line with the ears.



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



4

Inhale

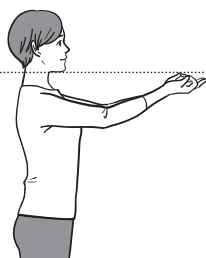
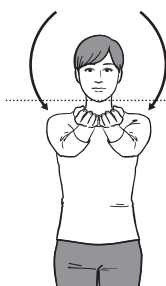


While inhaling through your nose, move your hands down in front of you in a spherical movement, forming a beautiful ball of light. Gently support that ball of light.

I receive the divinity that has descended from heaven.



•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.



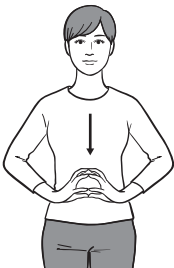
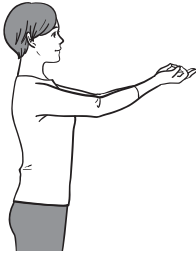
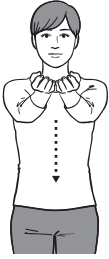
•The hands are just below the chin, so the face can be seen.



•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.

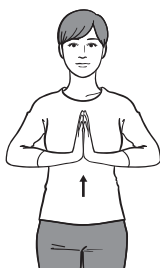
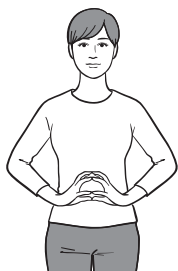
- The thumbs should be in front of the navel, about one fist away from the body.



- 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 (*Gashô* in Japanese).

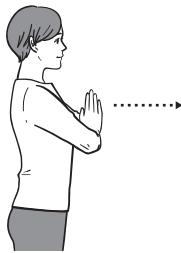
*The masculine and feminine energies are unified.
I am divinity itself.*



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

7

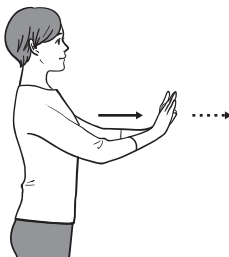
Exhale



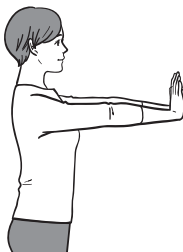
While exhaling through your nose, extend both hands out directly in front of you, palms facing forward.

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.)*

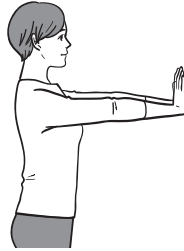


- The circles of your forward facing fingers are aligned right next to each other. The rest of the fingers are pointing upwards.



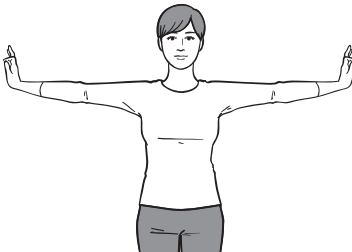
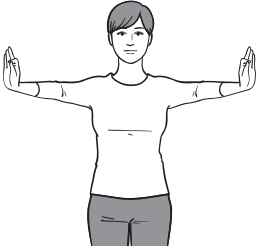
8

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.

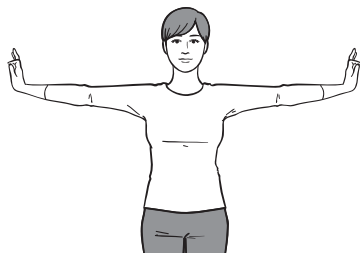
This divinity spreads out widely to each and every human being.



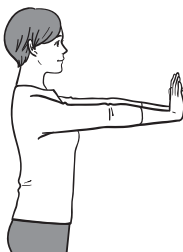
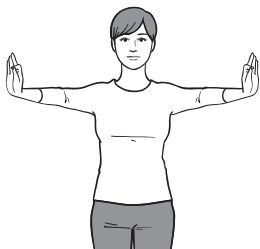
- The fingers are pointing upwards.
- Arms are horizontally straight.

9

Exhale



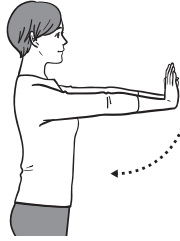
While exhaling through your nose, bring both hands back to the previous position, keeping the same shape.



