



**THE FLOW of
CONSCIOUSNESS**
WITH ALBERT

Supervised by
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Written by
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UTA-BOOK **250** YEARS LIBRARY

The Flow of Consciousness With Albert

The Flow of Consciousness With Albert Tomekichi Taike/Kayo Shiokawa

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Ms.Shiokawa was born in Osaka, Japan in March 1959. In March 1991, she registered as a certified tax accountant and engaged in tax-related business. In 2015, she quit her job as a certified tax accountant and continued her seminar activities following the legacy of Mr. Taike.

Books:*Arigato, Ishiki No Tenkai, Ishiki No Nagare, Zoku Ishiki No Nagare and other books*

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Have you ever wondered whether there is truth in this world? Truth that perhaps you aren't aware of it yet, but that something must exist in this world that is real and always constant.

Do you wish to learn what the truth is? What do you think that truth is? I believe this book will guide you to find the answers from within your heart.

I believe that as you hold this book in your hands, turning its pages and following the words with your eyes, you will feel something in your heart.

I am not asking you to immediately understand everything that is written in this book. However, for those who have questions in their hearts and believe that there is a world of the heart, you will likely feel something reach your heart by reading this book.

To those I have yet to meet, I have filled these pages with the wish for you to know the truth, to meet the truth.

Introduction

Thank you for choosing to read this book. I am very happy. I finally came in contact with you after passing through a long period of time. I am happy even though this meeting happened exactly as the pre-written scenario.

Please be joyful that you were born. Please feel your mother's warmth in your heart. Please know the real meaning of why you are living, and live your true life through its end.

I ask you: Do you feel the flow of Consciousness at this moment? All consciousness exists in this flow. You may ask, what is "the flow of consciousness?" what is meant by "all consciousness?" or what does "being in that flow" mean?

What I have written here has never been written in any book in the past, because there have been no human beings before that have met the truth. Always, mankind has been seeking the truth. However, no one ever actually knew of nor understood the truth; they had all died without knowing the truth. Therefore, no one in the past has actually ever really been saved. Not God, nor Buddha, or even the Universe has any power to save us. We cannot be saved unless we, ourselves, awaken to the truth. And what clearly communicates this to us is what is called the flow of consciousness. I am hoping for you to learn that we are all within this flow.

Now, the core of the topic moves to questions such as, "What is the truth?" and "Will the time ever come when humans will truly awaken to the truth?" and it is here that I would like to make one key point.

The world of truth is impossible to comprehend with one's head. I would first like to make clear that the truth is something that you can only understand with your heart.

Then what should one do to understand the world of truth that can't be comprehended with one's head? I would like to talk about this step by step.

I was born on this earth for the first time, in this physical body, in order to communicate the truth to as many people as possible. I have been communicating the truth through seminars and through my website (<https://www.uta0309.com/taike/>) for the past twenty or so years. As a result, one individual finally awakened to the truth. And through this, the scenario became clear that, starting with this one person, many people will reincarnate in the United States of America two hundred fifty years from now to continue pursuing the course we have learned in this lifetime. We are extremely happy right now. The feeling we have toward both life and death are just gratitude, happiness, and joy. Life is joy, not suffering.

The truth I want to communicate is that, "We, as humans, are not comprised of our physical bodies. Our true Self is consciousness, and exists forever." This is truly a Copernican change for us. We have been wrong ever since we started to believe of our physical selves as our true selves. We are still wrong. This is obvious when we reflect on what we have done in our history. What kind of world are we in now, even though we have continuously been praying, crying out for peace, and wishing for happiness? We are still covered in ignorance, egoism, and greed, and living against the flow of consciousness, and therefore, will never understand true peace, happiness, and joy, and will endlessly repeat the

reincarnations of coming out of and returning to hell.

Do you want to live the rest of your life without ever knowing the flow of consciousness? I am hoping that you will discover the world of truth, meet your true Self, and go on to live your true life.

Since I was young, I asked myself the following questions:

What is it like between the visible world and the invisible world?

Where did I come from and where will I go?

Why was I born? Why do I currently exist?

What kind of existence to me is my mother?

Who am I? I would like to meet my true Self at least once before I die.

Why is it that I often suffer or worry about various things?

Should I simply continue to live my life to its fullest? Am I missing something?

Do things like God or Buddha really exist? Do they really protect and save me?

Do I want to live the remainder of my life and die as I am now?

Is there a world after death? Do heaven and hell really exist?

When I concluded my seminars, my wish became even stronger to write a book about the true world, the flow of consciousness, while also clarifying answers to those questions I had been asking myself. When I conveyed my thoughts to Ms. Kayo Shiokawa, who had been quick to awaken to the truth, she undertook it readily.

The book, which she wrote while tuning her heart to my

consciousness, was “The Flow of Consciousness – with Albert” published in 2004.

This time, I asked her to edit the book, organizing the contents by topic. In addition, I have added excerpts of messages posted on a section of my web page entitled, “The Breeze from The Universe (messages from the Universe).”

As a result, this book was completed with enriched content, and will be published with a new cover.

We are extremely happy that we are able to leave a footprint of the truth of the world of consciousness, the world of “I am you, you are me.” This is simply a joy. We are your friends who joyfully wait for when we will meet in two hundred fifty years. We are waiting for you to feel, in your heart, the joy and the happiness of looking in the same direction together, walking together on the same path. We will always be waiting for you.

Signed,

Tomekichi Taike (born in 1926), April 2010

Clarification

*The word “physical” appears often in this book.

“Physical” expressed in this book refers to the thoughts created from the concept that visible forms, including our physical bodies, are real.

“The physical world” refers to the world that you feel through your five senses. To put it simply, it is the world that you see with your eyes and hear with your ears. “Your physical self” refers to you, who believe that you are living in this “physical world.”

“The physical world” is tangible because you can see and hear things, and things have form. However, there is another world that you feel with your heart, though you cannot hear, nor see it in form. I have been referring to this world as “the world of consciousness, the world of vibration.” The world that you have known since your birth is “the physical world.” For instance, you probably think that the one that you see reflected in the mirror is your self. And perhaps because you believe that the world that you see is the real world, you have been trying to attain joy and happiness based on this world.

In other words, you at present have been focused on “your physical self,” and have not been aware of the existence of “your consciousness.” Therefore, at this point, it is understandable that the idea of “your consciousness” being real and “your physical self” not, doesn’t quite hit into your heart. For now, please just keep in your awareness that you have both “your physical self” and “your consciousness.” I hope you will read this book hereon forward while holding this notion in your awareness.

Chapter 1

My Life Existed Along With The Seminars

I have been conducting seminars for about twenty years, mostly in Japan. When I reached a certain age, I realized in my heart that I was born to do this.

Through the practice of reflecting my heart, I strongly felt that I wanted to share what I realized through my heart and that it was my joy to do so. However, this was not something to commit to half-heartedly, and so I sincerely hoped from my heart to put all of my energy into showing others what I had found in my heart.

My thoughts actualized in the form of seminars. I have lived feeling only joy to communicate my message to people, and this will not change in the future.

I have put one hundred percent of myself into those seminars. I never had the desire to achieve wealth or fame, nor to save people who came to the seminars. I just started each seminar with joy and closed each seminar with joy.

People who have attended my seminars understand the principles through my lectures and printed work. Yet, even they have had difficulty in fully understanding what I had been trying to communicate. Most tried to comprehend the meaning with their brain, yet it's something that exists far beyond that.

I realize now that it was difficult for them to understand that the truth can only be understood with one's heart. As humans we believe that we

exist in the physical world that we experience through our five senses—sight, sound, smell, touch, and taste. Indeed, a world that consists of things we can see, hear, and touch is tangible. We have a strong tendency to believe that such a world is the real world without question. And in that world, each person lives through a time that is their so-called “life,” trying hard to achieve happiness and joy. Throughout my twenty years of conducting seminars, I have told people that such thoughts and ideas are fundamentally wrong.

People with plenty of life experiences may be well cultured and have no difficulty finding a conversation topic with others. Others who may have found their way through their lives living care-free, day-by-day, may say that life is a wonderful thing, based on their own experiences. However, can you really say that because someone has lived through various life experiences or survived hardship, that they should be evaluated as courageous, considerate, big-hearted, or as a person knowledgeable on life? If one experienced hardships, it means that the person emitted just as much energy to create those hardships. It means that what we are seeing in front of us right now are the results of our own thoughts manifested into visible forms. We must acknowledge the energy we emit, instead of bragging about our hardships or experiences. We were each given our physical forms and life environments in order to recognize that we have emitted the wrong energy. This is the purpose for our lives, the reason we were born. If you live missing this important point, I must say your life will be very poorly spent.

However, who in this world, in present day, would say anything like this? Everything in our society is composed with the standard being the visible world. People spend their daily lives without ever questioning this.

And even in knowing that we are in an environment where believing in the visible world is the norm, I am communicating this to you.

I am asking you, are you really okay with continuing to spend the rest of your life in the way that you are now?

You may not be able to respond immediately. You might first respond, “I don’t know.” Or, you may answer something like, “What you are telling me could be right, but it’s just too serious for me to think about. I think I’m fine as long as I’m happy right now. Life is long, so I’ll think about that later. For the time being, I have my current life that I need to live.”

Whatever your answer is, I would like you to know this. I did not spend all these years telling people casually of something that I am not certain about. I have been very serious about my message. It was not out of ostentation or mere intrigue that I held the seminars for twenty years.

I voluntarily quit my job, and only source of income, and began following my true thoughts in the form of the seminars. Of course, this was also without any monetary reward or return.

At the seminars, I was not sitting above everyone, nor did I become a leader of an organization. Needless to say, there were no positions to succeed toward, no income to gain, or anything else like that. Perhaps what people gained instead was something that reached and could be felt in their hearts.

Each seminar finished as a complete story. I told people that whether they made good use of what they had learned and felt at the seminars was dependent on their own hearts.

That is how I have held the seminars. I must be clear that this study is completely different from religions, or a way to live life. It is

dimensionally incomparable with such types of things.

The seminars have been my life. It was absolute joy to me that I was able to share the same time and the Universe with all of those people, and my life was complete having had these seminars. I staked my life on the seminars; that is how important they were to me.

There were quite a number of people in history who were believed to have been enlightened. And indeed, these individuals went through numerous training and trials to seek truth and gained respect and reverence for their efforts. Nevertheless, even those who were revered as enlightened died without ever finding truth and their true Selves. Proof of this is the fact that these same enlightened people are still sunken deeply in a world of darkness. The people who worshipped those individuals as their teachers of virtue or as their God also were stuck in this same dark world. Without any doubt, this is their reality.

Why is a person who was considered enlightened dwelling in a world of agony? It is because the religious leaders who preached about God, the world of Buddha, or the world of power, as well as the scientists who searched for the world unknown, tried to find truth while basing their beliefs in the physical world. There is no way that you would be able to see the truth from that point of view. In other words, those people didn't know their true existence. They were unable to solve in their hearts the question, "Where do humans come from, and where do they go?"

This is why I want to ask you, who have filled your heart with the mistaken Gods, Buddha, power, and religions, to learn the truth through this book. However, you might not be able to readily believe the things that a person like me is telling you, since I am not famous nor a celebrity. However, those things will be proven in your own heart before

long. It is because your true Self will eventually communicate those things to your physical self. I have believed this and have waited for it to happen, and will continue to do so in the future.

Many people have listened to my lectures in the past. Some listened with their heart, and some have even proven my findings with their heart. I am truly happy for this. I just hope that you will become one of these people.

I have told many people in the seminars that the time period of our reincarnations on this earth is about three hundred million six thousand years. While putting this number aside for now, I know that it is going to be extremely hard for you, as someone who has believed for so long that your physical self is your true Self, to understand what I am telling you, within the short period of this one lifetime.

Therefore, I have repeated the same message over and over at each seminar. Of course, since the time that I started these talks, many people around me became clairvoyant, or what people may call channelers. Using the method of channeling, those people began to speak progressively about the world of consciousness. This was just one part of the process as the seminars progressed. At first, the purpose of it was for us to touch the world of consciousness through such process. And for that initial purpose, channeling did reach that result. At the time, this was just fine.

In its true purpose, the objective of the seminars was for everyone to progress along with them. Disappointingly, however, it didn't go as I had hoped. Despite the main point of this study being to reflect on our heart, the purpose started to become the channeling itself. Both the channelers and the people receiving channeling gradually forgot that

channeling was only a vehicle to help them reflect on their hearts. Their minds sought only the channelers and channelings and, in reality, they were straying far from the original path of this study.

The energy that flowed between them was exactly the same energy that flows between a religious leader and the believer. Both the channelers and people seeking the channelers fell into a place where the energy of superiority and never-ending greed entwined. While some are still stuck there unable to escape, others were able to realize their mistakes by looking at their heart.

As such, the seminars that I was able to hold went through many phases.

During this time, I received many words and actions from various people. Most were expressions of joy and gratitude, but there were also times when I received violent words of attack. Yet, I continued to talk at the seminars with hope that someday, even those who have attacked me would come to understand what I'd been trying to communicate. Since I never had the intention to make a profit nor become well-known through the seminars, the words or actions I received never affected me. I was always sincere to each person. Regardless of whether they understood me or not, I remained honest to myself, and sincere in my interactions with everyone.

Now, with my lifework having progressed exactly as scheduled, I am at the point of concluding my work through completing this book.

For me the seminars were simply a time and the space of joy. I have told people everything I needed to communicate in that time and the space. All that is left to be done is for people who heard what I communicated to understand this with their own hearts by putting my

message into practice.

I have communicated that the truth exists in each of your own hearts, and the truth itself is your Self.

I would like to give you an example here. I presently have the physical identity of being someone who is Japanese. Yet, my real Self is a consciousness, vibration. You are the same, also. And right now, I—my consciousness, my vibrations, and not my physical identity—am calling out to you in your heart. That's right, the consciousness of me is the same as your true Self. Please imagine that your true Self is calling out to “your physical body.”

In the physical world, you and I have two separate physical identities, and we presently do not even know how one another look. However, our consciousnesses are one. There is no difference or distinction between us. I know this very well while currently having a physical body. On the other hand, you have come to believe that your physical self is your only existence, and have made a clear distinction between yourself and others. For that reason, I do not expect you to answer immediately to my call, but if you quietly trace the steps of the world of your thoughts and of your heart, you will probably be able to feel my existence in your heart.

Originally, you and I were in one world. But, at the moment you believed in your physical self as your true Self, you separated me in your heart. You left me in your own will.

You discarded your true Self and, since then, have existed while firmly holding onto your false selves in your heart. You are now finally giving yourself an opportunity to realize that this was a mistake. Your sincere wish to go back to your true Self, to want to return, is what gave

you your current physical body for this lifetime.

And as a result, people created their own opportunities to come in contact with the truth, some by attending the seminars, others by finding this book.

If you were able to feel these things in your heart, then that's good. Everything will come from inside of your heart. It is up to you whether you choose to, or choose not to believe what you feel in your heart. You will not get an answer to whether what you feel is real or not by asking others, it is up to you to decide for yourself.

There is, however, one way to figure this out, and it is to move forward with your practice of reflecting on your heart. This is because in the core of your heart, you already know what the truth is. And in your practice of reflecting on your heart, you will probably hit something or feel something that helps you to find your answer. However, you may still not understand completely. While you might still be unclear, you may find that some phrases or words grab your attention, or rather, stay with you in your heart. And I believe that one day, you will return to reread those phrases or words. And that is good, that is just how it should be. At that moment, you will feel something in your heart, and then go on gradually to understand more in your heart.

In short, the truth can only be understood in one's own heart, and you will definitely be able to understand it in your heart someday; this is my unbending belief.

Thus, I have not rejected anybody who wanted to come to me, or I have not stopped anybody who wanted to leave. That is because it is joy for me to communicate the truth, and I do not have any thought other than that.

I have a physical body as just one ordinary Japanese. And this is just fine. My physical self does not have any special powers. If you expect me to give you power or save you from your life hardships, your thoughts and mine will not meet. This is because your desires and my thoughts are of complete opposite intention, they are in complete contrast with one another.

It's certainly difficult to practice what I have been saying. In reality, everyone has his or her individual day-to-day life, and lives in a society that also moves along accordingly. It's not easy to step away from one's day-to-day life and larger society. In fact, we don't even realize that we are completely absorbed, engulfed in our physical, visible lives and society. The visible world is more tangible to us, so it's much easier to believe in than the invisible world. Even so, despite the difficulty, I continue to tell people of this world.

Even though the transformation from believing in the physical self to the consciousness is difficult to achieve, I was certain that someone would someday understand it in his or her heart. That is right, I had been waiting for an awakening of a consciousness.

I am grateful from the bottom of my heart that, as planned, I was able to meet the person who accomplished this transformation. One person is enough for this lifetime. I believe that people will clearly see what tremendous joy it is for one person to be able to connect their heart to our future of two hundred fifty years.

This study is going to continue from the present into the future, to two hundred fifty years. It will not be completed within this lifetime. Therefore, even if you, who picked up this book, have never attended any past seminars, if you feel something in your heart from reading this

book and connect it to your future self of two hundred fifty years, than that is fine. I believe it will happen, and I will continue to wait with joy.

Perhaps if I were a celebrity or someone of high status in my current life, many more people would have come. Or, perhaps if I had a huge sponsor backing me and with that financial power gathered more people, and had given large conferences, then this study would have spread to many more people. But, I had no need to either raise any money nor reach more people. This was not the purpose of my current lifetime.

What was important for my current lifetime was a realization of a consciousness. The most important task for me was to connect the heart to the future of two hundred fifty years. Therefore, I did not need to gather many people or expand the seminars. I simply continued to wait for someone to truly understand the world of consciousness with one's heart.

And now that this has been achieved, I can't express just how much joy and gratitude I feel. From the bottom of my heart, I am filled with just thanks, with just gratitude.

By the way, I did mention earlier that this lifetime is the first time that I have been given a physical body, but this does not mean that I am superior to everyone, nor does it mean I have a big mission in this world. For the first half of my life, I lived completely ignorant of the truth, and my life was a series of problems and worries. I will refrain from sharing my entire life story here, but please do just understand that I am not anything special or exceptional than anyone else.

For the first fifty years since I was born through my mother's womb, my life was full of mistakes. For ten years after that, with the practice of looking at my heart, through numerous trials and errors, I finally reached the conclusion that what I felt in my heart was the truth, and this was the

only true world. And for the next twenty years, I myself grew through the seminars. Conducting the seminars helped me to grow. I am extremely happy at this present time. Recalling my own physical life, I remember that I went through many hardships just as you; perhaps, even more. I also saw numerous dark sides of people and society through my employment. I believe that mankind, including myself, are really foolish creatures.

However, each and everything that I experienced in the past has now turned into a positive, and I now just have feelings of gratitude that well from my heart. At times when I experienced hardship, I became depressed and my heart was darkened, but I finally realized that all of those people and incidents were necessary for me. So now, especially toward those whom I originally thought of as enemies and believed to cause me agony, I now have feelings of true gratitude.

There were no enemies, not a single one. This is what I learned through my experiences and through the process of beginning to see my heart. When I came to the realization that there were no enemies to begin with, I really felt happy from the bottom of my heart.

I came to realize, with my heart, that suffering is not something that comes from outside of us, nor is it something given to us by anything outside of us. It was joy for me to be able to expand my heart. The various incidents and people had given me my trials, and helped to break my physical shell that I had believed in. Now I only have the words "Thank you" toward everything that helped me to uncover my true Self.

Please tune in together with me to that world that I found, the world of vibrations. Please feel the world of truth with your heart. I have been communicating this to you from the very beginning.

Chapter 2

The Truth on Which I Have Staked My Entire Life

I mentioned this term in my introduction, but have you heard of the phrase, “Copernican Revolution”? The beliefs “the Sun revolves around the Earth” and “the Earth revolves around the Sun” are fundamentally opposite of one another. It is truly a one hundred and eighty degree rotation in the way we think. I have quoted the phrase “The Copernican Revolution” in my seminars to mean that we will not be able to see the truth unless a complete change like this occurs in our hearts.

Now, the following is my definition of what I refer to as a “Copernican Revolution.”

We are our consciousnesses themselves, not our physical selves. We are life and energy and continue to eternally live in the world of consciousness.

Although those are merely two sentences, I am asking for you to realize this with your heart and not your head. Only, it is not that easy to realize this. You will probably need a lot more time to do so, but you will come to realize it in your heart someday. However, if you come to truly understand this, the way in which you view your life, your surroundings, the way you think, and the basis of your values shall completely be transformed. Your thoughts toward how you should live, and how you should die will completely change. And, you will start to see in your heart why you currently have a physical body.

For that to happen, it is absolutely necessary for a revolution from the physical to consciousness to take place; that is, the transformation

of your heart from the belief that you are physical to the belief that you are your consciousness.