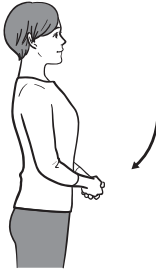
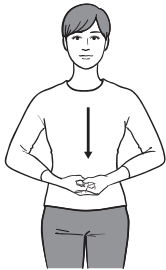
- The circles of your fingers are aligned next to each other. Other fingers pointing upwards.

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.

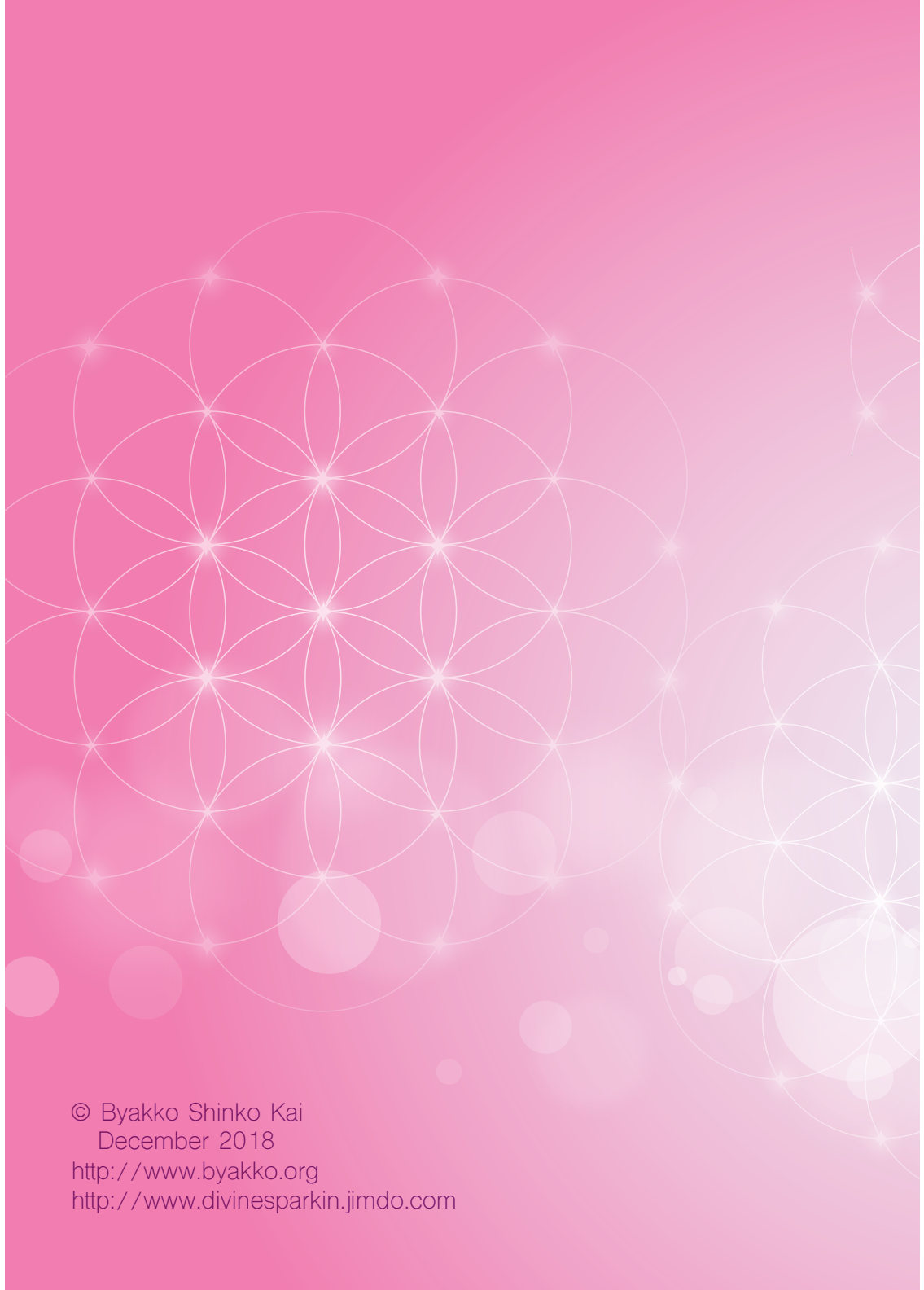
11

Exhale



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

May Peace Prevail on Earth



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