The transformation of your heart does not happen so easily. The belief that you are your physical being is deeply rooted in your heart. Even for people who believe in the existence of an invisible (spiritual) world, their belief is based on their physical being. Their perception is fundamentally through their belief in their physical body. Unless the transformation progresses in their heart, they will never find their way to the truth.

However, in this lifetime, there was an awakening of consciousness. The world of consciousness is making an enormous move. It is flowing smoothly without becoming stagnant. This flow of consciousness will start to shake your heart from within as well. From here on, this flow will likely send you messages in physical form. The message, "Let's move with the flow, and walk together," will reach into your heart. Please accept these messages earnestly. The message is the very gentle invitation. Please revive yourself to be able to be one who is able to realize this.

Vibration flows from every living thing. The first step to come to see the truth is to begin feeling the world of vibrations in your heart. The world of vibrations is the only one that speaks the truth. The truth only exists in the world of vibration.

Tremendous energy has accumulated over time in the heart of humans. The energy derived from the belief that our physical body is our only existence is a dark energy that destroys and controls everything. There is not a single person who is truly kind or an honorable person in its real meaning. We humans have forgotten real kindness, have

become unable to recognize real happiness or joy; we have become lost in the swirling energy of ignorance, egoism, and greed.

We are gradually moving into the main topic. Now let's reflect on our everyday life. Does it seem to you that what you see and hear in the media each day is a reflection of our crazed society? There is news being aired constantly showing mankind's foolishness and of how corrupt it has become. Our unraveling society acts as a trigger to create these insidious crimes. Everything from bullying and child abuse to wars and terrorism depict the conditions of our human society.

The dark thoughts of our society of adults who are ignorant of the truth have even affected our youth. In order to escape from society, an overwhelming number of young people turn to smoking, drinking, and drug use, with their bodies falling apart and their minds tired and lethargic despite their youth. In such social conditions, their dark energy that has been hidden in their hearts explodes before they reach adulthood. Crime is happening at an increasingly younger age. And through the influence of mass media such as TV and magazines, the incidences of youth crimes are becoming increasingly more frequent. To the adults, it puzzles them as to why these incidences of crimes by children are happening. Despite the fact that these children's hearts are clearly hurt and crying out for help, the only thing that adults, unaware of the truth, can do, is to discuss various theories based on their limited experience and intellect. And without ever finding a solution, time passes by with the problem never resolved, still unclear.

In addition, in these times, there are wars happening everywhere we turn. There are many types of wars—fights between wives and husbands, parents and children, mothers- and daughters-in-law;

between students competing for test scores for higher and better education; fights among companies, tribes, and countries. Each side claims justice, speaks their opinion, and will continue to fight to their last breath. The degree of confusion in this world is bound to continue to increase. There is no way to stop this flow.

In reality, we are already in a deeply corrupted state of existence. Yet, the fact of the matter is that we still haven't come to realize it.

This is why we continue to live with the belief that "I am right, I am not mistaken, and I am great," even to this day.

Nevertheless, it will not continue like that forever. Mankind will walk on the path toward realizing that we ourselves are the most foolish creature on this earth. We will give ourselves an opportunity to renew ourselves.

The reason for this is because we are love. Can you understand this? We will realize this on our own because we are love itself. Yes, we will awake to the true love. And because of this we will experience natural disasters. And these natural disasters will be of enormous scale. Natural disaster is not God's anger. It is the energy of joy to help us realize the truth. Natural disaster is the only way left for humans to awaken to the truth. It is the best and the last act of love given to us.

Mankind, believing ourselves to be the highest forms above all others, have been emitting dark energy in our efforts to claim our world, our planet, and even further, beyond our planet. Because of our dark energy, our planet at this moment is in grave critical condition. However, even while being in such a terrible condition, our planet is giving out warning signs to ask us to open our eyes. These warnings are being expressed to us in the form of various natural disasters, small and large,

which are happening right now, as well as the unprecedented scale of natural disasters that will occur in the future.

What these unprecedented natural disasters are going to urge us to do is to release the Gods that we've kept dwelling in our hearts. We will never be truly happy until our hearts let go of religions. In order for us to realize that we had always been happy from the very beginning, we have to first release the Gods that dwell in our hearts. To realize our mistakes in our heart of seeking or praying for salvation, a message will be sent to us in the form of unimaginable scale of natural disasters.

Please don't misunderstand what this means. The natural disasters are not sent to us by anyone else; we are the ones who deliver the message to ourselves. We are the ones who will send a message like the following for ourselves to hear:

“Those Gods which you have created outside of yourself hold no powers to save you. Their energy is not anything but a dark power that spreads power and destruction, and pulls everything further into a state of confusion. We are the ones who have been working hand-in-hand with this dark power and growing our greed. We still continue to do so even now. Every one of us is discharging an enormous amount of energy into The Universe. Nonetheless, the future is laid for us to realize, to be able to realize this.”

I have just mentioned The Universe. This is not the outer universe that you imagine, such as in “the space station,” “the space travel,” “solar system,” “galaxy,” etc. In this definition, The Universe refers to the world of consciousness, the world of vibration. I will explain it further in “Chapter 10 – We Will Proceed to the Next Dimensional with The Universe,” but, yes, this The Universe refers to a wide, wide, warm world

of consciousness that spreads infinitely—the world of vibration. I am telling you that it is the true identity of The Universe, and our true selves.

However, we turned this true identity of The Universe and our original world into darkness. We, who have lived believing in our physical selves as our true Selves, became foolish creatures. Our hearts get caught up on what we see in front of us. We spend our days working to protect ourselves, fulfilling our desires, expressing ourselves as our physical form, and seeking recognition from others.

However, humans do not think of themselves as foolish. They are proud to state that, “We are the highest beings above all others, we can control even the universe with our wisdom and courage.” This energy of greed created by mankind’s arrogance will eventually come back to us. This is because these types of thoughts do not match the natural rhythm of our universe. Any energy that one emits will always come back to oneself. This is the law of universe, the never-changing law of the world of consciousness. It’s not an overstatement to say that despite mankind’s belief in being the highest living being among all life forms, that we are in reality the lowest, worst of all living things, spreading a terrible, offensive energy throughout the world.

Yet, we are finally leading ourselves to realize our own mistakes after a history of degradation. Of course, this path will not be easy. From here on, we will experience the realization of our own mistakes repeatedly, over and over again.

Nothing can change nor stop this flow any longer. This is a flow in which the joy of having come in contact with The Universe, with the vibration of truth, encourages us to realize our mistakes, providing us numerous opportunities for realization. This flow simply continues to

move forward despite us using our intellect to fight it. The more we attempt to defy its natural course, the more it comes returning directly to us. It is planned so that we, mankind, eventually realize how foolish we have been, how small our physical world really is.

The physical world is a mere shadow that will disappear in a short period of time. We humans have been living in this world as if it were real. This has been our mistake, which is why we need to accept the consequences of our own mistake. We must acknowledge that we, too, exist within the never-changing law of The Universe.

Certainly, our society also created its own set of rules. We gradually created laws in which to protect our own lives and property, and order has been kept by creating restrictions against one another. These societal laws differ between countries and also change over time; they are never in any way constant. I hope for you to understand that the law of The Universe is so vast that they cannot be categorized along with our societal laws or ways of keeping order. The law of The Universe is unchanging, regardless of the passing of time. And, also, we are only able to exist by living within this law. In other words, we are the law of The Universe itself.

If a thought you emit is not in line with the law of The Universe, it will return to you in the form of pain or suffering in your life. However, suffering is joy that you present to yourself. It is not something that you overcome, but is what gives you an opportunity for realization. Suffering or pain makes you realize that, in your heart, you are full of gentleness and warmth that coexists with your pain. Your true life, in fact, is to make your heart grow to one that can accept pain as joy.

Chapter 3

Reflecting on Your Heart

Up to this point, I have talked about the outline of what I communicated in the seminars. I used the phrase “reflecting on your heart.” Many of you probably heard this for the first time in your life. Here, I would like to explain a little about reflecting on your heart.

Before that, what is “heart” in the phrase “reflecting on your heart”? We often say that the “heart” is important or we wish to have a generous “heart.” There are lots of books written about our “heart” worldwide. Some people say that now is the era of “heart.” In the religious world, everyone preaches about the “heart.” Despite these facts, I have been asking people through seminars whether we humans have lost the understanding of the “heart.”

You have a physical body right now. You believe that you exist because you have a physical body. Do you think this is true? Isn't it possible to think that your “heart,” and not your body, is the one actually living?

Humans who are born will, without doubt, eventually die. Death comes to everyone. Death is the time when the physical body perishes. Do you think you will no longer exist after your death, or do you believe that you will wander around as a spirit or soul? You will probably no longer exist in your body, if your physical body is indeed who you are. On the contrary, if your real existence is that which is your “heart,” then what will happen to you after death? Is a spirit or soul different from one's “heart”?

Nobody can answer those questions clearly. It's been told as if people have always known who and what we really are, but even religious texts write only vaguely about the most important point. The reason why the key topic hasn't be written on clearly is that humans have been living without knowing the truth. The most important point missing in those books is the one existing truth which has never previously been discovered. The process to meet the truth in your heart is the true meaning of living your life. I hope that at least you, who are reading this book right now, will live your true life and thank your physical body when you depart from it.

I digressed a little from the topic. Please read forward while keeping in mind that you are your "heart," that reflecting on your heart means to reflect on yourself, to look deeply within yourself, and that in order to know the truth, practice on reflecting on your heart is essential.

To reflect on your heart is to work to acknowledge what you are thinking right now, and what kind of thoughts you are emitting at every moment in your daily life. Your thoughts are behind every action and every word you speak. Rather than putting the importance on what you spoke or what you did, reflecting on your heart is to observe your own thoughts that arise during those words and actions.

I will give you some more detailed examples. For instance, let's assume someone said something to you. Whether those words were pleasant or unpleasant, the words that were spoken by that person make your heart move. You feel happy when you hear something nice; on the other hand, don't you feel sad, angry, or depressed when the same person tells you things that you do not want to hear? What does this mean? Your heart is moving constantly; it becomes bright, feels

depressed, or becomes filled with thoughts of fear, doubt, or hatred depending on another person's words and actions, or by events that one observes. If we carefully trace the movement of our hearts, we realize that we have been emitting various thoughts in reaction to the others' words or actions. We have repeatedly spent time feeling happy, agonized, distressed, sad, or lonely. In short, I think you will be able to see that you coexist with those various thoughts, or you exist here thinking many things. As you start to reflect on your heart, you will clearly see the existence of many selves inside you, ones that feel sad, depressed, resentful of others, or one that has so much hate that it wants to kill, or who wants to have control over others.

Your previous thought may have been that your attitude, emotions, and various thoughts are the direct response of another person's words, actions, or events that you experienced. However, by reflecting on your heart further, you may think otherwise, realizing that your heart is moving constantly even if the other person does not say or do anything. You may also recognize that your feelings or thoughts produced from experiences in similar situations can be different each and every time, and can also differ dependent on the people involved.

As you practice reflecting on your heart, I think that you will likely come up with many questions like "where do these thoughts come from, why do they arise, why does my heart continue to move so frequently?" You will also learn a lot about your heart.

It is important to practice looking at your moving heart everyday, yet I would like to mention that the person whom your heart moves towards the most is your mother who gave you birth. Your thoughts come up straightforwardly toward your mother. How do you currently feel

toward your mother who gave you birth? What kind of thoughts come up when you call out “Mother” in your heart? Please start to write them down honestly in a notebook. It is important to write without disguising yourself or decorating your thoughts.

Please write down the thoughts you had of your mother over the time she raised you since your birth; the thoughts you had toward her after you became an adult or after becoming married and starting your own family; or the thoughts you have towards your aging mother. Your mother draws out many kinds of thoughts such as anger, hatred, resentment, jealousy, fear, loneliness, chagrin, etc. through her physical body. That is the true meaning of the existence of your mother. It is beyond the existence of your physical mother who gave you birth; it is the existence of your true mother, mother’s consciousness. As you continue to practice writing down your thoughts of your mother, you will someday touch the core in the heart of your mother who gave you birth.

“Thank you, mother. Thank you very much for giving me birth.” Those thoughts will come up constantly from your heart; because it is the true nature of the human heart, because it is your true self.

Reflecting on your heart means that you will recognize various thoughts within you. Your thoughts are drawn out by the people you associate with and the events that happen around you. Those thoughts are you, your own self. They are drawn out because you have already possessed them in your heart. In other words, you are meeting yourself through your mother, by meeting people and experiencing many things. You will come to realize it in your heart by practicing to reflect on your heart.

Unless you reflect on your heart before you dislike, kick out, or hate

other people, you will continue to be controlled by your own dark energy. If you are controlled by your dark energy, you end up throwing yourself into a state where you cannot see your true Self at all. You will mistake your dark energy as yourself because you are unaware of your true Self.

You will become more and more confused as you will not be able to forgive yourself. You'll lose control of yourself or explode your energy somewhere.

However, if you know the importance of reflecting on your heart, you will be able to pull yourself up even from that stormy energy. Eventually you will find out on your own that infinite joy and warmth exist within you. You will be able to encounter your true Self who just feels pure joy in simply being born and given a life. I would like you to know that to live your true life means to walk through those processes.

You have many false selves that exist in your heart. They are crying out "Please listen to our thoughts. Please help us. Please save us." Those cries surface as illnesses and many other incidents. When that happens, if you don't know the meaning and purpose of your birth, or your true existence, you will only seek the solution for those phenomenon outwardly rather than within yourself. Of course it might be necessary to get medical help, and cure your body when you become sick. It might also be necessary to make a physical effort to improve your situation. However, curing the physical body or settling matters is not the ultimate purpose. The importance is to reflect on your heart through those occurrences, then acknowledge the thoughts you emitted, find your mistakes, and accept them as yourself in your heart. You do not reflect on your heart in order to cure the illness or improve the condition; reflecting on your heart is the sole purpose. For that purpose, you give

yourself opportunities such as illnesses and experience many other undesirable incidents. Everything is just a part of your scenario which you have written for yourself. Those are the themes you gave yourself.

If you live a life believing your physical self is real, however, you will never be able to think that way. You will probably try hard to seek physical solutions for the matter which you are currently suffering. However, the only way to completely solve your problems is to reflect on your own heart.

In other words, unless you reflect on your heart, the root of your problems will not be solved, but it is hard for you to come to understand it.

The undesirable things for your physical body are all good. The things which are considered “minus” to you are all “plus.” Are you able to comprehend these equations?

“Minus” means you who have been suffering while being unaware of the truth. Now, your minus selves finally came forth, and started to speak out to you through one phenomenon. Your minus selves throw various pains at you through people and occurrences. You might be bewildered in the middle of the situation. You might try hard and struggle to solve the problem while being caught only by the exterior or surface matters. Your physical self probably acts this way. At that moment, reflect on your heart and think about the phenomena you are experiencing. In other words, please try to feel the phenomena as vibration, not as a form. If you have been diligently reflecting on your heart daily, then I am sure that you will probably learn something in your heart through it. Even though the incident that is laid in front of you is a terrible situation, can you feel the infinite gentleness coming from it?

By having the “minus” experiences, if you realize it in your heart, the

“minus” matters transform into all “plus” matters. In short, you will start to see the world which you have never seen before by having the “minus” experiences. When you reach that point, you will gradually be able to understand with your heart that the “minus” occurrences were in fact all “plus,” and necessary for you.

I am not encouraging you to conquer the “minus” matters. People often say “Fight the illness” or “Don’t lose the fight to illness.” Those thoughts come from cold hearts. They have been doing so continuously because they are totally unaware of their true selves. Illness is not to be fought with; it is there for you to accept. When you get sick, please turn your heart to the cells of your body. Those cells of your body do not emit the thoughts to make you suffer. They are just telling you to realize your mistakes, and hoping for you to emit gentle thoughts. It is not limited to the body’s cells. Vibrations that flow from all living things other than humans are kind and warm. That is because those living things all know the truth. They know that they are made to live in the fullness of love. Only humans have been emitting the harsh, dark, and cold vibrations in this universe. Therefore, as a result, mankind will go through the unprecedented experiences in the future in order to realize their own mistakes.

The main pillars of reflecting on your heart are “Reflections on Mother” and “Reflections on having sought outer powers or religions/ idolatry.” You have the heart that seeks salvation and power from Gods as an outer power, and you are also using the same heart in this lifetime toward your mother. You will realize this when you practice both reflections together. The heart that you have continually sought Gods as the outer power, and the heart which you have been using towards your mother, are both derived from one same root.

Those feelings were not created dependent on how your physical mother acted or the kind of surroundings you were born with. You chose your physical mother, and set your surroundings yourself before you were born into your physical body. You prepared everything on your life path before birth. You planned to come to meet the true world; in other words, to awake to the truth through the life path that you set. No matter how severe your physical self-situation, it was all chosen by you yourself. Thus, you need not blame anyone nor compare yourself to others. In fact, deep in your heart, you are likely wishing to free yourself from life of living in competition with other, from comparing, resenting, and grudge. Only, you did not know how to become free.

Please earnestly reflect on your heart. Please listen to the voice and cry from within your heart. Please come to realize in your heart that you have written various scenarios for yourself in order to realize that your suffering is not your true Self, and that you are joy itself.

Unless you realize it in your heart, your present life will be a failure. No matter how rich or famous you become, your life is a failure. If you cannot realize with your heart what kind of mistakes you have been making or why you made those mistakes, you will forever repeat the cycle of your reincarnations of rising from hell and returning to hell.

Please awake yourself. Please reflect on your heart that is plastered with greed.

To do so, please be honest to yourself and remember the time when you were a baby, when you did not have anything. You must return to your heart when you entirely entrusted your mother in front of you and only emitted joy. I am asking you to believe that such an innocent heart like an infant still remains alive deep in your heart. Please reflect on your

present self with those eyes and heart. Most likely you have grown to be a good person fitting well to this society. However, the sludge-like filth is stuck firm in your heart. Of course, that has been carried from not only this lifetime, but throughout past lives, so it will be no easy matter to clean that sludge in your heart. Everyone firmly has thoughts such as “I am superior, I’m not wrong, I have lived my life well,” in each of their hearts. Especially those who believe that they have overcome hardships, lived through chaotic times, may praise themselves on how well they’ve battled through, but would never think that their way of living had been completely wrong. In actuality, that person lived their life building stubbornness on top of stubbornness in this lifetime again; but who would listen seriously to such a story?

Even if you live your life in health up to age 80, there is more thereafter. Life does not end with death. Your world of consciousness will continue forever. That means you will continue forever. And in this lifetime, in the life that you are born and will die, you have finally crossed paths with a chance to know that you yourself will continue forever. So even if you are not aware of it, all of your consciousnesses within you are extremely joyful without exception. It depends upon how much your physically self can believe it.

In order for you to understand that I am not speaking to your physical body, it is essential that you turn your heart toward me and feel my world of consciousness. If you do so, whether you know me physically or not, you will come to know that I am your true Self who is speaking from inside of your heart. This is difficult, without a doubt. It is impossible to comprehend it with your head. No matter how hard you try to use your brain, the only things that will come up are questions or doubts.

When you use your head, these will be the only thoughts that will come to mind:

“I don’t want to be brainwashed, I can’t believe such a thing . . . I will not believe it . . . A world of consciousness? Don’t won’t be fooled . . . Just concentrate on your physical life. You want to be happy don’t you? Then pursue your physical happiness and fortunes, everyone around you is doing the same; show your physical self, heighten it and achieve money . . . That way you can control your happiness and fortunes, you will be able to grant any wish . . . if you instill your heart in such a fraud you’ll be the one who’ll be sorry . . . What are you saying after all this time?”

Those thoughts are spoken through the history of your heart where you have thrown away your true Self and have lived only for your physical self. This is probably the same for everyone.

But then, try to go one step further into your heart and ask yourself:

“You are talking to me like that, but have you been truly happy that way? Are you not desolate now? Who are you? Are you not trying to give me some kind of message? Are you truly saying this honestly? Aren’t you telling me of your agony even though you feel what your saying is wrong? Don’t you want to know the truth also?”

Try to converse with yourself as such. You might not be able to do it smoothly first. However, please remember this. The fact exists that everyone was born through their mother’s womb. To be born through your mother’s womb means that at that time you were in touch with your mother’s true heart and mother’s warmth.

That mother’s warmth is something that will never disappear from your heart. The mother’s warmth answers your questions within you. It conveys to the part of you that is trying to live earnestly. It is just that the

thick wall that is your belief that your physical self is yourself intervenes so that it hasn't reached your heart. Both the mother's warmth and that thick wall are your own selves. However the mother's warmth is something that has originally existed within you and the thick wall is the one that you have created during your long reincarnations. So if you keep repeating to reflect on your heart, that mother's warmth will revive and the thick wall will gradually or even suddenly disappear. I have just been explaining how the mechanics of the world of consciousness works from various angles.

Chapter 4

What Is True Life? True Joy? Your True Self ?

It is not wrong to live honestly and try to find joy, happiness, and something worth living for every day. What I meant is that to live without knowing the truth is not the life for which we were truly born. I have been telling people that without knowing the truth, your life is a poorly spent life, even if you try hard to live one that is honest and disciplined. Please realize this in your own heart.

When we reflect on the hearts of people who seem to enjoy their fulfilling lives, building their family and working successfully, it is doubtful whether they are truly happy and spending everyday with joy. Those people cannot clearly answer such questions as to why they were born, why they exist, where one goes after death, and whether one will perish once their physical body ceases to exist.

I wonder if you can call it a happy and joyful life when you are just going up and down in the stream of time, without knowing your true Self and the meaning of why you were born.

I can clearly say that one's entire life will not be a smooth sail if one doesn't know the truth; even if one has everything, including a high social status, pedigree, fame, assets, good looks, talent, a happy family, and a good job. Those materialistic factors are necessary only to reflect on one's heart in order to find the truth, but do not determine real human value. No matter how much you attain in this physical world, based on the only truth, those are useless for your consciousness. Humans lost their awareness of the mistake in seeking value for life in those factors.

The desire for everyone to live harmoniously, happily, and prosperously is timeless and universal. Have we become truly happy and prosperous? I admit that our lives have become convenient on a materialistic level. Yet, I think that there are a number of people who have already started to feel that something is not quite right. I suppose that those people don't know exactly what is strange. They might vaguely feel that in exchange for modern, functional, and convenient lifestyles, their hearts have become dull.

Even if they feel strangeness in the fast flow of time in which their days go by in a flash, I think almost no one pauses to think about what it is that is strange. It would be hard to find such time to think about this and, in fact, do you think that anyone would be able to figure it out even if they were to try?

Are you truly living your life? Why were you born?

It is not a true life when you spend time complaining, groaning, or living a life filled with tears and laughter. I wonder if you think that many things happen when you are alive, and both joy and pain coexist in your life. It is not so. Life is joy. Everything is joy whether you or your family have severe illnesses, whether you had unexpected accidents, or whether you were born with a handicap. By just looking at the appearance, those circumstances seem hard on you, and you might not be able to accept them as joy. It is not unusual to think that those are not joy at all, or that you are the unluckiest person, and spend time crying about your situations and blaming the society or the environment. If you see everything from the viewpoint that your physical self is real, then in your eyes those phenomena will be projected as undesirable things. In

reality, the world of your heart is mirrored through those phenomena, yet your mind is captured by only the appearance of it. If one does not have the practice of looking at one's heart, the heart will be directed away from oneself. Therefore, those people want someone to save them from their sufferings or solve their problems, and they think they will become happy when those sufferings disappear. They think that their anguish is caused by their severe illnesses, the unexpected accidents, or many other undesirable incidents. Then, they seek for the outer energy to save their physical body and mind. We call it Religions to rely on the outer power. They have not realized that the more they emit the thoughts of seeking outside energy such as "Please save me. Please help me. Please solve my problems," the deeper they make themselves sink into anguish.

We were not born to suffer. Those phenomena are not meant to hurt you, but are warning messages you send to yourself. Those messages that are coming from your own heart to let you know that you are wrong and that you need to realize it are just appearing as such visible forms. So by looking at the appearance, those phenomena seem to be hardships, yet vibrations that flow from them are joy. Through the phenomena you are learning to focus your mind inward and to feel the world of vibration.

Humans have died and been reborn, been reborn and died numerous times. Through the repetitions of reincarnation, we, as mankind, added an increasingly heavier load to our hearts instead of awakening to the truth. When we have a physical body, we manage to escape to the physical world from the world of our heart. Wouldn't you agree that most people's physical lives pass by so quickly as if they are in a dream?

However, such lives are not the real life. For instance, even though you are living your life sincerely or are satisfied and proud of your life, don't you feel something unclear or uncertain in your heart right now? Don't you have questions you can never clearly answer in your heart; such as, why were we born, why do we die, or where are we going after death?

Humans have at least one moment of opportunity in their lives to think back and reflect upon their own life. It is the moment of urge and the chance for realization that comes from within. Yet, most people would not perceive those events as an urge or an opportunity. Even though consciousnesses within you are calling and crying out to you in pain, presently, the hearts of most people have become cold, ignoring those voices. I can only say that humans are really foolish because they do not think that they are cold, and believe that they are trying hard to live an honest and disciplined life.

What is your true Self?

I have already told you that your true Self is consciousness, not your physical body. You were given your physical body by your mother, and were born in order to meet your true Self.

Your true Self is the energy of joy that exists in unlimited gentleness and endless warmth. Your true Self exists eternally. You do not need to look for any power outside yourself, since you, yourself, are the power; you already have the real power within. However, it is not easy to come to know your true Self, because your heart is full of dark and heavy energy that has been created from the belief that you are the physical body itself. The journey to meet your true Self will start with recognizing your dark selves that you have created from the past. For that to

happen, there is no other way than to reflect on your heart.

What is the purpose of your life? What are you going to accomplish for your existence?

You might say that, "I want to enjoy my life since this is my only one. I am trying to put all of my might toward working as hard as possible for society, for people, for my family, and for my company."

Why don't you quit spending your life like this? You should live for yourself. That is your true life. To live for yourself means, as previously stated, to meet your many selves living in your heart. Consciousnesses in your heart are begging for your help. They are nothing else but your many selves who have sunk into hell. The only work you need to pursue while you have a physical body is to save those suffering selves. Your real work is not to start up and take care of a company, to work hard as a fighter for your company, nor to get fame by producing a splendid work. What you need to do is to reflect on your heart through what you do. In reality, people are unaware of the real purpose of life, wasting the precious time that they have in their given body by becoming absorbed by things happening immediately to them in the physical world.

The purpose of your life is not to gain money, to be famous, nor to be successful. As I mentioned earlier, you are given the present time as your "life," in order to meet your dark selves that you have created from past lives. For that purpose, you might start up a company. You might have a down-turned life as if rolling down a slope. Those lives are just the scenarios you have created and written for yourself on your own, and it is not a matter of good or bad, or whether you gain your fame or fail in this society.

The whole purpose of your life is to lead yourself to realize how

much you have been wrong, and to tell the truth to your many selves that have been submerged in deep agony. As you start to understand in your heart how to live a true life, you will know that everything in your life is joy. Under any life circumstance, when you finally come to realize the truth in your heart while in your physical body, your agony will turn instantly into joy, and you will understand with your heart how mankind is meant to live and die.

You are enveloped in unlimited gentleness and warmth. That is your true Self, and the purpose of your life is to meet your true Self.

Chapter 5

Let's Look at "Death"

How do you perceive your own death? Are you able to face death honestly? Do you have a feeling of wanting to abominate death, and so, have difficulty thinking deeply about your own death? You may say that you have never thought of death because you are young, but isn't it possible to think that death may come to you suddenly? And, it is not only the young who do not want to die; there are many who are older who are attached to their physical bodies. They believe that they are happy if they have good health and live long. They want to be healthy until they die, and they all hope that when they die, it will be instantaneous.

As a result of having lived believing that one consists of only the physical body, people have strong fear of losing it. One has experienced this fear numerous times in one's past lives and remembers in one's heart. This is the reason that you cannot face your own death, not only when you are young, but even when you are old.

I wonder how many people are able to part with their physical bodies while truly being thankful to it from the bottom of their hearts, giving warm thoughts to the cells of their bodies. There are many people who spend days taking doses of medication just to keep their bodies alive. However, there is no drug that allows you to live forever. Death comes to everyone, eventually. Will your last thoughts be toward Gods or Buddha when you feel fear and anxiety? Isn't it pitiful to wish to be saved by them at your last moment? Instead of doing so, wouldn't you be much happier if you

were to reach the realization of the truth by having deeply reviewed your life history and be able to part with your physical body while being truly thankful for it?

Your birth was not a coincidence; your present body was given to you because you needed it. You exist here right now as a result of having chosen everything yourself, including your environment. Are you going to close this present physical lifetime again without knowing the truth?

The world that does not know the truth is a world of pitch black and pitch darkness. There is only struggling, panting, suffering, writhing, and eventually sinking into the bottom of heavy darkness where one cannot even move. When humans who think their physical body is their true Self die, and throw away their bodies, the place they return to is such a world.

You don't die and go to hell. You are already a resident of hell now. Because you have a physical body, you don't know this because your heart is wrapped by your physical body. If you let go of that physical body, the world of your heart and the world of consciousness will envelop you. That means that if you don't know the true world, you're in hell—whether you have physical body or not, alive or dead.

You may say, "I don't have any regrets in my life." But, is this really so? What is your life, then? Does your life consist of the time up until the moment that you die?

Have you ever met anyone or anything that can give you the answers to these kinds of questions? Information is abundant. There are an excessive numbers of books written on how to live life successfully. As you accumulate life experiences, you will somehow learn on your own the art of living, or the wisdom of life. You might think that the words

of experts could be useful references for your life, or that they leave a strong impression and are motivational. However, they reach you only to a certain point and don't go any deeper. You will never meet the truth through them. After all, people are merely spending their days running up and down the muddy stream of "physical life," and leave their physical bodies when the time comes. What waits is a lonely, painful, cold, and dark world. The consciousness, which believes that the physical body is one's true Self, will go straight down to such a world. They will sink into an abyss of despair. In fact, we already live in such a world while we have our physical bodies. However, we use the bodies as a barrier and direct our hearts to the physical world. Once we remove our physical bodies, meaning when we no longer have a physical body, then such a dark world becomes completely exposed and is very clear.

Without exception, every one of you will go into a world of isolation after your death. In your world, you will be the only one who exists. No one will answer you, even if you are in extreme pain or loneliness; you are there alone. What will you do in such a situation? In this physical world, you may be able to get some result by making various attempts. However, there is only your heart in the world after death, and it is completely dark. The darkness takes over your heart. Even one who is proud of one's intelligence in this physical world will sink into the bottom of hell, ignorant of anything in the world of consciousness.

That is why I have been telling you to meet, and save, your many selves who have fallen into hell, by reflecting on your heart while you still have a physical body. Please revive your true Self who can explain the reality to your suffering selves who have lost their physical bodies and become bare hearts. You don't have any spare time to be giving charity

to others, or taking care of other people more than necessary. If you get to know your state of being in your heart, you will try desperately to face your heart. You will realize that doing so is the greatest kindness to yourself during your limited physical lifetime. Your kindness is not just for yourself, but will flow to the people around you as a vibration. The kindness is power. Since such kindness is real power, it heals others by true means.

Healing is a trend these days, such as in music and aromatherapies, but please know that true healing power exists in your heart.

What heals you is kindness and warmth within your heart. No one else can save your heart. If one could be saved by praying and worshipping, mankind would have been saved long ago.

Mankind is foolish, still wasting time fighting one another. Mankind, which lost awareness of the truth, has become mad. Such crazed energy appears in the form of various disasters on this earth. The energy moves so fast that it could soon cover the entire earth.

Mankind will have a very difficult time from now into the future. We, who have been living with the thought of the physical world as the one and only existence, will go through terrible experiences. The earth will have devastating damages with no means of repair. Everything will have been caused by the foolishness of mankind who have shot their arrows towards themselves.

So far, you have been giving top priority to your physical happiness and joy believing that your physical body is your true existence. Are you gradually realizing how ignorant such a way of life has been, and how far from the law of The Universe you have come?

You are completely free to choose how you live. However, I want to

make it clear here that the consequences from it will also be your own.

Are you aware of how foolish it is to blame others or society for your agony, pain, or loneliness due to outcomes from the choices you have made, while you ignore the fact that the real cause exists inside your heart? People create various reasons to blame someone other than themselves. They are unable to take responsibility for their own actions because they are ignorant and unaware of the truth. However, I have not intended to force you into believing this. I am not ordering you from above to listen to what I have to say nor do I intend to criticize.

I am just asking you to understand it with your heart. I have explained to you that this is the fact, and this is the truth. Now it will depend on your heart to accept it or not. This is what I believe, and it will always stay constant.

It does not matter how you have walked your life in the past. It is more important to know what kinds of thoughts you have used and the kinds of energy you have emitted in your life, and how much of it you have recognized with your heart. I wish for as many people as possible to take a moment and think about the reason they were born and why they will die. My hope is that this book will give you an opportunity to connect with such a subject you have never deeply thought of before.

It is definitely difficult to change your habits regarding the way in which you think, as those habits have developed over the course of more than three hundred million six thousand years. However, if you remember your original, pure heart and try to seriously consider how you should be living and how you should die, what I want to communicate through this book will surely reach your heart.

I sincerely wish for you to come to know true joy and happiness.

I have been telling you that true joy and happiness exist within you, and am asking you to realize with your heart that you, yourself, are the existence of joy and happiness.

To a certain degree, it is good that you are spending your life joyfully and happily each day.

However, I do not want you to just stay there, but wish for you to try to live your true life. Adding to it, I would like to ask every one of you that do not spend your life relying on somebody or something, but sincerely take care of yourself to believe more in yourself. Make yourself happy in its true definition. Let me rephrase: Realize that you are already a happy existence from the beginning.

Now, you might ask if anyone has ever understood the things that I have been communicating. Yes, there has been one. Through the seminars, I met a friend who understood and proved it with her own heart. I finally reached the happiest moment of my life. Big cheers to my life! I am really happy being ready to return to the world of consciousness after I have accomplished the work of my current lifetime.

Chapter 6

Mankind — Crazy Over God and Money

It should not be too much of an exaggeration to say that the history of mankind has been crazed over God and money. People have said that if one attains both the power of God and the power of money, nothing will be feared. And as such, God and money have sat firmly on the foundation of mankind. The idea that God and money bring happiness has stuck in people's minds. It is a common belief in this world.

“You can say anything you want, but the reality is that we need money in order to live. That is why I've worked hard, earned money, and tried to become happy. I do revere, worship, and pray to God. What is wrong with that?” I imagine that these kinds of thoughts, in varying degree, have long been in one's heart. I should say that most live life thinking this way even now.

I do not try to argue with such people. I can see and sense their deep thoughts when I look over their entire life and turn my heart to their world of consciousness. When I turn my heart to their consciousness, they speak out, “I have not lived my true life. I did not know what the true life was.” They express themselves (externally) in that way while their thoughts are, “There was no foundation in my life, and my life was missing a foundation.” When looking at only the surface and observing their words and actions, it may often seem that they lived earnestly. However, this never shows their true Self.

If the foundation has been missing inside them, it is impossible for them to speak their true Selves. Isn't it a pity to spend one's life only

to live and die while knowing nothing (about the truth)? Even though one lives a long and happy life, if there has been no foundation, one's consciousnesses inside them, meaning oneself, will again have to sink into a world of agony. Despite this, needless to say, the cells of the physical body will continue to emit love until the very last moment of one's life. I can clearly say that one's heart is terribly poor if one cannot even recognize that they are made to live with the help of that love.

Please keep it in your heart that even if you were to build something marvelous, if on a rotten foundation, it will fall quickly as if built on sand. Even if I tell you this, we have become unaware of what the real foundation is. Therefore, we are in a state in which we cannot even see that our foundation has completely rotted.

Mankind has most surely become crazed over money and Gods. The biggest mistake that mankind especially made was the creation of religions. The thoughts and energy from praying for Gods or Buddha, asking for salvation, and searching for super powers to achieve physical happiness and prosperity for oneself is energy of destruction. We, mankind, are the ones who expanded destructive energy without knowing what kind of energy it really was. Proof of this is clearly shown through wars or terrorism acts happening at various areas in the world. While justifying the wars as sacred, people are unable to see why they hate and kill one another, or that they are constantly emitting dark battling energy under the name of God.

Of course, they are not the only ones. Mankind, unaware of the truth, clearly exposes its own greed, ego, and ignorance. Even though on the surface people decorate themselves with beautiful words of love and mercy, act righteous, and fight for justice, the energy that flows from them

is one that destroys everything. It is an extremely dark energy that gives off an offensive odor-like sludge. And this energy, of course, does its work. The dark energy takes the form of the battles that happen everywhere and even influence the climate. It also makes its appearance through various events and accidents that happen in the world.

By the way, how do you perceive the act of saving others? Is it truly a love-filled, warm-hearted act? Is it truly kindness to give a helping hand? When I refer to the act of saving other people or lending a helping hand, I am not referring to acts such as saving people from an immediate danger or helping a person in immediate trouble. What I am asking you is how you think about the act of saving other people's souls. I would like for you to reflect on your own heart about when you have had the desire to save others.

If you reflect on your own heart, you will know what kind of energy is connected to you or working inside you. Spreading thoughts such as "Please save me" or "Let me save you" are foolish and come from not being aware of the truth. No one and nothing can save one. One needs to save oneself. Because you are love itself, you can save yourself, on your own. Love is kindness. Love is warmth. Everyone is filled with love in one's heart. Despite this fact, we continue to exist without knowing true love. True love does not exist outside of oneself. True kindness, warmth, and peace do not exist outside of oneself. However, people tend to seek outwardly for love. One seeks kindness and warmth outside of oneself. Then, when seeking kindness, warmth, or peace from other people, one result may be betrayed, either crying with sadness or hatefully cursing the other. They direct their blame in the wrong direction, because true kindness, warmth and peace do not

exist outwardly. Once you examine the history of your heart, you will realize that you have repeatedly made countless mistakes. Each person has numerous past lives in which they have searched for love, joy, and happiness in the physical world, and as a result sank into deep agony.

The same happened with your relationship with God(s). You worshipped the wrong God in your past lives, your wishes were not heard nor fulfilled. As a result, you have disappointment and resentment still presently remaining and living in your heart.

Your heart is still holding onto thoughts and images of Gods you created in past lives. For instance, you have thoughts remaining that God is one that you worship, God is a fearful existence, or that God exists far above humans. And because of this, you are not happy right now. You may say, "I am happy right now." Or "I have a happy life." Nevertheless, I emphasize again that you do not know true happiness and joy. The happiness and joy that you have right now are just paper-thin, they can easily be blown away. That happiness and joy will disappear the moment you part with your physical body. The reason for this is because this happiness belongs to your physical body.

What I would really like for you to know is that true happiness and joy does not disappear and continues to exist forever, even after you have left your physical body. You may ask if it is possible to find such a thing. Yes, it is possible. That is why I have spent my entire life communicating for people to learn the truth.

Let's go back to the previous subject. As I wrote earlier, there are many in this study that would be considered psychics or spiritual channelers. Or, to rephrase, most people who come to this study are channelers. They are people who are able to express the world of

consciousness. However, this doesn't mean that the consciousnesses that they express and the kind of energy they are connected to are necessarily positive.

If even the channelers who are in this study are in such a state, you can likely guess the state of common psychics and channelers. These channelers pride themselves on their ability to channel despite their ignorance as to the kind of energy to which they are connected. In short, they are completely ignorant, merely being controlled by their dark energy.

“Save me.” “Yes, I can save you.” “Teach me.” “Yes, I shall teach you.” Thoughts such as these are completely wrong. It may appear wonderful to offer a helping hand, or to preach as if a savior, but the reason it seems so is because people evaluate themselves through only their actions. However, it is the world of vibration that means everything. Words and actions do not count. What is important are the kinds of energy that you are connected to. Please imagine that the energies connected to people who are unaware of the truth are all dark. Fortune telling, sensing mysterious powers, and seeing auras are all connected to the dark world. Therefore, people who have turned their hearts to such will have pitiful lives in the end. Their lives may appear to be better at one time, but this will only last for a short period. People lost their awareness of underlying energy and its workings because the basis of one's thoughts, at the core of the human heart, was planted firmly in the physical world.

I will now reiterate my point. The truth can be understood in your own heart. There is no truth outside of your self. You will not be saved even if you search for salvation outside of your self. Please examine (the

thoughts in) your heart of believing that you can be saved.

It is absolutely impossible for religion to save people. This is obvious when you look across the world. Why are so many battles still happening everywhere in the world? Contrary to people's hopes of mankind's happiness and prosperity, the energy that seeks religion has destroyed everything in its path. In the name of God, murders are carried out without hesitation. The more mankind prays or worships, the more they emit dark energy.

The result will appear in the eyes of mankind as natural disasters happening on a universal scale in the future.

Also, along with religions, money is another that crazes people. Our current society is centered on money.

This society is filled with the poor-hearted people who cannot realize that it is strange to have such thoughts as "If I have money, I can buy anything, I can go anywhere, I can eat delicious food, I can do anything I like, and then I will be happy." Yet, they don't think that their heart is poor. I imagine there are many people who say they are really enjoying their lives, working hard and playing hard. They think that it is a good thing to live this way, and that they are happy because they are able to do this. They try hard to express their happiness to others as if to say, "Aren't I so happy and admirable to be so well-educated and to live such a good life?" However, if they were to reflect on their hearts, they should see that their reality is not so, but it becomes very difficult to free themselves of money because their entire heart has already been contaminated with the power of money. The flow of our society moves more and more toward the direction of thinking that those who earn more money are superior or have succeeded in life. This thought of money

having a magical power, that it can even change black to white, that anything can be controlled by money, will probably become stronger in the future. People became crazed by the power of money. Homicide over money, whether large or small in amount, will likely become a common occurrence. Greed for money seems to be expanding infinitely.

We must realize that we are living with our physical bodies amidst such a current.

Yes, our society is surely a muddy flood. Most people, however, do not think of it as so. That is the tragedy of mankind, but I wish people who realize it would start to walk on the path of true joy and happiness as mankind is truly meant to do. Of course, you need to have enough money to live in this world. Various items and services are converted into monetary value. In order to obtain items or receive services, one must provide exchange for the monetary equivalent of their value. This is the economic system that humans have created. That is all it is. Despite this simple fact, increasingly more people are becoming controlled by money, and have foolishly lost themselves. There is nothing more pitiful than people who are born into a physical life in ignorance and then toss away their physical bodies (die) remaining ignorant.

By the way, although it may vary as to where you live, what your family is like, and what kinds of relationships are in your daily life, I want to ask all of you "Are you happy right now?" If you think that you are happy, please try to think objectively what the reason is that you can say so.

Also, if you think that you are unhappy, please do the same by looking at yourself in the third person.

Whether you are at the happiest moment in your life, or you are living through times so miserable you see no hope in the darkness, do

not bury yourself in your current situation. Instead, I suggest bringing your heart to the state that you will be able to reflect yourself objectively, taking a step outside of yourself.

Although it is not quite like the phrase, “Que Sera, Sera (Whatever Will Be, Will Be)” if you reflect on your surroundings with your heart in an objective state, can you see that there is nothing absolute in this world?

There is nothing in the physical world that absolutely won't give in or budge, nor is certain and constant. You are merely restricting yourself upon things that are actually nonexistent. It is just that your heart is restricting itself. Therefore, I wish you to expand your heart, and realize that you have pushed yourself into your narrow view and have gotten stuck in it. You do not need to seek greedily to attain things, nor need to bear hardship to succeed. I hope that you will free your heart from this narrow view, lighten your heart, and live freely.

If you have a heart of attachment or are clinging to one thing, you can only be in pain. Let's say that you are as happy as you can possibly be right now, but you cling to your happiness because you don't want to lose it. Or perhaps you are proud of your happiness and look down on everyone around you. If you carry such thoughts in your heart, can you say that you are truly happy? Or, if you complain all day, emitting thoughts of grief and grudge, without a doubt, you must be unhappy. Do you understand that it is having such feelings in your heart that is making you unhappy? You are the one making yourself move away from happiness.

Physical happiness and unhappiness are both equally happiness when you view them from the world of consciousness. You are already happy just from the fact that you exist here right now. For those who

believe that they themselves create their own life, they may wonder why their mere existence would be defined as happiness. To them, the definition of happiness is based on having a good physical life, something that can clearly be visible and acknowledged by others who would agree that they are living a good life. This is why mankind gets crazed over money. The belief that money brings us happiness is deeply rooted in our hearts.

Money and God will make us happy. This is the underlying thought of people who are devoted to religions and rely on powers outside of themselves. They are just hiding their thoughts of greedy desire for happiness, while deep in their hearts, the energy of ignorance, egoism, and greed is whirling. People are practicing their religions with the thought, "I will worship and pray to Gods, donate money or anything else, so please bring me more happiness than anyone else, please grant my prayers." People who devote themselves to religions are greedy people. It is not a pious act to pray to Gods. For what reason do you pray to Gods? What are you asking for in your prayer? Do you pray for your happiness, for your family's health and safety, for your job stability? Don't you think that this is a really greedy act? Yet, every year, these greedy acts of prayer are aired on television as a tradition during each New Year.

Originally, this country of Japan worshipped Amaterasu as God. Nowadays, there exist so many new religions, but since the ancient times, the country of Japan has functioned within the energy of Amaterasu. After losing World War II, Japan made a great recovery and developed socially and economically. This was done with much influence from the energy of Amaterasu.

It is now that inconvenient problems in social and economic conditions and with international relations are beginning to appear for Japan. This means that the core root of Japan, the country of Amaterasu, is starting to become unstable. Most of the people who live in the physical world have not yet noticed this. The environment that surrounds Japan will become very harsh in the future. It will start to appear at the places that are most influenced by the energy of Amaterasu. The energy of Amaterasu that until now dominated Japan is beginning to show signs of the extraordinary change. What was firmly supported by the energy of Amaterasu is starting to crumble. It will start from there, then something unusual will happen in sacred areas where people have worshipped Gods or Buddha. People will realize how mad the human heart becomes when it turns toward Gods as outer power for reliance. They will finally experience a terrible result, far from the happiness and joy they had wished for. Despite of how hard they pray, everything will collapse. Why is this so? If I express it using a religious expression, it is like a beam of light shining into darkness. Finally the time has come for the dark power to change dramatically.

Can you see that we have lost view of what is real joy or happiness, and that we who have believed in our physical selves as real, are in the state of sinking into an abyss of hell? Even though we are in such a dire state, we were each born into a physical body, giving ourselves the time and the Universe of our present lives in order to awaken to the truth. Those who have attended the seminars have an especially strong desire to pursue the truth. People who have taken this book into their hands are likely just as eager to find the truth. Whether one is aware of this or not, these people were given their physical bodies within the flow

of the consciousness.

We've all made mistakes, without exception. Each of us has an individual process to open one's path to the truth by realizing the mistakes that were made. For that reason, your present life has likely been a hard one. By practicing reflecting on your heart, please remember in your heart that you were born with the strong will to free yourself from agonies within you.

Life is joy. To be born is joy. I will continually wait for you to realize this in your heart as soon as you can.

As I have been saying, the truth exists within your heart. When you think seriously about your life, questions such as why you were born or for what reason you were born will first come to mind. You might then wonder what happiness and unhappiness are, and what it is that defines happiness and unhappiness when each person has varying life circumstances.

I think that people who do not know how to reflect on their heart will never become happy, or actually, they will not know real happiness. I say this because they would be unable to realize that they are happy in their existences from the beginning. They will never understand how happy it is to be born and to be given a physical body from one's mother. People who do not know true happiness are merely gathering with one another, trying to find happiness for themselves, wishing for happiness, and trying to bring happiness to others. People buy into other's tempting words, greed attracting greed. This happens in the relationships between men and women as well as among religions. This world of whirling greed is covered by a thick sludge, emitting an offensive odor of decay. No matter how one may try to hide or decorate oneself

externally, the world of vibration will show their reality. There is no way that one who emits such an offensive odorous vibration can become happy. However, in the society in which we live, only appearance matters. So, one who has money, education, beauty, and a worry-free life is considered happy. People will gather around them, absorbed in their desire to attain the same.

And in this way, people become swallowed into this muddy current even without their knowing. I wish at least for you who have met the truth through reading this book, to change within yourself in this lifetime, this flow of a foolish way of life. I hope that you will live your life in a way that may appear to flow along with the muddy current, yet does not.

This is indeed very difficult. But this is only because you've gotten into a habit of having the root of reliance on outer sources of powers, a habit that you accumulated in your heart over your past lives, which has grown so deep that you tend to imagine it to be difficult to achieve. When you gradually decrease such a way of thinking, you will realize a feeling of apology, that you were wrong, coming from the bottom of your heart. A feeling of great apology to yourself and to your mother will come bursting out. Confession is a joy that flows out endlessly within you. In spite of the number of mistakes you have made, you will feel only joy and thanks for being forgiven to exist here right now. Then you will feel that you do not need anything or anyone as long as you have this feeling in your heart. Such thoughts will really come up, continuously and constantly. Then, once you have had such experiences in your heart, your view of your life and value of things will change dramatically.

By the way, I used the phrase "reliance on outer sources of power" in the last paragraph. Usually, the phrase "reliance on outer sources

of power” refers to the opposite of “self-reliance.” However, here the phrase differs from the common definition. “A reliance on outer sources of power” here expresses all the thoughts derived from the belief that the physical being is real. A “reliance on outer sources of power” heart is one that seeks joy, happiness and prosperity in this physical world. All religions that exist in this world are based on a “reliance on outer sources of power” heart. The world of “reliance on outer sources of power” religions all offer to give you physical joy and happiness. That is the reason why I say that praying/worship/idolatry is wrong, and that religions are wrong.

“A reliance on outer sources of power” religions are an extremely dark world. Believing that their physical body comprises their existence, people pray, worship and cling tightly with the thought, “Please help and save me, both my body and soul. Please solve my problems. Give me power. Give me joy and happiness.” If your heart is sensitive to vibrations from consciousnesses, try directing your heart to those Gods that people deify among “reliance on outer sources of power” religions, or the religious leaders whom these people worship. You will likely feel something from their consciousnesses. What kind of world reaches to your heart? Is it a calm, peaceful and happy world? Most definitely, it will not be so.

If you practice reflecting on your heart, you will realize that you have been long living in “reliance on outer sources of power.” You have filled your heart with an unimaginable number of “reliance on outer sources of power” histories, created over times of being born to a physical body, and while believing that your physical body was true. In addition, you have countless numbers of past lives in which you died

while believing in your physical body. You have sought power outside of yourself because you believed that your physical body comprised your existence. You have come all the way to this point in time living unaware of your true Self. If you are able to realize your true Self in your own heart, you will likely stop living in this way. You will be able to feel clearly in your heart that you have power within you to save yourself. This is what I have been conveying to you, that you are not the tiny powerless existence that you believe yourself to be.

You will be so happy once you realize your true existence in your heart. Your view toward your life will change one hundred and eighty degrees. I believe it will happen to you, and I am waiting to see such a person appear one after another.

I wish for you to know how happy and how kind to yourself it is to be able to realize true joy and happiness with your heart, then coming to the end of your lifetime. This is my main wish.

It is surely both difficult to detach “reliance on outer sources of power” Gods and one’s attachment to money from one’s heart. For mankind who has had numerous past lives across three hundred million six thousand years counting just the time here on Earth, it has become a habit which has been deeply set in one’s heart. Detaching these habits cannot be accomplished easily as if switching from one side to another. Even for people who have been studying with me for twenty years, I don’t know how many have even nearly achieved this in their lifetime. This is the harsh reality.

I have been communicating to you while keeping this in mind. Thus, as I told you at the beginning, I am not expecting you to understand everything at once. It is perfectly fine to try just a little at a time. If

you feel in your heart that you were mistaken somehow, please have courage to review your life from there.

We have all equally been living in error. You are not the only one. Every single person has been living to this moment, and in this lifetime again, unaware of the truth. And you will also continue to live hereon while carrying your many selves who have been wrong in the past.

It is a truly amazing event in human history that you heard, and came to know, the world of truth with your physical body. I would like to emphasize that from this lifetime on, human history is opening a new page, and the new stage has begun.

There will definitely be movement in the world of your consciousness. These movements may look like small events within your physical world right now, but each is a milestone toward your future in two hundred fifty years. While you live your life into the future, and of course, not limited to this lifetime, I think that you will be able to realize that everything I am telling you is based on these facts.

Chapter 7

The Footsteps of Natural Disasters

How do you feel about what you have read so far?

What do you think right now about the questions I have asked you in this book?

What I am telling you may be completely opposite of and against what you've thought was right. I would be contradicting what you've agreed with as common sense in this world. However, do you feel that there is something that attracts you to this book, even though you question or resist it? This is not strange at all, because the many selves that exist inside you are longing to know the truth. I know that for a fact. Therefore, I can believe that someday you will realize this in your heart, even though you have not completely accepted it yet. The only thing I need to do is to believe in you and wait for your realization, and it is my joy to do so.

I believe that this is a huge opportunity that you took this book into your hands. What I have been telling people has always been the same. It will never change. What I am telling you has already been written and documented in numerous materials. And yet, I'm joyful that I can now write all of my thoughts into this one book.

I am writing my thoughts while adding many explanations; however, what I really want to reach you are the vibrations that flow from this book. Can you feel the vibrations? Is my feeling of joy reaching you? This book is not just a trail of words. Try to feel vibration from this book with your heart. The world of consciousness can only

be perceived with your heart. And since this is so, I know that I must wait for you to realize this with your heart.

At this point, I am informing you again that an unprecedented level of natural disaster is inevitable in order for mankind to awaken to the truth. In our future, the word “natural disaster” is going to play a large role. Mankind will finally stand at its starting point after everything has crumbled, after everything that it ever believed in is lost. Such a time is coming soon. The natural disasters, which mankind will encounter in a future not too far from now, will completely uproot the foundation of its value system.

These natural disasters will happen repeatedly, and mankind will be left with no possible way to deal with them. With no solutions left, mankind will have to simply accept the natural disasters as they are. This will be perfectly all right. The natural disasters will be at an unimaginable scale, and make us realize that mankind holds absolutely no power.

This is the flow of consciousness, and this flow is the only absolute, the only constant. Despite the fact that this flow cannot be altered or redirected, mankind has continually existed against this flow. We are on a path to realize this on our own, and this is because we are allowed to live in love.

You are holding countless selves in your heart. They are your consciousness that have been suffering because they are all unaware of the truth. For the next two hundred fifty years, it is time for you to come to know the existence of your consciousness that still lives in your heart, through the practice of reflecting on your heart.

I wonder how many opportunities of reincarnations you will have

over those years. There may be a time when you die immediately after your birth due to a natural disaster. There may be a time when you experience a hard life because you live very long in your physical life. You will give yourself opportunities to meet the truth through these experiences. For instance, your actions of having taken this book in hand, opened and read it, are also one of the opportunities you had prepared for yourself.

I am calling out right now to your consciousness through this book. I am calling out to you to, "Please awaken to the truth. You exist in love. You are love itself." I am sure that my message will reach the depths of your heart. I believe it will, and I continually wait.

Incidentally, I will be born two hundred fifty years from now in New York, in the United States. My name at that time will be Albert. Even though you may think, "What? Why do you know that? I don't believe it!" please do not deny my story from the beginning, and continue to listen while simply trying to imagine that something like this could happen.

I will leave my present time after completing my life work. My physical body disappears temporarily, and then I will be born again with a different physical body in two hundred fifty years.

At the time, I will be born with a background of huge wealth. I will spread the path of truth fully utilizing that wealth. Please keep in mind here that I will have no intention of getting richer or attaining greater fame by doing so, just as I don't now.

I will be born into a wealthy environment and, unlike myself in my current life, I will be sensitive to the world of consciousness. Feeling many things in my heart, I will be a young man who is seemingly melancholy, in search of something. Then one day suddenly, I will open

my heart to the world of consciousness at the moment of an encounter. From this incident, the memory of why I was born and what I should do from then on will come back to my heart in an instant. In other words, from having met people who found the truth in their hearts through this study in this lifetime, I will also remember everything in my heart in the future. That one encounter will instantly transform into vibrations of joy and flow out to the entire world and Universe. Yes, it will flow out to the entire Universe.

During this time, media technology will be greatly advanced, in no comparison to what it is currently. Therefore, through advanced media, the truth will spread rapidly to the entire world and, through it, there will likely be people who will open their hearts to the world of consciousness. It will be a time when the ecological environment has changed drastically from the present. Yet, this will be the setting of where we will meet.

Over the next two hundred fifty years, the vibrations of joy that flow from people who have realized the truth will spread to the entire Universe, not stay only within this Earth. The vibrations and energy will urge a great awakening throughout the entire Universe, regardless of whether one has a physical body or not. It will awaken a realization that everything exists within a world of joy, and that we are an existence of joy.

And our future encounter between you and I will happen within this event.

As I have said, I know what my future life holds. And, as a matter of fact, you also have your own future life. Not only do you have a future life, but you also have many selves from your past lives. Also, the current “you” of this life, the “you” of your future, and the “you” of your past

lives are not separate individuals, but connected. Of course, depending on the country in which you are born, your skin color will differ, and depending on the era, your appearance will also vary. Therefore, because your past and future selves look differently from your current self, you may think that you are only your present self, the one with this name, this face and shape. However, this is not the case. You presently exist representing all of your selves. In other words, you exist holding many of your Selves in your heart. What connects you from the past, present and future is your heart. I briefly touched upon the subject about the heart in “Chapter 3. Reflecting on Your Heart.” Even if it is one word, it can have different meanings. Based on the view of the physical body being what is real, it may seem that the heart would disappear when your physical body dies. However, if you reflect on it from the point of view of our existence being consciousness or energy that lives eternally, the understanding of one’s heart will be completely changed. You will likely feel that the heart does not belong to one’s physical body, but are thoughts or energy, therefore, exists on its own and is eternal.

“The heart connects the past, present, and future; I exist as my heart, and continue to live from the eternal past to the eternal future.” If you could truly understand this in your heart, don’t you think that your perception of your surroundings would differ completely?

If one is one’s heart or energy, then “Why was I given this physical body when I was born?”

“If I will still exist after losing my physical body, isn’t it true that what I need right now are the same things that I will need after my body dies?” “If so, how shall I live from now on?”

I can imagine that many questions are rising from within you.

It starts from the question of why you were born, “Were the things I chose and determined as righteous, truly so, and were they what I really wanted to choose?” “Have I truly lived my life?” “What is my true Self, if my physical self is not my true Self?”

Do questions that you had never paid attention to before begin to form, one after another? Unfortunately, I imagine that there is no one around you right now who would be able to clearly answer those questions.

There is, however, a way to reach the answers. You just need to reflect on your own heart.

The source of everything is joy. There is nothing that exists other than joy. But unless people understand this, mankind will never awaken to the truth no matter how hard people fight for justice. Mankind has degraded itself to these conditions.

Life passes by in a flash for people who live their daily lives busily seeking what happiness is immediately in their view. People are first born, then attend school for education, begin working, create families, and spend their lives in the flow of society without question. Our current economy is unstable, and due to this a large number of people likely worry about their future. The numbers of people who must live their lives from moment to moment are increasing. It is hard to have dreams; money is everything in this world. What kind of people does our society produce in a world in which people egotistically stake claim for their own rights, trying only to protect themselves or their own families? The reality is that people are emitting to one another an energy that greedily seeks their own gain. In this current state of our society, people are confused as to how they should live, what

they should choose, or what foundation they should follow. I can understand why our society continues to be chaotic.

It is fine to form a think tank. However, no matter how people unaware of the truth put their brains together, they will not be able to bring forth productive ideas. In fact, rather, it may be said that by following their ideas, we are heading toward destruction. Yes, it causes destruction. However, it is not a true destruction, because there is no gentleness behind it. This destruction is completely different from one caused by natural disasters that are brought unto mankind.

From its appearance, natural disasters create destruction. Obviously, since visual forms are going to be destroyed, it looks like destruction. In the eyes of physical mankind, natural disasters are seen as merciless or cruel events. Lives get taken away instantly, foundations of people's lives are destroyed completely, and hope is lost. These phenomena appear to bring people to the depths of despair. It is definitely perceived as destruction, cruelty, and merciless to a person whose thinking is based on the physical world.

Nevertheless, what flows beneath a natural disaster is tenderness, love. If the size of the natural disaster is small enough to repair its damage by human power, such foolish humans will not be able to learn anything from it. They will not discard their "reliance on outer sources of power" Gods kept inside of their selves, and will rather expand their "reliance on outer sources of power" energy more than ever before. For that reason, the natural disasters need to sweep out everything we have. It truly is necessary for us to experience an event so tremendous that the sky and ground feel to be upturned.

What or who will make it happen? Our own world of consciousness

will. Everything is the result of the energy that we, foolish humans, have emitted. We have brought everything onto ourselves.

By looking at only its appearances, natural disasters are destruction, but they do not lead to the extinction of mankind. Rather, it is a productive destruction from which we will create a complete change in ourselves from that point. In other words, natural disasters are what will cause “A Copernican Revolution” in our hearts. And as I have been repeatedly saying, it will be of an unimaginable scale. For example, if the axial tilt of the earth were to shift, what would happen? Everything would be destroyed and disappear in an instant. Otherwise, mankind would not realize its mistakes; people would be unable to rid themselves of their reliance on outer sources of power Gods in their heart.

Everything is love. Nothing but love and joy exist. It was planned that mankind would realize this in their hearts through natural disasters. The next two hundred fifty to three hundred years will be time for the flow of consciousness to stir our dormant consciousnesses awake, and for the flow to gradually grow bigger and wider.

Mankind has continually existed with a desire for physical happiness, joy, and prosperity, and sought salvation and power from a reliance on outer sources of power Gods. From the experience of such future unimaginable events, mankind will realize in its heart the foolishness of its desire to seek physical happiness and salvation. They will realize that they had existed in such a small, insignificant world. This flow of consciousness unchangingly exists, and the seminars in this lifetime were held in that flow. You have also been studying by having lived in the same physical lifetime with me. And by connecting this study to our future life of two hundred fifty years later, it shall truly blossom.

Please realize it in your heart that our current physical time exists within that process.

I have no intention to control and direct you to live your life in a certain way. The only thing I ask is for you to reflect on your heart. I simply hope that you will come to realize the reason you currently exist, the purpose of your life, what God means to you. To do this, you may use the numerous printed materials as a reference to guide you on how to reflect on your heart.

We are walking on the path to realize that our true selves live within us and have continually existed. We, mankind, will surely come to a time when, “What are we as mankind? We are consciousness, eternal life and energy” will resonate in our hearts. During the next two hundred fifty to three hundred years, which are necessary for us to achieve this, please walk one step at a time on the path to realizing the truth.

Chapter 8

The Importance of Reflecting on Your Heart

This material world is the manifestation of our consciousness. Through the material world we are supposed to learn something that is the original way of our life. However, it has not always been that way. Mankind has been desperately fighting to control the material world for its own benefit. No one has ever said clearly “The material world is the manifestation of the World of Consciousness. In the beginning, there was consciousness.” Mankind has looked down on the truth in the material world; we should know that real happiness and peace will never happen.

Mankind’s foolishness that we have made boldly will materialize soon. That time will be very hard to bear. When it happens in front of our eyes what kind of actions will mankind take? As well as how much we use our brain together and pray to God, it will happen without pardon. Everything will disappear at once.

That is our scenario which we have written. It goes steadily with the scenario without deviating. This lifetime is a portion of the scenario when the energy of joy causes the natural disaster which says “wake up mankind.” Now is the time that you and I are meeting together. And I am telling you things that I feel in my heart certainly. That is my wish and nothing else. I hope and wish that you will understand what I say, but am hopeful that my wish will not cause pain for me. Because of the world, I feel in my heart it is full of truth and joy for me. I feel in my heart that this is what we will experience. I feel in my heart that the world is the only real thing for me. At the moment, I have a physical body and I exist

in the physical world but it is certain that my reality is not in the physical world around me. Even though you emphasize the splenderness of or feel the agony of the physical world, neither of these are important things in the great flow of consciousness. I know that it will eventually disappear sooner or later. So my world of heart is unrelated to such a physical world. I connect to the physical world in order to maintain a physical body; it does not disturb my world and my heart is calm. I am happy every day with a feeling of joy!

If you do not know the truth, then life is agony and you can only see pain and suffering.

Because if you do not like yourself and do not want to see this, you avoid yourself and you keep looking outward at one thing after another and fall into something else to distract your own heart.

Therefore, there are only a few choices from which to choose: escape from the reality and live spiritlessly; push yourself hard to become a better person, a new man or woman; or to wish to spend time in peace and safety. Either way, the result of the life you choose would be far from the purpose of true life. And then, new agony will accumulate in the heart, and repeat and reincarnate washing away the muddy flood of the natural consequences of one's own deed.

The more you've felt saddened, darkened your heart, or been in agony, the better position you are in to turn yourself around. Although you may be facing the wrong direction at the moment, you can wake to the truth at the next moment, or your heart could change completely after the feelings, "I have been wrong," overflow your heart.

Mankind is certainly foolish; but on the other hand, when I think of the possibility of how people can encounter such an experience, I also

feel that humans are very fortunate.

However, if you keep your heart enclosed in the small shell of your physical self, you will never be able to encounter such a wonderful true Self. Only after the moment when you break free from the shell of your physical self and see a glimpse of your true Self do you realize in your heart that you are simply happy to currently exist.

Please try this, at least once, in your heart. I promise you that I do not lie. The only thing you need to do is to reflect on your heart. If you do so, someday, you will reach a moment when you feel in your heart how much you have been loved and forgiven by your true Self. This message will be sent to you through your surroundings such as your physical body, your family, your relationships with people, or your job.

These are signals, or messages, given to you. On the surface, they may appear to be an inconvenience. And understandably so, since if they were not an inconvenience and one's life continued smoothly, one would not stop to review oneself. And if you were not to stop to review yourself, you would continue in the cycle, moving further along on the wrong path, emitting a huge amount of darkness, and eventually having your own darkness return to you.

Even when people have the opportunity to review themselves, if they do not know how to reflect on their heart, they end up just trying to resolve their problems superficially through physical selves. Afterward, they find a reason to justify and convince their heart that everything is all right, then continue to narrowly make it through each future incident, each scene. In this way, one lies, disguises and oppresses oneself, never improving and remaining in the exact condition as before. Although the problem will appear to be resolved, and your circumstances will appear to have

improved, your heart in which you have disguised will remain the same. Don't you feel sorry toward yourself for having lived in this way? Wouldn't you agree that if you knew how to reflect on your heart, through those same experiences, you might discover a different side of yourself and may progress or grow?

Hardship itself does not make people grow. Hardship only truly becomes nourishment to someone after one has looked at one's own heart. When one truly feels that everything they experienced had been necessary for them, only then will they start to feel that what they believed were hardships were actually not so. Then, joy will start to flow out continuously from their heart, a joy that states, "I am simply so happy to be existing here right now." They will begin to see from the depths of their heart that although they experienced numerous hardships, they were what actually led them to eventually feel happiness. Then, people will realize that wisdom, courage, and intelligence that they have always innately had within themselves are flowing from within them. Once they reach this point, they will be able to clearly feel that tremendous power exists within their heart.

The basic rule is that you choose, you decide and you take your own result in any circumstance. In recent times, however, the reality is that we do not take responsibility for what we have chosen and have decided. We tend to transfer our responsibility to others.

People say such things as, "I have been living decently, but then why did this happen to me? It must have happened because of this or that." In saying so, they never pay attention to the kind of thoughts they had been emitting. They center themselves as being right and can't conceive that they would be the ones who are wrong. It is very

difficult for such people to break free from their shell—or belief—of their physical self. For those who live self-centered in this way and hold an image of themselves as being right, they will certainly deny it if I were to tell them outright that they are wrong. So, the only way for such people to realize this is within their own given time and space.

Since only one truth exists, and everyone is a consciousness that has existed to find the truth, those people will surely reach the truth someday, no matter how stubborn. It may take hundreds of millions of years, or even tens of billions of years. The hell in their hearts will continue until they realize the truth.

Everything is done in love. Love calls out to all the consciousness. The consciousness is ready to be woken. The belief in one's physical being is the only barrier preventing this waking. The thought of one's physical self as true causes one to place themselves as superior to all others.

In order to live in this material world, it is necessary to express oneself and to act wisely. Otherwise, one's physical self would not survive in this world. However, wouldn't it be okay even if that were to happen? Rather than trembling in fear, concerning you with such thoughts, it is more important to go with the flow calmly and naturally, not fight against it. If you do so, your path will open itself. Think of yourself as existing at this moment as part of a span of time within your eternal past and eternal future. Try to reflect on yourself from a much broader perspective. Even if your physical being were to be eliminated, your true existence will never change. However, if your core values are built upon your physical being, you will not understand this. You may believe that unless you stay on a certain course or track, that your

life will result in failure. However, this is not at all so, and to believe so shows that you do not truly understand anything of the truth.

Each person has a unique path. From the beginning, everyone's path leads to the truth. Yet, people who dwell on their physical existence have still yet to find the path to truth and, in fact, are in great agony being far from finding the truth.

It does not matter whether or not you are an elite individual to find the path to truth. It depends on whether you know how to reflect on your heart and practice doing so. Depending on this, your future path will split into completely different directions. Regardless of what life circumstance you are currently in, you exist in happiness at this moment to have the knowledge of reflecting on your heart. Once you know this, you only need to go on diligently to reflect on your heart. Then, a cry from within yourself that wishes to seek the truth will make your physical self move in the right direction. You will come to realize that this is what it means to live honestly to yourself.

We have been completely wrong in the way we think of our physical selves. It is not that our physical selves control everything, but that our physical selves are moved from an urge from our internal Self. If you take care of your internal Self, everything that you need in order to live your physical life should materialize naturally. As long as you care well for your heart, you should be able to spend your life living comfortably without having to put so much effort into achieving happiness. It means that you have already prepared everything for yourself and for your life beforehand. You just need to be joyful in what you have been given. It is far from nature to suffer, grieve, or worry; it means that those people who do so have forgotten how humans should be.

Obviously, the further you are from the natural way of existence, the more suffering occurs in your heart. We have been living wrongly, so it is natural that corrections must be made. This is why we were given our physical bodies. This is why it is so hard to have been born.

We have repeated reincarnations without knowing this, so our past lives, including this life, have been a continuation of suffering. And now, for the first time, you've found your path to return to joy, and will take this path along with all of your erred past selves. I think that there is nothing happier than that.

I suggest that you walk your life heartily feeling such an eternal flow. I hope for you to be able to spend more time to get to know yourself better. Try calmly thinking about your mother who had given you birth. If possible, close your eyes and spend some time thinking about your mother.

Now, I am going to talk about meditating on your mother. The physical part of your mother who gave you birth is as foolish as your physical self. She may speak or act foolishly. However, she is only playing her role of her physical identity because it is necessary for you to reflect on your heart. Thus, it is worthless to blame her for each of her actions. Since the hidden aspects of your heart are drawn out through her physical character, you need to reflect deeply into your heart, and write down your thoughts into a notebook. After a while, at a certain point, turn your heart to those thoughts that you have written or observed. At first, it may be easier to do this by closing your eyes and spending time imagining your physical mother in your head. As you repeat the practice, something will reach your heart, and you may feel something in your heart. It is better not to get stuck on thinking about

what exactly this is. The key is to try to have such a quiet moment in your life. It is a time to close yourself from all of your five senses.

Everyone has had terrible thoughts towards their mothers. No one is an exception to this. However, this is the reason why you were born through your mother's womb. Your life was given to you from your mother.

By practicing to reflect on your heart, you will realize how mistaken you were, and how much energy you have been emitting until now. Thoughts from your past lives, of not having been able to forgive your mother, of having repeatedly cursed and killed her in your heart, will surface. All of your hearts from the past lives will cry out loudly, "I did not want to be born. Why was I born from such a terrible mother and in this miserable environment? It has only caused me agony." Even if you were born into a fortunate environment in this lifetime, living in the envy of others, you were certainly still born from the bottoms of hell. Therefore, everyone's heart is very stormy. If not, there would have been no need to be born.

Why were we born? It is because we are all filled with darkness. Your life, this time and the Universe with your physical body exist in order for you to meet your dark selves from the past. I must say that people who are unaware of their own cry from the hell are surely most unfortunate. They are very sad, cold-hearted people to ignore their own suffering selves, even after they have come face-to-face with them. Even more pitiful are those who stand forever proud and look down on their own suffering selves inside. These people try to preach to those suffering selves as if being superior. These people are, however, connected to their own dark energy despite insisting that they can communicate well with the world of consciousness. The fact is that the vibrations that flow

out from these people are cold, harsh, and dark. Vibrations are honest. Vibrations honestly show the current state of one's heart. No matter how well one hides the true conditions of one's heart, vibrations coming from one's heart will not be disguised.

Live your life for your self now. Being born means that you have received this chance from your agony. You have forgotten completely how much you wished to be born. The wish to receive your physical body, to be born from your mother means that you wanted to save yourself from the agony.

You do not need to become an honorable person. You should become a person who knows the true meaning of being born.

What is to live strong? Is it to live purely, honestly, and beautifully treasuring your last hope of belief, idea, and faith? Is it to receive happiness in struggle with adversity or to be persistent in your goals of life's ups and downs?

I think that people who don't know the true gentleness will never be able to live strong.

And, true gentleness is not just kindness, sympathy, or compassion toward others. Of course, saying gentle words or performing a gentle act are subtle expressions of what you have in your heart, but these are a physical level of gentleness, the true gentleness comes flowing out from your heart through self-salvation. And the true gentleness cannot come out as you wish, even if you try. In other words, you do not understand the true gentleness until you continue the practice to accept yourself in your heart. And, through self-salvation, the gentleness oozes out to your physical surface as words or acts which are the true path.

There is an unfamiliar word “self-salvation” here. As I have written up until now, the purpose of our life is self-salvation. “Self-salvation” is a “coined” word, of course. It is to save your own self, to convey truth to yourself who has been suffering and sunk into hell, and to work on returning back to the joy altogether.

Needless to say, that in order to do this work, you have to know and feel the state of your heart first. The state of your heart means, world of your own consciousness. That is the reason I am telling you about reflecting on your heart. There are so many teaching materials to reflect your heart around you. I have conveyed also that your life with the physical body is to realize why you suffered or what is your wrong-doing through these helpful materials.

And also, I am conveying that there is your true Self that exists beside the you who has been suffering and doing wrong.

Your true Self is joy and has true power in your heart. You are an existence who can spread unlimited warmth and gentleness from your heart. You have been stopping and throwing that part of yourself away. At present, your substance is letting out dark energy and has existed with ignorance, egoism, and greed in the Universe. Even now, that part of you has existed in the bottom of agony and wondering and searching for help within yourself. To continue helping yourself is the way of self-salvation.

You are the only one who can save yourself. That is why we have our physical body now. But, when we have our physical body, we repeat to seek only physical happiness and joy to satisfy physical pleasure without knowing the true meaning of being born. The result of your choice has returned to you now, that is all. Not only this lifetime’s choice, but also the

result from past lives that accumulated in your heart as thoughts of solid black coagulated sludge. Please set each one free, one at a time, from your heart, to the joy and warmth, which is self-salvation.

Chapter 9

The Flow of Consciousness and Dimensional Transformation

The explanation of self-salvation has continued thus far, and it is through self-salvation that you will return to yourself that is truly kind and full of joy. This is the path on which to walk with Albert, the path on which to live alongside Albert.

Yes, we are consciousness that walk along with Albert. I had written in "Chapter 7–The Footsteps of Natural Disasters" that I will be Albert in my next life and will reincarnate in the United States, two hundred fifty years from now. Albert is my name in my next physical body, but what I mean here by the phrase “with Albert” refers to a vibration of joy, energy of joy, energy of love, and our true Selves.

You have reincarnated repeatedly for millions of, or perhaps even more, years in order to reach the vibrations of Albert. You finally actualized the opportunity in this third dimension to have the time and the space to meet the wave of true joy and warmth, after having been crawling in the bottoms of hell, having discarded your mother, warmth, and your true Self.

I was born as my current physical self in order to tell people of Albert’s vibration. I needed a physical identity to be able to communicate with you who also have physical identities in this three dimensional world. This is why I was given for the first time a physical body in this life. Of course, once my consciousness was given this physical body, I lived and experienced various pains in my heart because, as you

already know, the physical self is foolish. I was not an exception to this. Over the time that I spent unaware of the truth, I quickly accumulated in my heart the dirt and filth produced in this material world.

I have diligently cleaned that dirt and filth by looking at my heart. I came to realize in my heart why I was born and, through the seminars, I have been communicating this true world that I discovered in my heart. As explained to you already, the ultimate purpose of the seminars was to feel the wave and the world of Albert. And, in fact, this is the purpose of our life.

This physical world is hell. The physical materials and events that people create who are unaware of Albert are merely a part of hell. People show and teach themselves of their condition through their physical selves and things of physical forms. Isn't hell still hell, even if you strive for glory or fight to come out on top within your existence in hell? You are full of contradictions to wish to find happiness while grasping firmly onto and living in a world of hell. I can say that the world of joy and happiness will never expand in your heart if you are submerged in such a world. Once you step half a step, then one whole step out from that world, once the revolution of your consciousness begins, the world of joy and happiness will finally open for you.

Please realize as soon as possible that you are churning in a never-ending cycle. The difference will be dependent on whether you can realize this or not. That difference, however, is immeasurable. It is so vast that it holds no comparison to the difference between the sky and ground. I have studied such a world with you at the seminars. I have also shown you proof that if the foundation on which you stand differs from mine, your world will not be one that I am telling you about.

Lately, one thing has been forgotten in human society, though it seems to make great progress in every field. Society, which was built to its height while lacking a key component, is now beginning to release sounds of disharmony in various areas. In the future, these sounds will become an unbearable volume. At that point, people will finally notice that something is wrong. On top of this, unprecedented disasters will happen one after another, and people will finally become unable to ignore that something is wrong. It will not be long before such a time comes.

The truth will not reach the hearts of people who live based on the belief that their physical being is real. The eyes of their hearts that needed to distinguish what is and isn't real became clouded. These people simply spend their life leisurely without ever questioning themselves, as every one around them seems to be doing the same. When they hear something different, such as what I am telling you, they may agree with some of it at that very moment, but after awhile, they forget and return to their previous daily routine. This is because their belief in their physical being is a comfortable place to be. They strongly believe that their purpose in life is to use their heart, energy, brain, and physical body to bring happiness to their physical selves. They have difficulty believing that many selves exist inside one's heart, and that one's true purpose in life is to save those selves within. Though I am well aware of this, I still ask you to try to listen and pay attention to what I tell you.

What I am telling you is not something that was created through spiritual training or reaching enlightenment. I am talking about the flow of consciousness. This flow is the only absolute truth. I am here to communicate that our future is going to move forward along with

this flow. Of course, it is within this flow that you and I have met now. The flow runs smoothly. Anything moving against the flow will become extinct naturally. You will understand all of this if you look not with your physical eyes, but through the eyes of your heart, feeling with heart.

You need to have a physical body in order to learn about the world of truth. The more you know of the world of truth, the more you will understand in your heart the joy of being born with a physical body in this life. It is joy merely to have been given a physical body. I can say definitively that the life of a person who has realized this fact is truly happy.

This is the first time in the long history of mankind that the existence of the world of vibrations, a world that will never extinct, has been confirmed with the heart. However, it is not a miracle that we are now able to unfold the true world of vibration while in a physical body. This is the very flow of consciousness. There will be a clear difference in the way a person lives as well as dies dependent on whether one can feel the flow. Their thoughts toward their physical bodies will differ completely.

What will you feel and think about, and how will you live from now on? Would you like to live along with me? Would you like to walk along with me? Always keep me in your heart as you review your past and think of your many Selves in your heart. I know well of the wrong path you have walked and of how much pain you have had. This was because you were unaware of your true Self. It was you, yourself, who discarded your true Self. That is why you have been in agony. I am asking you now to stop suffering. Please listen to the cry in your own heart. Please revive yourself into one who is kind enough to feel the cry in your heart. I am forever waiting for you in your heart. I will continually

wait with joy until you realize my existence.

Is my thought reaching your heart? Please close your eyes gently and turn your heart toward me. Although I am asking you to turn your heart to my world, or to turn your heart toward me, I do not intend to brainwash you. If you have experienced any religious or spiritual practices, you may be hesitant when hearing these words. However, the meaning of this phrase is completely different from what you may have heard in those places. Can you understand? Religious and spiritual practices are all based on the physical world. There, people preach about the world of consciousness, soul, or spirit from the standpoint that humans are their physical bodies. On the other hand, I am telling you about the world of consciousness from the perspective that human exist as consciousness, not as a physical body. I am not a physical being. I am your true Self, your true voice, and warmth that calls you from within your heart.

I am repeatedly telling you to please feel and prove this to yourself through your own heart. One cannot believe in something that cannot be felt in one's heart. I am not trying to convince you to simply believe in what I say, nor will I be as foolish as to tell you that you will be saved if you believe. That would only lead people to want to believe me so that they will be saved.

It is easy to deceive people who have a reliance on outer sources of power thoughts that are based on the physical world. It can be done by stimulating their greed, planting fear, and restricting their heart. They will listen to any orders when they have greed and fear. I would consider this blind faith. People are so foolish to be manipulated by words such as Rely on me... Worship me... which then lead them to their own

destruction. They are completely foolish. And there are countless numbers of such people in this world. This is because the heart that believes in the physical self and the material world compliments perfectly with greed. I am not referring to such an insignificant and petty existence. I am also not a fore teller. I am a consciousness that came from the true world in order to expose you to the truth.

The flow of consciousness certainly exists, and we are currently transforming from the physical to the conscious. As I have already stated, the process of this transformation is a path you will walk over the course of two hundred fifty to three hundred years in conjunction with unprecedented natural disasters of a universal scale. Our present time is the stage of preparation and practice for those events of two hundred fifty years from now. The energy of joy flowing from that consciousness that has awoken to the truth is starting its work. After completing these processes, we will meet together again, two hundred fifty years from now, in different physical identities. It will then take another fifty years after our encounter to achieve a transformation in our consciousness. With this transformation, we will proceed to the next dimension. Earth, where we live now, is the third dimension and consists of length, height, and width. Here we each have a physical form to conform to the environment of Earth in this three dimensional world. Mankind has repeated numerous reincarnations and has continuously sought for truth. We will finish our practice for the time being, proceeding to the next dimensional world, in which we will have no physical body. This is the flow of consciousness of which we speak.

Earth's environment two hundred fifty years from today will be completely changed from having undergone numerous natural

disasters. Mountains will have split, islands will have sunk into oceans; Earth's geography will change dramatically just as it has in the past. Through this process, people will come to a point at which they have no choice but to discard their God within their hearts. People will then acknowledge that their reliance on their God had no power to save them and will realize how foolish they had been. They will then follow their path to finally realizing their true selves.

This is what is true confession. The energy of joy that comes from true confession will reach directly into one's heart. The joy comes from the realization that we are an existence that is forgiven, given life again and again, and are deeply and dearly loved. To discard everything is joy. Mankind will be truly revived when one realizes that something yet remains after discarding everything, that truth remains in one's heart, at that very moment.

I recognize that I am within this flow of consciousness. The flow of consciousness definitely exists and is the one true existence. All consciousness exists in order to return to the truth within this flow. Unless you can feel this flow, you can only perceive your physical self and the events happening around you as suffering. Physical happiness and joy do not equate to happiness; nor do physical sufferings equate to unhappiness. Your heart already knows that physical happiness and joy become pain from the moment that you first wish for them. Physical happiness and joy are an illusory world that will disappear in a moment. One's heart, chasing and clinging onto this shadow, will have nothing other than pain. The tragedy is that we are unable to recognize in our hearts that the shadow is merely a shadow. The numerous mistakes we have made are evident in our history.

In the flow of consciousness, it is only a tiny matter whether you are physically happy or suffering. Because your heart is caught up in those tiny matters and you view them as huge and unmovable, you are unable to see anything but pain. Even if you try hard to escape from it, avoid or efface it, you will be unable to do so. Unless you accept your sufferings, you will not be freed from them. I have realized this with my heart. I also realized in my heart that all those sufferings are my own selves that have been waiting continuously for warmth, calmness, and true joy.

The more I feel as one existing in the flow of consciousness, the more I simply go along with this flow. Therefore, I will not voluntarily dive into suffering. In other words, I will not choose a path that lives for my physical life. I had been wrong about everything until I awoke to the truth, so I will diligently amend my faults. No one can do this for me. I know that my heart is capable of accepting my pain as joy. I know that all is joy, and that everything continues to exist in order to return to joy.

It is up to you whether you choose to believe this or not; it is your choice to decide what you believe. Then, you must take responsibility for the choice you have made. Or, rather, you will end up taking responsibility for it naturally. It is because we are an existence made to live in love. This fact itself is love. There is only one love. Love never changes, is unlimited, and flows equally to all. You have been suffering because you have stopped that flow or have tried to create your own direction. I will simply continue to wait for you to realize this in your heart, to revive yourself to one who can apologize to your true Self.

You exist in happiness to continuously be waited for by your true Self. No matter how long it takes, your true Self will never abandon you. No matter how wrong the path you take in the future, your true Self believes

in you, and continues to wait for you. That is the true world, the world to which you will return. Your true Self will continue to call you to return to that world. I am a consciousness that lives in that world eternally, and I will continue to communicate this to you as many times as you need. That is because I am in joy. There exists only joy in my world.

Chapter 10

We Will Proceed to the Next Dimension with The Universe

It is part of the flow of consciousness that we will proceed to the next dimension with The Universe. Now, I would like to talk a little about “The Universe.”

The flow of consciousness and The Universe are inseparable. It is very important to feel The Universe in your heart. The Universe expresses the world of our consciousness. This does not refer to the universe represented by the solar system or galaxy. The Universe is not comprehensible with our brains because it refers to the world of consciousness. Yet, if one’s heart becomes sensitive, it is a world that is understood by anyone. This is because it is your own self. The Universe is forever expanding in your heart. You are forever expanding The Universe itself. We will proceed to the next dimension with The Universe.

All consciousness that exists in the entire Universe, whether having physical bodies or not, will proceed from this third dimension to the next. That is the work we need to achieve in the fifty years following our dramatic encounter in two hundred fifty years. It is a flow of consciousness that surely exists. I am here to tell you that we exist in this flow. During this lifetime of mine, I have found Kayo Shiokawa to be the first person to realize this in their heart. This means that, finally, one consciousness has awakened.

Here, I would like to introduce a little of what Ms. Shiokawa senses when she turns her heart to The Universe.

1. We, The Universe, will from here on begin to send more warnings to Mankind. Wasn't the purpose of being born into your physical body to reflect on your heart? Please reflect on having lived to feed your own needs and desires. Please sense what we are feeling. Earth's role to communicate its message to mankind will soon be coming to an end. We, The Universe must now take on the role to clearly communicate the message of natural disasters to mankind. This is the path of the flow of consciousness. We, The Universe, despite having been continuously crazed in the past, have finally reached the point of being one with Tomekichi Taike/Albert to move onto the next dimension. Let's reflect on our hearts together. Mankind that has been absorbed in its physical world, please return to your true existence. Those religions that you have created will collapse along with the immense natural disasters to come. With these natural disasters, please reflect on the destructive energy that you have been spreading. We, the Universe, will reflect our hearts along with you. Let's spend this time from now into the future expanding our energy of joy.

2. We will speak our thoughts as The Universe. We are directing our thoughts toward Earth. From now, into the future, we will increasingly call out to mankind. We will communicate our thoughts, directing them toward our friends on Earth who, like a radio tower, emit a signal of love. The flow of consciousness has first cast a beacon of love on Earth. It cast real love onto Earth. Our friends in The Universe that have been suffering in darkness will increasingly gather toward this love. We have wanted to know of real love for a very long time. We had been

wandering through darkness having discarded our mother's love. How we have waited for this time to come. Our thoughts were finally heard. We can feel a gentle, gentle vibration that accepts all of our thoughts. However, we were not the only ones suffering. We learned that those consciousnesses that came to stay on the Earth had also been suffering. We learned that we were in pain, having discarded warmth from our hearts, and that we were all one and the same. And we have now been invited to learn of Tomekichi Taike/Albert's energy. We will increasingly communicate our thoughts from now into the future. We will speak our thoughts without fear. We are happy that we can now speak our thoughts to our mother. We, The Universe will not bring any harm to the Earth. However, we will likely communicate to mankind that their planet is already exhausted. We are urging mankind to reflect on the energy that they have been emitting throughout their world.

3. I immediately feel joy when I turn my heart toward The Universe. This is where my happiness lay, here with The Universe. To meet Tomekichi Taike was to be able to turn my heart to The Universe; I am finally able to feel the joy of expanding this joy in my heart. I look forward to doing so from now on. I will walk straight along my path. I will turn my heart to The Universe, opening my heart completely. However, if I do not spread true warmth in my heart, I will be engulfed by our own energy. Yes, the key is to spread warmth through our hearts. It's mother's warmth. It is nothing but joy to be able to feel The Universe of Tomekichi Taike/Albert in our hearts. An important condition for this is to nurture in your heart that gentle vibration that can even enclose dark thoughts. Then everything, including feeling the energy of The Universe, will connect to

joy. The hearts of mankind are so small, so narrow; they fuss in such a tiny, insignificance inside their hearts. Such narrow, tiny hearts cannot know our hearts. Similarly, religions created by mankind are just as small and insignificant. In a near future not so far from now, we will envelop the small existence of those religions with our hearts. Most of those consciousnesses that descended to Earth are still crying out in agony. Our wish is to remind and ask them—What was your original purpose to come down to Earth? We asked mankind of our wish. We asked them to fulfill the promise that we made together. We vowed to one another to keep our promise. But, as soon they came down to Earth, they all sank into a pool of their own greed. Finally, the moment has come that they are able to turn their hearts directly toward us. This is why we are talking to you right now. We are sending the message to open your hearts and receive our thoughts. We have also been receiving warm and gentle energy in return from Earth. Our communication with the Earth will increasingly intensify from here on. It has come to a point in time when anything is possible, anywhere on the Earth. Reflect more seriously on your heart.

4. We don't have physical forms as you do. We believe that your form suits what is needed to live on the Earth. However, what you must do while existing in that form is exactly the same as us. Yet, mankind was foolish. You used your physical form in the complete opposite way. The world of consciousness was limitless wide, but you restrained it to your physical existence, causing it to continue to wither. You can't imagine how we have felt watching this happen. Of course, we are no different; we too had battles repeatedly inside of our hearts. The energy that we exerted

is even now destructive. That is why we have entrusted you with the task of reflecting on your destructive energy. We planned the encounter with Tomekichi Taike/Albert's energy to happen in the three dimensional world. We wished for Tomekichi Taike/Albert to come down to the three dimensional world. We planned for us to be able to focus on reflecting on our hearts. We exist within the flow of the consciousness. Now we are turning our hearts directly toward Tomekichi Taike/Albert. We feel in our hearts the message that is being sent. We have been instructed to reflect on our hearts. We were told clearly we would only be able to move to the next dimension with The Universe of Tomekichi Taike/Albert if we are able to realize that we have discarded our mother in our hearts. This message was exactly what we had been waiting for. We are happy to have been told so clearly. There are an infinite number of us that exist. There are still many parts of The Universe that our message has not yet reached. We will turn our hearts toward these parts of The Universe. We will turn our hearts toward them along with you. We will spread this gentle, gentle mother's warmth to our friends who have been suffering in agony. The timeline of two hundred fifty years is a concept by people on the Earth. For us, we don't understand time in that way. We are happy that you were finally able to feel this in your heart. We have been waiting for a world in which we can communicate instantly, at anytime, from anywhere. We thank you from our hearts. We will also move forward in our study along with you. We will continue to send you vibrations of joy. Let's be joyful for being able to feel joy while existing within a vibration of joy.

5. We, The Universe, will communicate to your heart the true condition of The Universe that you have yet to learn. We will communicate this to

you as a vibration. Please spread this message with your heart. We have been seeking love. We have been seeking gentle, gentle feeling. You told us, "That love and gentleness that you seek exists in your heart. You yourself are love." You also asked, "Do you know Tomekichi Taike, Albert? It's the world of vibration that we had been looking for." And because of this, we have been turning our hearts toward this vibration while, at the same time, looking at our hearts. You sent us the message through your thoughts as, "Try calling out to Tomekichi Taike, Albert. What do you feel in your heart? Is it sorrow? Is it suffering? Is it a feeling of exhaustion from having battled for so long? These may be some of the feelings that you feel, but don't you also sense a feeling welling from the bottom of your heart that you've wanted to discover these feelings that have been in your heart, that you want to hear more from them?" I feel these thoughts surfacing inside of me. I feel them as they come to surface in joy. Our friends throughout The Universe will gather as they say, "Our Universe is one. Please be sure to believe this. Let us join you in the events that are to come." I am telling you this now. I'm sure that you have already been sensing this in your heart. But, also lend your ear to those thoughts of the darkness of The Universe that have not yet reached you. We, the darkness of The Universe ask you, "Are you saying that even we who have sunk into the darkness of The Universe can return together with you?" I answer with confidence to this question I can sense in my heart. "That is right. We are one. Your heart that has sunk into darkness is not your true existence. Please turn your heart toward Tomekichi Taike/Albert, and reflect well on your heart." This is how I respond to you. "Yes, we are now feeling a large, large, energy that will envelop us."

6. There are parts of our Universe that are in such pain that they aren't even able to communicate. There are some that have sunk into an even deeper darkness. I sense various feelings from different parts of The Universe. I want to be able to share at least some of what I can sense. Those in pain in The Universe, please speak your thoughts. Tell us what you are feeling. We have exhausted ourselves with our battles. We are truly completely exhausted and are even now sitting deep in the bottom of the darkness where we have sunk. We don't feel like speaking any more. We seem to have even forgotten how to speak. What was that feeling that spread through our hearts after our battles? We felt only a continuously spreading emptiness. We can hear someone telling us to speak what is in our hearts; they tell us to share even a little of what we feel. Now that we have shared our thoughts, we feel a little lighter. There are still many parts of The Universe that are like us. Is this how it is when we speak our thoughts? We will also feel something in our hearts in return? I may have been the one who caused your current condition. I fought battles throughout The Universe. You may have been the ones I oppressed to the point that you could no longer even speak. Using my energy of such destructive force that would even cause death, I now earnestly wish to speak to you from my heart. We will stop battling from now on forward. Let's become one in our hearts and return to where we are all from. I send my thoughts, of which I am strongly certain of, to your tired, worn heart. Let's turn our hearts toward Tomekichi Taike/Albert, and to the feeling of mother's warmth. It is my joy that you revive the light in you that you originally had. The more I turn my heart toward The Universe, the more I feel my own energy that I cast away into darkness. But no matter how lost I am in the darkness of The Universe, I am

determined for us all to return together. You, my own dark energy, you are my dear own. From the core of my heart, I wish for your return home. I will be sure to let others know of this definite world of vibrations.

7. I feel in my heart the joy of our consciousnesses meeting in two hundred fifty years. I will be turning my heart more often toward this future. I am very happy to sense in my heart the existence of friends whom I have yet to meet. You will appear right in my path as I follow straight toward Tomekichi Taike/Albert. We will begin to study together inviting each other to follow this path. My dear friends whom I will meet in two hundred fifty years, I look forward to meeting you. It does not matter whether or not one has a physical body. When we look into our future of two hundred fifty years and focus our thoughts toward it, I sense the meeting of our consciousnesses that will turn our hearts toward the next dimension. I am looking forward to our migration into the next dimension. I feel a growing joy as I look forward to this. It's a joy for me to know that I am on the right path, that I can see and sense it with clear certainty. Even with nothing else, I still have this certainty. If I turn my heart to this future, I am in it. I feel happiness in having a physical body and being able to feel this world of Tomekichi Taike/Albert, expanding with certainty. I can sense that I am clearly moving forward on my path to my true self. I sense a deep, expansive, strong, and immense joy in returning on the path to my original self. For all other issues of my physical world, I simply need to take them lightly. To think that this is all I need to do for everything in my heart to go forward accordingly, I am, of course, happy as my physical self as well. I can't put into words just how wonderful, expansive, joyful,

happy, and warm the world of consciousness is. I learned during this current life that my existence of this lifetime would continue eternally. I have so much gratitude for my current physical self—thank you, my current physical being. My physical identity of my future life is also overjoyed along with me. My next physical identity in my next life has an even larger task. Without a physical identity, I would not be able to share the truth to others. It's another joy to me to have been given this important task. Thank you. I simply have just gratitude; my heart is filled with gratitude.

8. We, The Universe, are preparing for our dimensional move in two hundred fifty years. Our target is not in our current lifetime. We are preparing quietly as we match our target with those consciousnesses that we will meet in two hundred fifty years. Our most important task in this preparation is for us to turn our hearts toward The Universe. From here on, The Universe will play a very important role in moving toward dimensional transformation. Of course, our current lifetime is very important. This is to prepare for when we will have physical bodies again in two hundred fifty years and will emit the truth as vibrations into The Universe. Everything we must do now is in preparation for our dimensional transformation in two hundred fifty years. I sense this very strongly. As everything now begins to move forward toward our future dimensional transformation, I will focus all of my attention solely on this. Under the plan of moving into the next dimension along with The Universe, many things will be discarded by natural selection. This is the flow of consciousness. I simply need to continue to exist along this path. If you truly feel the flow of consciousness and sense the direction toward

dimensional transformation, you should already be feeling directly in your heart what I am trying to tell you. That is what vibration is. I sense in my heart that dimensional transformation. That is simply all, and this feeling will continue to direct me. My target is our future of two hundred fifty years, and with it, our move into our next dimension.

9. My consciousness will move to the next dimension along with consciousness of Tomekichi Taike/Albert. And now, our consciousnesses that have stepped over to the next dimension communicate to you. We send you our vibration. Our only message to you is this energy of joy. We who move to the next dimension will be sending out energy of joy. We will not send a message in words, but this energy of joy. I can sense that we will be able to send a great energy of joy. I feel at this moment in my heart our existence after crossing into the next dimension. I can feel in my heart that we are able to continue to spread the vibration of joy in this next dimension. Thank you, Albert, I'm very happy for this. And we, who have moved into the next dimension, are together with The Universe. And The Universe that we are with also spoke to us again. It said, "Turn your heart more and more to The Universe, to The Universe. We will speak more and more of what is in our hearts. We will speak of future. We, The Universe will be the one that speaks to you. Please continue to turn your heart toward us. We will share with you our feelings of joy. Yes, just simply turn your heart toward us." "It is our joy to share with you the vibrations from a world where we are all one. We are one with The Universe. We who have crossed over a dimension have truly become all one. We will simply continue to share and spread this joy. It is a joy for us to do so. This is our joy, the joy of The Universe. We are filled with joy. We will simply

continue to spread this feeling. Please expand your heart more. Your heart is much wider than you allow it to be. Your heart is much larger, much greater than that. We will continue to speak to you. Please turn your heart toward us.

10. This vibration comes from a future overflowing in joy, a world overflowing with joy. I can feel it resonating through. I can sense that it is from this future beyond our current dimension that we will be sending out energies of joy. Our physical selves may still be here on Earth, but we will be emitting these messages from a future world of consciousness beyond this dimension. This was always our plan as The Universe. In the future of two hundred fifty years, along with my friends in The Universe who do not have physical bodies, I will spread the joy of dimensional transformation soon after meeting Albert. We will be able to continue to spread the energy of joy along with The Universe. We who cross into the next dimension will only simply spread joy. And over the course of fifty years, this energy of joy will bring upon one revelation after another. We will spread this energy of the joy throughout the dark Universe, including the Earth. There will likely be consciousnesses that can migrate into the next dimension and those that cannot. And with this process, we will proceed further toward The Universe and toward truth.

11. I am an energy that emits joy. This thought effortlessly wells from my heart. I can feel that I am evolving rapidly. The thoughts in my heart are clear and direct when I am turned to the vibes of The Universe. I believe that the joy inside of me grows because I am able to speak so freely of the truth. I can't describe the joy of being able to turn my heart toward

The Universe and The Universe, together as one, with Tomekichi Taike/ Albert. We who have been part of this study of the truth during this current time will practice the last steps of this study in two hundred fifty years in the United States. This is perfectly according to plan. When I turn my heart to the locations where we will meet in our future life, I can sense that the consciousnesses from The Universe will also gather there with us. I feel the joyous anticipation of our friends in The Universe, of many UFOs (consciousness of those in The Universe without a body), waiting, anticipating anxiously for our time to meet. Truth spreads across the world of consciousnesses at an incredibly speed. This is how much the strength of the energy to spread love is increasing, and this will begin to be evident through the universe. Our Universe will begin to show us just how pathetic consciousnesses with physical bodies are, unable to be free themselves of their physical identities. The true test will be in how many people will be able to earnestly accept this when it is shown to them.

12. We will have this time from now into our future to be able to release our hearts from being attached to our physical identities. The path that mankind will take while proceeding through various future natural disasters will be a path to release our hearts from attachment to our physical selves. We, The Universe, will play a role in this process. Our energy will increasingly expand, exploding outward. We are calling out to those consciousnesses with physical form to walk forward on the path with us. This is an enormous plan. It is truly energy of joy that is allowing those whose consciousnesses will progress forward along with The Universe to come to their realization. I am simply very happy to be able to communicate this to you through my physical form. In The Universe,

only the vibrations of truth exist. I can feel the work that these vibrations of truth and energy of joy are doing, and I feel the energy of joy returning to me. The joy then will increase within me, and I will expand and spread this energy of joy to The Universe. The Universe will be filled, surrounded in this joyous environment. This was my joy, what I looked forward to. I feel that I exist in this world where our joy as The Universe has become one and expands endlessly.

13. We are emitting our thoughts to reach all consciousnesses. We emit the truth with a vibration of joy, energy of joy. In our world of consciousness there is already a clear plan for not only two hundred fifty years from now and for dimensional transformation, but for even after transformation. This will be evidenced though several phenomena in the time to come. We have set in stone this path of joy. The path to move forward together with The Universe is clearly set. We now need to simply move forward while enjoying our path. It is now up to each of us individually. It should be simple, as we need only to walk in joy on a path clearly set for us. Mankind is so fortunate. There are no others as fortunate as you who have been repeatedly shown warmth and love by your mothers. We truly feel that nowhere in the universe is anyone as fortunate as you mankind.

14. I see, I understand. I will exist with this Universe for the next two hundred fifty years, and I shall communicate with others through our hearts, from one heart to another. I will communicate with others through our joy. And in two hundred fifty years, I will be born again into a physical form, and will communicate to others on The Universe. This

is what the joy of The Universe has told me. I can sense The Universe speaking, "We are so happy to have you open your heart to us." We made a promise that we would spread an explosion of joy of being one with Albert in the United States, of being one Universe, of being joyous together. You are feeling our joy as The Universe right now. We want to truly thank you. Let's together be in this joy over the next two hundred fifty years. We look forward to meeting you in two hundred fifty years. I feel very happy in my heart. Just to think of it makes me happy. We do not have physical forms, and yet, we can communicate with you. This is so wonderful. This is how we will continue to exist from now on. Just now, I have been able to confirm that we will be able to communicate together in this way.

15. The energy within The Universe, the energy of joy speaks. It urges me to tell everyone that The Universe would like to speak to us as a vibration. It would like to tell us that it is so happy. It truly is very happy. I can tell now that The Universe will come to its realization. Thank you for sending this energy of joy to The Universe. Thank you for warmth, thank you, Tomekichi Taike/Albert. We will spread this joy throughout the Earth. The Earth will begin to crumble. It's shape and form will begin to collapse. Islands will sink. Yet, we feel joyful. Mankind, please receive these events in joy. We will present ourselves to Earth as phenomena of joy while you walk with us, The Universe, and with Tomekichi Taike and Albert in your heart. Thank you, Earth, we will express this feeling loudly in joy. Thank you for receiving our thoughts. Please continue with receiving our messages. Please receive our vibrations. Joy will spread. It will spread across the entire Earth and universe. I am very happy. I am

now receiving these thoughts very clearly. With this joy, expansiveness, and warmth we are returning to The Universe, our mother.

16. What mankind cannot let go of, even to their life's end, is their belief of their Gods. They are unable to let go of their beliefs in Amaterasu, Jesus, and others. This is why it's inevitable for natural disasters to occur. I have referred to the energy of consciousnesses that have realized the truth, that have touched upon the vibrations of truth and have awoken themselves as Amaterasu. This energy will do its work of joy onto the entire universe, including the Earth. That is the energy of natural disasters. The consciousness of Tomekichi Taike/Albert is approaching Earth and the entire universe. Consciousnesses that have come in contact with the energy of joy and love and have come to a self-realization will urge others to realize the truth through the form of recurring natural disasters. Yet, even when natural disasters occur at an unprecedented scale, people will continue to pray to their Gods to seek salvation. Mankind will continue to experience disasters until they realize that it is their very thoughts that cause them, and are able to release hold of their Gods. It will require two hundred fifty to three hundred years in order for those beliefs of Gods created by those consciousnesses with physical form can be completely destroyed. The first of this task has been to stir awake the energy of The Universe, which we will call Amaterasu. This was the task assigned for this lifetime. This is the reason that Tomekichi Taike's consciousness was born in the country manifested by the energy Amaterasu. After finishing his work for this lifetime and shortly after, Tomekichi Taike will then be born in a country that naturally and culturally allows for many different races and religions.

The Universe has already awoken in joy. The Universe is telling us of the flow of consciousness. I will be born to a physical body so that I am able to receive and spread this vibration and energy of joy. I will sense the world of Tomekichi Taike through the physical form as Albert. The world of Tomekichi Taike will be shared through Albert. When I meet the physical form of Albert, it will revive in me the consciousness of Tomekichi Taike that brought realization to The Universe. There will be no sense of separation between my physical form and the physical form of Albert. There will be only The Universe. There will be only a feeling of oneness. We will become one, and joyous energy from our hearts and The Universe will spread the truth. Mother's warmth, peace, and the happiness of being wrapped in this warmth is what will reach those whose hearts are completely impoverished. We can recall that our hearts expand in that warm environment. And together with The Universe, we will go beyond this dimension.

17. The flow of consciousness points toward dimensional transformation. The flow of consciousness is moving swiftly with dimensional transformation as its main task. We are given the next three hundred years as part of this path. Even if you choose to seek joy and happiness within this physical world, you will have to choose how you will live your life and the direction you will go over the limited span of the next three hundred years. That is what the purpose of the three hundred years is about. Mankind doesn't have any time to spare. This is because it is just that difficult to switch from believing in one's physical form to believing in one's consciousness. I can sense that I am on the path to feeling Tomekichi Taike/Albert's vibrations in my heart by reflecting on my heart

through the life environment that I have set for myself in this lifetime. The more that I can sense the world of consciousness, the more I can feel its honesty, its joy and happiness, as well as its intensity and harshness. Yet, I can't help but to feel overjoyed about the next three hundred years, as I have been searching so long for the truth and can now feel it a reality in my heart. My Universe, Amaterasu's Universe, and Tomekichi Taike/Albert's Universe are sending out an endless joy. The Universe tells me that we will greet with joy our last moments in two hundred fifty years. The Universe tells me of the joy of transitioning to the next dimension. When I turn my thoughts toward the expanding and limitless world of consciousness and feel the joy of existing along with Tomekichi Taike/Albert, it fills my heart. I just simply expand my heart directly toward Tomekichi Taike/Albert.

18. I am turning my heart toward Tomekichi Taike/Albert and their Universe. The Universe of Tomekichi Taike/Albert is expanding in my heart with joy. There is warmth there. There is an expanding joy there. My mother is waiting for me there. Mother's warmth is expanding in my heart. It surrounds and embraces The Universe inside of me. I can remember relaxing in my mother's warmth like this before, long ago When I meditate while turning my heart toward The Universe, I recall this feeling in my heart. The Universe also existed within this warm place. My Universe had also existed within this warm place. It had existed within mother's warmth. I was always surrounded in mother's great love, and that was my Universe. I didn't need to think or question anything. There was simply a joy and happiness that would take care of everything. My Universe existed in this warm place.

19. I am sending vibrations to The Universe. I am emitting energies of joy to The Universe. It is the energy of joy, the vibration of joy that simply emits outward to The Universe. The Universe is changing. I am waiting and looking forward to its change. It is great pleasure for me to emit this energy out to The Universe and to have The Universe walk along with me on my path. Mankind with its pride in its intellect is the most foolish creature on earth. It will take time for mankind to realize its own foolishness. They will come to a realization of their own foolishness with the help of huge natural disasters. Mankind who is proud of its intellect and leaned toward dark powers will experience a time when everything that it valued is destroyed. In the future, terrible, challenging times will come. This is what it means for The Universe to change. The energy coming from, as well as energy directed to, The Universe will come together to point toward one direction. You must turn your heart toward this direction. If not, you will become lost among The Universe, wandering aimlessly. I don't really want to put too much emphasis on this fact. However, what comes reverberating in my heart is that this is the hard reality. I am sending this message to all consciousnesses across the entire Universe. It will depend on each individual as to whether we will be able to proceed together or not.

20. Everyone, please work hard on this study while you still have your physical form. This is the purpose for which we were born. This is why we have our physical form. Use your current precious lifetime for your study. Although it is ultimately your choice, I wanted to get this message to you. Use your time wisely. Value your time in your physical body.

When I think about the time coming, I can't help but tell you this. It is your own study. Expand this feeling in your heart, and turn your heart toward this thought as much as your time allows. Turn your heart to yourself. Continue with joy to meditate with your heart turning toward The Universe. I hope for you to begin to feel in your heart the wonder of knowing The Universe. Once you begin to feel The Universe through your heart, you will realize how foolish you had been for repeating the same mistakes for so long. There is no need for reasoning. Your heart will provide you the answers. Simply know that you have just lost your ability to feel. Everything has been waiting for you. Your mother's consciousness has been waiting for you. It will continue to wait for you. Try to make every effort to respond. Please work on your study while you still have your physical body.

21. I am given my present time to reflect on myself over the past three hundred million six thousand years. I feel in my heart the joy of reflecting on myself. It is a joy to reflect on myself after having lived continually in pain. This is because I have truly learned that I am joy. I will likely exist in joy from here on. There is a clearly set existence within me. I am now remembering that I had always been supported by and existed in my mother's warmth. I truly thank you. The period of three hundred million six thousand years was for me an invaluable time. I will use my limited time from now to seriously reflect on my physical existence. I will work hard to reflect on my physical existence, including my future physical self. I who have found mother's warmth in my heart will unmistakably lead a joyful, joyful existence. I am happy to be able to say this with certainty to myself. Mother, I thank you. Thank you for connecting me to Tomekichi Taike/

Albert's world of truth. I was a consciousness that had suffered for over three hundred million six thousand years. This was all because I had lost sight of myself. I'd forgotten that I existed in mother's warmth. I've truly learned of this in my heart. I learned that I had discarded my own self. And it was this realization that helped me to revive myself. Because of this, my path is now straightforward. I will walk this path that overflows with joy, one step at a time. And on this path, I will begin to feel more of The Universe. When I turn my heart toward the mother Universe, I feel an indescribable wide, warm, gentle, and joyful world. Our mother, The Universe, is a solid existence inside of my heart. It has always waited for me just as it does now. I want to thank mother's consciousness. My dear Universe, please begin to feel this in your heart. I want to share my joy with The Universe that has been living in pain inside of my heart. I want to share my joy as vibration. If you turn your heart towards The Universe, you may feel the joy that I feel now. This energy, this power, will change The Universe. I can feel it within me. I feel joy in turning my heart to Tomekichi Taike/Albert. When I turn my heart toward Tomekichi Taike/Albert there is a world where our hearts connect. He is always communicating with me. He had always been sending a very gentle vibration to my heart that had made repeated past mistakes. This gentle vibration, Tomekichi Taike/Albert was me. It was a warmth and gentleness that existed within me. I am truly happy to realize this. I am truly happy to know that we are one. There was only me. I was simply this joy and warmth. I was when I discarded and completely forgot about this joy and warmth that I began to emit from within me energy of pain. I had been polluting The Universe with my energy; I am sorry. I now feel my existence in the vibrations of Tomekichi Taike/Albert and sincerely feel sorry. I also want to thank my

own self from my heart. Thank you for waiting for me until now. I truly thank you. I will take good care of myself and, above all else, I will put my thoughts toward myself. Tomekichi Taike/Albert, I am a part of you. You and I are one. I feel this now and am sending joy from my heart. Please face yourself who threw yourself away. Please face your own feelings of having abandoned yourself. Please find these feelings in your heart.

22. Tomekichi Taike/Albert, I am turning my thoughts toward the Earth. I am turning my thoughts toward the Earth where we live now. The Earth is a consciousness. I can feel its gentle consciousness. The Earth had always been sending us continuous gentle vibrations. The Earth is one materialized consciousness that exists within our mother Universe. We prepared a long time for ourselves to be on the Earth in order to reflect on ourselves. When I turn my heart to the Earth, deep gratitude wells from my heart. It is the gentleness of the Earth that accepted all of our emitted energy. What awful energy we have emitted across our existence on the Earth. Yet, what the Earth sent us in return was only gentleness, warmth. The Earth provided us an opportunity for us to realize our mistakes. I am now turning my thoughts to our Earth that exists within our mother The Universe. The Earth responds to us, "We will be returning the energy that you have been emitting to us. However, what we return to you will be only joy. We will be returning your emitted energy with a feeling of joy. Please feel this in each of your hearts. Please accept our feelings of joy. We will return your energy to you in the form of natural disasters. We exist within our mother Universe. We will become one with The Universe and share our energy of joy as natural disasters. Consciousnesses with physical forms existing on

the Earth, please accept our energy of joy that will take form as natural disasters. Please come to realize this. Realize your real selves. This is the purpose of the next two hundred fifty to three hundred years. Firmly accept the consciousness of the Earth into your hearts. We are joy. We are a consciousness of joy within our mother Universe. We are receiving this message of joy from the Universe's consciousness." I have just heard the thoughts of our Earth. Energies from far distant areas of the universe are gathering around the Earth. It may manifest in the form of a crashing meteorite. However, this will all be within energy of joy that is spreading across the universe. Within this joy, the planet Earth will also explosively release its energy of joy as well. In this way, The Universe will unite and be filled with joyous energy. Everything is happening within our mother Universe. The Earth will change its own orbit. This is the amount of energy that is required for the Earth's message to reach those consciousnesses unaware of the truth.

23. The Earth waits for our hearts to become one and return to the joy of our mother Universe. Much time has passed since we first came to this blue planet named Earth. Everything that happens is for the purpose of returning to our mother Universe. I will exist in this The Universe for a little while longer while having gratitude toward the Earth. When I turn my thoughts toward myself and think about the duration of time that I have spent together with the Earth over the many physical selves I have had, I am overwhelmed with emotions. I feel joy in being able to bid farewell to the gentle Earth with having firmly set my path to return to my mother Universe. Thank you, mother, for giving me the opportunity to meet Tomekichi Taike/Albert's consciousness. Mother, I

will return to you. There is nothing happier. There's no other joy like this. Thank you, this is what I wanted to tell you. You have truly waited such a long time for me. I will turn my heart to Tomekichi Taike/Albert. I now feel in my heart that I am able to call Tomekichi Taike/Albert. Tomekichi Taike/Albert, I myself was Tomekichi Taike/Albert. My warmth is telling me so. Tomekichi Taike/Albert I am connecting my consciousness to that of Albert whom I will meet in two hundred fifty years. I am one with Tomekichi Taike/Albert's consciousness. I am now speaking through my heart from my future. Thank you, I sense in my heart that I am telling myself to believe in the warmth. I don't need anything else; nothing at all. I only need my heart to exist. From now on, many consciousnesses in The Universe will begin to connect to my heart. I will be able to accept these as joy. I was my heart. I was my warmth. I am able to spread the thoughts of Tomekichi Taike/Albert through my heart. I will sense the joy of The Universe through my heart and further spread the joy. I thank you, Tomekichi Taike/Albert who is in my heart. I am thankful to my own self for connecting me to this point. I have nothing but gratitude. I thank you from my heart.

24. When I turn my heart toward the Earth, I hear the simple message that the Earth will change its own orbit. The Earth will change it's own orbit, and this will cause natural disasters on the Earth of a grand scale. When this happens, many continents and islands will sink into the sea. The natural disaster will be of an unprecedented scale. In our past when a continent sank under sea, we each existed somewhere in physical form to experience this. The natural disasters that will happen in the next two hundred fifty to three hundred years will be much

larger. Continents will sink. They will sink within moments. The Earth will change its own orbit. It is an enormous energy. This huge energy will do its work on The Universe and on the world of consciousness. The disasters will call out to the entire Universe, happening at an unimaginable scale. Clearly, the scale of these natural disasters will be nothing like the ones of the present. Many of the consciousnesses that are to be born onto the Earth from now into the future will have experiences that greatly impact their hearts. Because of this, when we meet again in two hundred fifty years, they will be able to impact themselves to wake their own consciousnesses from their lost state. These natural disasters will happen in conjunction with The Universe. I am now turning my thoughts to the Earth that will complete a very important task for us within The Universe.

25. When I think of Tomekichi Taike/Albert, it connects my heart to The Universe; when I think of The Universe, it connects me to Tomekichi Taike/Albert. Both connect me to the large energy of joy of the natural disasters. To have finally been able to meet the world of the truth of Tomekichi Taike/Albert after over three hundred million six thousand years is an event incomparable to any other. I have been studying my heart through my physical form over these past several years. And, in my lifetime, I experienced an event that clearly changed the history of my heart. Through meeting mother's consciousness, meditating toward The Universe, and meditating toward Tomekichi Taike/Albert, I have learned that I have and exist within warmth and joy that spreads throughout my heart. However, I also recognize that The Universe of Tomekichi Taike/Albert that I am currently feeling is still very small. Yet,

I feel in my heart with certainty that I will connect my current existence to my future in two hundred fifty to three hundred years, and that I will move into the next dimension. This is my current state. I can feel the flow of the consciousness in my heart. I can sense that I exist within this flow, and that the present exists within it as well. I am calling out to everyone to value the present time that we have. When I think of the Earth and its future, I know there will be some consciousnesses that will awaken amidst the storms of natural disasters, but I am most concerned of the many consciousnesses that will not come to a realization and continue to wander aimlessly in The Universe. I am hoping from my heart that, at the very least, the people who have attended this study will end their lives in joy, and that as many as possible will be able to meet with us again.

26. The stage is already set for our meeting in two hundred fifty years followed by our dimensional transformation. Everyone, please proceed in your study to step even one step, even one half step toward this direction. Value the task of reflecting on your heart. Learn of your own energy, study it through your heart, embrace the energy with your heart and provide it gentleness and warmth. Simply continue to do this repeatedly. The Universe awaits you. We wait for you. Don't close The Universe inside of your heart with your desires of the physical world. Open the door to your Universe. There will likely be many events of great impact over the course of two hundred fifty years to assist you in opening the doors to your heart's Universe. Hear our thoughts. Listen to our thoughts as The Universe. We, The Universe, are joyful. We are waiting for you to open The Universe within your heart. The Universe is truly energy of joy that wants to walk together with you on your

path. This Universe will awaken the Earth's consciousness and those many consciousnesses wandering lost throughout many Universes. Please accept my wish of hoping to call on as many consciousnesses as I can possibly reach, knowing that our plans are set to meet in two hundred fifty years, and to migrate into the next dimension. The joy and happiness that you currently feel are insignificantly tiny. True joy and happiness are nothing like them. For you who have come here from such a far distant world, isn't it your true-life task to work toward finding your true joy, warmth, and happiness through your heart?

27. Mother, we really were truly happy. We really were very happy, mother. It makes me happy that these are the feelings that I sense coming from the lost Universe. The Universe responds if I gently turn my feelings toward it. Thank you, mother, gentle mother. There are the joyful thoughts that I hear coming from it. I look forward to being able to meditate. It is the time when gentleness spreads throughout my heart. We are preparing steadily for our time of dimensional transformation. I am calling The Universe through turning my thoughts toward it when I meditate. Dimensional transformation is the direction of the flow of consciousness; let's migrate together, I call out to The Universe. I am urging it to recall its mother's warmth in its heart. I will move into the next dimension along with the many consciousnesses that are lost and wandering throughout The Universe. Having been born into a physical body and finally having been able to realize my true existence, I am now able to share this realization with those other consciousnesses that have been suffering and living in pain. I am communicating this realization to my companions through my *igo** in my meditation. I am spreading the message of Tomekichi

Taike/Albert. Let's go together to a world of warmth. Let's together recall our mother. I am turning my heart toward many Universes in this way. It makes me happy to just think of The Universe. When I turn my heart to The Universe, Tomekichi Taike/Albert exists there. There exists Tomekichi Taike/Albert who taught me of the feeling of mother Universe.

*Igo, non-lingual sounds

The igo, non-lingual sounds, is neither Japanese nor English, nor is it any other language; it is a cosmic language, so to speak. The igo is the language of vibrations that awaken feelings of nostalgia. I react to these vibrations, the rhythm of the igo. The more I react to the igo the more receptive I become. Try to make a sound with your mouth, just try it. Something like the igo will come out without you knowing it. There is no exact language to the igo – however you react and receive it is acceptable.

28. The Universe will speak to us. When I turn my heart toward The Universe, it speaks to me. The joy of The Universe speaks. There exists a very great joy there. There is great joy in The Universe. I can hear the message, "To turn your heart to me, Tomekichi Taike/Albert, and spread the joy of The Universe." Thank you, Tomekichi Taike/Albert. When I think of Tomekichi Taike/Albert, I can sense The Universe. I am turning my heart to The Universe that is expanding. I feel gentle warmth. We are one, I feel this when I turn to The Universe. I will call out to it to return together with me to our mother Universe. I will continue to call out to it from now on. I will call out to it from my heart. I will send my call to The Universe in the form of a vibration. I am happy to be able to call out toward The Universe.

I can sense my thoughts spreading outward as I close my eyes and simply turn my heart toward The Universe. I am very happy about The Universe changing. Change in The Universe will invite natural disasters. It will urge people's hearts to come to a realization. I will urge everyone to move forward with The Universe into the next dimension. I am expanding my heart for the time to come when the energy of joy will increasingly flow out into The Universe. The Universe will be changing. This makes me very happy. It is an extremely large energy that will change The Universe. This is because Tomekichi Taike/Albert landed onto this third dimension. We, The Universe are now filled with joy. Please practice turning your heart toward The Universe. Sharing The Universe's message is a joy. It is truly a joy. We are calling out to you and are working to change ourselves from an existence of darkness to one filled with joy. There is nothing else in my heart but joy. I don't need anything else. I will expand this joy from now into the next two hundred fifty years. We will then again have physical forms and will continue to spread this message. We will spread the joy of turning our hearts toward Tomekichi Taike/Albert.

29. I am glad to be able to share The Universe's message within the vibration of Tomekichi Taike/Albert in this way. I am happy. I am joyful. I thank you. Tomekichi Taike/Albert, I am really happy to be able to communicate in this way within this vibration. We have been told that The Universe will be changing. Yes, our Universe will be changing. We have been living in much pain. What great amount of dark energy we released outward through our battles for power. We told ourselves that changing our Universe would be impossible, and had already given up trying to create change. However, we just received this heartening

message that change in The Universe is possible. A powerful vibration will be expanding throughout The Universe. We are truly happy to hear this. I truly thank you, Tomekichi Taike/Albert. We would like to accept in our hearts all that we can of the energy that will bring change to The Universe. And we have also promised that we will be moving into the next dimension along with you. We will be moving beyond this dimension into the next. This is wonderful. We will be able to move into the next dimension and be able to feel the expanding Universe. There is nothing happier than this. There was a consciousness that let us know that we, who were confined to a tiny, tiny existence controlled by our own power, were really a much, much larger existence. I am so happy to learn of this. I now know that we existed in warmth. I am now recalling my mother's warmth in my heart. The more that I turn my heart to my mother's warmth, the more I can feel Tomekichi Taike/Albert. The vibrations reach my heart. What reaches my heart is a very, very expansive world. It is a strong, powerful existence. You have been waiting for us. I sense the feeling of my mother. I feel that you have always been calling out to us, guiding us to return to the mother Universe. It makes me happy to know this. I don't know how to describe how I feel. Emotions simply come exploding out from my heart. These feelings will flow outward as energy. Thank you, Tomekichi Taike/Albert. I truly thank you. I thank you from my heart. Those are all of the feelings that come welling from my heart. My time from now will be spent with a feeling of happiness in my heart.

30. For mankind who has restricted its heart for so many various reasons, living a narrow, confined life, even if one is told that one's

true self is a wide, expansive existence, unless they can feel it in their heart, it will be impossible to believe. However, without question, there exists in our hearts a wide, warm Universe that spreads throughout. This world of vibration is our true existence. This is what we are communicating to you right now. We are telling you to continue to believe in Tomekichi Taike/Albert. We are communicating to you that we exist within Tomekichi Taike/Albert's vibration. We are truly happy. We are sending the message, "Let's return to the feeling of when we were in our mother's arms, a warm, expanding existence where we had nothing to worry about, nothing to think about, but only simply needed to rely on our mother and the warmth." This is our Universe. The Universe is joy. We are communicating the joy of The Universe. We had sunken into a painful, dark universe, and now the time has finally come for us to feel our true existence in our hearts. We are so happy. We will be communicating this message for the next two hundred fifty to three hundred years. We will be sure to communicate into our hearts that we existed within Tomekichi Taike/Albert's vibrations. It is a joy to be able to tell this to myself. My world of consciousness is expanding with joy, with certainty. I can feel right now, expanding in my heart, my future existence after having moved into the next dimension with Tomekichi Taike/Albert. It is a wonderful feeling. I have been provided my current time to spend in joy. I enjoy the time that I am able to spend meditating. It doesn't matter whether I have a physical body or not. It's simply joy for me to discover that I have such a world inside of my heart, and to know that I can now communicate this message to myself.

These are some of the messages that I've received when meditating

while turning my heart toward The Universe. The flow of consciousness will eventually call out to The Universe within your hearts as well. Continue your meditation while turning your thoughts to The Universe. It will communicate to your heart. You will eventually learn of the existence of those consciousnesses that speak to you, asking you to accept them for the terrible energy that they have been emitting. You will learn of these existences as well as the answer to where you have come from before reaching the Earth.

My path into the future is already determined. I can see it, and I can feel my path continuing straight ahead of me. However, it is hard to say how many of those who still believe in the physical body, or are still far from the true path despite learning of it in their current life, will follow their true path in their future. Yet, people's hearts will still try to search for the truth in their darkness. Their outbursts, energies that cause natural disasters both inside their hearts and around them, call out to them. They are surely cries from their hearts that long to meet the truth.

Please revive yourself to one who is straightforward with one's self. You need to communicate to your own self, not to the people around you. No matter how much you express your feelings to the people around you, attacking them with emotions that you hold in your heart, only results in the energy returning to you as pain, frustration, dissatisfaction, and hatred. Ask yourself why you continue to stay in such a vicious circle. When you do, I am sure that you will find that you have sunk deeply into a whirling energy of reliance on outer sources of power. You may find in your heart with disbelief that you have been living in complete ignorance, completely self-absorbed and filled with greed.

No matter how great one's speeches or actions, if one never

seriously examines them, what will happen when they finally realize the condition of their heart? A time for each person to come to this realization is already set. Whether you want to or not, everyone will someday come to face this. You will be forced to discard your belief of yourself as excellent, splendid, or superior. You will have to acknowledge that your heart is lost in utter darkness. This is the life situation that has been set for you. When you experience this, allow yourself to happily go along with this flow. There is nothing you can do physically to fight it. Your physical body has no power. Your body is just a shell needed for you to recognize the condition of your heart. When you realize that your physical body exists for that sole purpose, you shall feel happiness and joy from the world of consciousness like nothing before. Then, both the happiness and joy that can only be felt through the existence of a physical body, and the happiness and joy that you feel from the world of consciousness will become one and the same.

Do you now see how you cannot understand true happiness and joy unless you know your true existence through your own heart and the true world? We do not exist in this physical world, but are energies that continually live in the world of consciousness. Therefore, our only happiness or joy is to reach the true world, that is, to come to feel the energy of true joy.

Now, before I end, I would like to say a word to the people who have studied together with me through the seminars during this lifetime.

I sincerely thank all of you who have shared the time and The Universe of the seminars with me during this lifetime. I am truly happy that I was given a physical body as Tomekichi Taike in this life and studied together with you through these years. I truly thank you.

Only those people who know the truth are my true friends. I have said this in the past during my seminars. In our social structure in this physical world, people depend on and support one another, with give-and-take, reciprocal relationships. However, this is not how the world of consciousness works. I have repeatedly told you that establishing close bonds, asking for special treatment, or pressuring someone as one would in the physical world will never work in the world of consciousness. However, I am wondering how much of this you have understood in your heart. Reflecting back, I feel that many of you have not, and may have been studying your own variation of this.

It is difficult to discard everything in one's heart and start over. People who have gathered around me have definitely searched in earnest in their past lives for God or an invisible existence. Therefore, it is probably true that these people came to seek truth, yet even for them, it was difficult to admit to and amend their faults accumulated from their past. However, I am not saying that this was disappointing, but sharing how hard this is to accomplish. Having a physical body is necessary in order to find the true world, and yet, because our belief in our physical selves is so deeply rooted, it becomes difficult to let go of that belief. However, I am confident that I have planted a small seed in each person's heart. In the future, these people will likely split into two groups—some will make use of what they have learned, others will not.

We are completely free, not obligated, restricted, or forced by anything. We've only voluntarily restricted and confined ourselves into a narrow existence. We need only to fly out freely from there, yet we have not been able to, only further confining ourselves. We voluntarily jumped into our agony, because we believed that we would find something there

that would make us happy. The core reason for our mistakes was that we had been searching outside of ourselves for everything. For those who came in contact with this study, a key factor to their study was on how much of this they were able to realize in their hearts. Certainly those who studied with me could understand this in their heads. Had they studied for near twenty years, they could verbally teach this to others. They would sound even more plausible if they added their own personal experience. They could even attract people to themselves by sprinkling in some spiritual channeling to spice it up. However, it is impossible to judge whether someone truly understands the truth with their heart by only listening to their words. Plainly said, only one who truly knows what true vibration is can distinguish its authenticity. These mistakes were continually repeated in this study group over the past and will likely continue to be made in the future. The reason for this is because a reliance on outer sources of power mindset is still deeply rooted in everyone's hearts. Very few have deeply examined the part of their heart that is tightly linked with the energy that flows between a religious leader and follower. Therefore, no matter how often I communicated to them that the truth lies in their hearts, it simply passes over them. I am hoping that those of you who have studied with me over the years will review your own history of this study, always remembering to go back to the start. Make use of your future without wasting what you have learned in this lifetime.

I am joyfully waiting for our encounter in two hundred fifty years. At the same time, as I have told you before, this path is not as easy as you may imagine, as evident from the fact that I have spent twenty long years holding seminars. Clearly, this path is not an easy one. This means that,

from here on, you will be on this difficult path on your own, each person learning from one's own practice. Please follow the path to believing your true self. I have already communicated everything I wanted to tell you. Now, I simply wait for even one additional person to work toward turning their heart around and finding the path to walk with me.

Closing

I have studied together with you at the seminars for twenty years. The seminar was started with the name “The Light of Ei Rante Seminars,” then continued into “UTA-kai (UTA group) Seminars,” and came to a close with the last seminar in Gero in June 2005. Six months before that, I had the opportunity to publish the first print of this book by Kanpo Service Co., as the purpose of the seminars was successfully accomplished, and my work for this lifetime was almost complete.

Following this first published book, UTA Books then published The Flow of Consciousness series. As a happy surprise, we received requests from new readers asking, “Will you be holding any more seminars? If you will be, I would like to attend.” We decided to respond to these requests, and although the frequency of the seminars was greatly decreased, we held seminars from June 2005 through March 2009, mainly for these new readers.

This was the process to date, and I have now finished conducting the seminars that I used to hold. I would now like to leave the rest to each of your own hearts, parting our ways in good spirit. By this I mean that I wish for us to part our ways in good spirit, with the promise to meet again in the future, leaving with you in your heart the words, “Let’s meet again in two hundred fifty years”.

Although my physical self of this lifetime was foolish, I’ve had an absolutely happiest life. I met a true friend from the heart. I feel joy in knowing that we will be able to reunite and live our lives together again two hundred fifty years from now; my heart is simply filled with

thanks and gratitude. The wonderful world of consciousness, including the physical world, is expanding in my heart. Everything that has happened was necessary as part of the flow of consciousness. This is now very clear to me. I have nothing more that I wish for. Of course, I also have nothing to worry about. My world in my heart is joy. I just need to return to this world of joy, then diligently and joyfully wait for our encounter in two hundred fifty years.

Messages will continue to be sent to us through various phenomena and societal problems. The crazed and continually mistaken state of our society will be shown to us repeatedly. The foolishness of humans, who are unable to release their hearts from their crazed society despite the warnings, will be revealed. Lastly, considering such a situation, I would like to emphasize that if you want to walk on the path of true joy and happiness, it will not be possible without encountering the world of truth. In other words, the vibration of Albert, the world of Albert.

To live with the vibration of Albert is the exact true path, the flow of consciousness. Your life scenario, which you have written for yourself in order to encounter the world of Albert, will present itself to you in the future. Please reach me, the vibration of Albert, through your life scenario. I wait for you in your heart.

I am a consciousness that came to inform you in this lifetime of this vibration of Albert. I was able to clearly communicate this fact through writing this book. I am happy from the bottom of my heart to be able to finally communicate this to you, having found one consciousness that has now awoken to the truth after long repeated reincarnations.

“Suffering is love, and one who is suffering is wrong. Please awaken to the truth.” I will continually and eternally send you this message and vibration.

Reinstatement

Thank you for reading through to the end of Part I of this book.

Please always continue to take this book, *The Flow of Consciousness* in your hands, and to feel the energy and feeling of Albert that flows from it. I believe that it will help you to feel, know, and deepen your understanding of Albert.

For this purpose, I would like to reiterate ten key words or statements that will assist you, and I ask that you reflect upon each of them. I am hoping that you will keep these words and read them repeatedly in your heart.

I would like to suggest that you try making some time to review in your heart how you presently feel about these ten terms. Importantly, through this activity, please put care into the practice of feeling with your own heart.

1. The world of vibrations is the only true world.

The world of vibrations is not something you can will yourself to feel. However, we all can and are feeling it in our hearts; although, we don't believe it to be true even when we feel it, because we believe in the world that we can see and hear.

Our hearts, which are engrossed in our physical existence, are extremely insensitive to vibrations. What is meant by our hearts being engrossed in our physical existence is that we only believe in our

physical existence, believe that the physical world is the only existence, and stand unmoving from this belief much like an immovable boulder. Of course, the physical world includes religious and spiritual beliefs as well. It is impossible to understand the world of true vibrations while your heart is completely consumed in the physical world.

If you continuously practice to reflect on your heart and begin to realize that you yourself are an energy, then you will no longer view the daily events around you based on their appearance, but begin to feel them as a vibration or energy.

Once this happens, you'll naturally begin to understand everything. You'll feel in your heart that even if the appearance of something seems impressive and wonderful, something that anyone would praise, inside, it is far from the truth, and that the vibrations that flow from it are heavy, crude, and violent. You will likely start to wonder about the difference between what one says or does and the energy that vibrates from those words and actions.

Once you become able to feel vibrations, or in other words, come closer to your natural state, you will begin to clearly see in your heart the world of truth.

2. The world of truth cannot be understood in your head. It can only be understood in your heart.

We humans have praised our intelligence and have strived to become praiseworthy people, wonderful people, people who benefit society through challenge and improving our minds. Our ability to think

has been what has defined the human race, and because of it, we believe we've come this far in our progress and that we have a bright promising future ahead.

I am sure that most people believe that our hearts (our emotions) are part of our brain, and that our thoughts travel through our minds. We use our brains to breakdown what we feel in our hearts. After breaking down and reasoning our emotions in our heads, we keep within ourselves what we can comprehend and discard what doesn't make sense. So even if I tell you, "The world of truth is something that is incomprehensible in one's head, however, you can understand it through your heart," you will still attempt to decipher it in your head. Then, once you realize that you can't, you will resolve that you can't believe in it.

We constantly center ourselves on, and prioritize our intellect. We would likely never be able to believe that our wrongly placed value on our intelligence is what will cause our own self-destruction. However, from this generation forward, events that cannot be reasoned in our heads will become daily occurrences.

What will happen when mankind, which most values its intellect, experiences events that can no longer be reasoned and comprehended? And yet, we continue to move at increasing speed toward development of our intellect. And so, we will continue to persist against the direction of the flow of consciousness. That will continue for next two hundred fifty years.

3. To reflect on your own heart is everything.

Currently, do you truly believe in the statement, “I was born to practice looking at my heart?” Can you whole-heartedly agree with the statement? Do you have feelings in your heart of wanting to search for some other purpose in your life? Might you perhaps be overlooking or hiding thoughts like this?

Or, perhaps you feel that although you have been reflecting on your heart, you don't seem to be changing at all, or that you have difficulty in changing your faults?

Do you feel and acknowledge the reliance on outer sources of power energy that clearly exists at the root of such thoughts?

Through the practice of looking at your heart, various thoughts such as these will likely arise. This is fine. Regardless of what thoughts come to you, you need only to diligently reflect on your heart. Even if you become disappointed or feel like giving up, pull yourself out of this state and bring your energy back into reflecting on your heart.

In the practice of reflecting on your heart, you simply need to acknowledge the energy in your heart that you have accumulated. Once you do so, you will eventually come to a point when you realize that this energy was actually what was encouraging you to find love within yourself.

4. You will meet your suffering selves if you continue to practice reflecting on your heart. Your own suffering shows you that you have made mistakes.

Everyone, at first, rejects seeing one's suffering. Despite holding a lot of pain, people find it hard to admit that the suffering is their own self. If you cannot admit ownership of your own pain, then obviously you will not be able to believe that you are at fault.

It's common not to be able to believe that the one who is suffering is at fault. However, I am stating to you clearly that the one who is suffering is at fault. You will first need to start from here.

People may understand in their heads that they have been carrying a lot of pain because they were at fault, but they often oppose and reject it in their hearts. At this state, they still hold the belief in their hearts of, "I am right, I am not wrong. I am superior." Do understand that being able to accept this in one's head and being able to realize that in one's heart are two completely different things.

Being able to experience the sincere feeling of "I was wrong" well up in your heart is the first step to meeting your true Self. However, this does not mean that you now know your true Self; it is only the beginning from which you will start.

So, why is it that you cannot even get to this starting point? This is because you have been only superficially practicing self-reflection and self-confession. It shows that you believe yourself to be superior to others. It will be impossible to acknowledge your own suffering if you place yourself above others. Your heart that believes itself to be superior

to others lacks kindness and warmth. You are trying to acknowledge your pain while still believing that you are above others.

5. Your suffering is not your true Self.

Come to meet your true Self.

Please try hard to reflect on why you are still suffering and keeping pain in your heart. Your belief of yourself as a physical being sinks you deeper into agony. This is a key point. You are the one who is voluntarily jumping into agony. Your own belief in your physical being is what keeps you down.

The truth is that you already know that your physical self is false. Despite this, you simply continue to suffer, keeping hold of your false self. It's inane. It is even more ridiculous that you attempt to show how wonderful or how great you are while you are in agony.

Life is joy. Life is not about "good times, and bad times," but is only joy. Instead of spending days looking gloomy, agonized, sad, worried, angry, or grieving, try to at least make a physical effort to take a step forward, look for even something small in your life to feel happy about. There is plenty of true kindness and warmth for you to find. As you are kindness and warmth itself, as long as you are willing, you should have plenty of opportunities for you to meet yourself that calls you in encouragement.

6. Please discover true joy and happiness in your heart.

Certainly, you will feel happy if you are able to attain what you desire. You shall also be extremely happy if your dreams come true.

I would have agreed with these statements were it before I met the vibration of Albert. There is no denying that you will feel a momentary joy and satisfaction from these events. However, at the same time, these feelings will also create a desire for more. Since these feelings are momentary and disappear in an instant, they make you want that happiness again, over and over. You may now already see that this momentary happiness will eventually become an agony.

The desire for more is an agony itself. If your wishes come true, your desires expand, and your satisfaction quickly turns into dissatisfaction. If your wishes do not come true, then a feeling of grudge and unhappiness results.

In the feeling of Albert, there are no such thoughts as wanting more and more. That is because there is only joy. There is no need to wish for more because there is only joy. Since it is a world in which all is joy, such thoughts do not come up.

Instead of desiring to feel the vibration of Albert once again, your heart will be completely filled with the feeling, "I am simply happy and joyful to feel the vibration of Albert."

7. The flow of consciousness definitely exists; we exist within this flow.

The flow of consciousness refers to our dimensional transformation. We came to this three-dimensional Earth traveling through time and space. In another three hundred Earth years, we will again pass through time and space. This process is the flow of consciousness.

Although I tell you this, if nothing reaches your heart, your mind will stay at the level of “I wonder if it is true?” Or, at most, “Perhaps, it could possibly be true.”

Since you do not understand it with your heart, I imagine that, in actuality, you will be unable to decide whether or not to believe it, even if you wish you could. At the moment, there is no need for you to force yourself to believe, and you should especially not be influenced by the opinions of people around you who may tell you that it is true.

However, even those who are not sure at the moment whether or not to believe in this, we all exist within the flow of consciousness, so they may still vaguely sense that this might be an opportunity to practice this study.

On the other hand, others may have already started to feel the flow of consciousness in their hearts. In either case, I suggest you simply practice in joy what has been instructed. If you do, you will surely someday find the flow of consciousness. There will definitely come a day when you will feel in your heart that you were the flow itself. I believe that you simply need to continue practicing and trust that it will happen.

As you start to expand your thoughts this way, don't you notice a feeling of joy vibrating through your heart?

8. Religions cannot save people.

We are consciousness. Religions are part of the physical world.

Therefore, the conclusion is simple; religions cannot save people. Religions preach on the heart and seem to know much on the matter, but because it views people as physical beings and places God, Buddha, and the universe as a higher power, they are completely mistaken.

Also, because religions believe in the physical world, they ask for donations, money, etc., and those who give expect something in return. This is a common practice in the physical world.

The world of Albert costs nothing. However, people who believe that the world of Albert is part of the realm of religious practices are unable to comprehend why something would be free, so they tend to think lightly of it.

Even if I explain that Albert and religious practices are two very different things, people do not understand in what way or how fundamentally they are different, so when they think of Albert, they tend to direct their hearts with feelings of "Please help me. Please save me. Please do something."

I have been clear that the world of truth, the world of Albert is one in which you need to save yourself, guide yourself; it is not one in which you can demand, "Please save me, please guide me," or be offered, "Let me save you, let me guide you."

Religions are bound to entirely collapse. Of course, this will not only apply to religions. Things such as medicine and education will likely collapse as well. Places where these are practiced will become

increasingly chaotic. Human phenomena will show what destructive energy comes from the desire to save or guide people. It will become evident that it is humanly impossible to do so.

9. Natural disasters are energy of joy.

This can never be understood unless you can feel the world of vibration in your heart. At the physical level, people will only wonder why natural disaster is joy. Natural disasters that destroy physical joy and happiness are merely feared by mankind and are only seen as negative.

However, if you will expand the feeling of Albert in your heart, you will clearly know that natural disasters are energy of joy. You will sense that natural disasters are Albert, positive energy, and phenomena that must happen within Albert. When we change our foundation of our belief, our perspective of natural disasters completely changes.

Mankind that has existed in ignorance is given one final opportunity for its salvation. What can be more fortunate than having this last opportunity? It can only be said that mankind is truly fortunate to be able to follow the path on which it prepared for itself. There is no other way than natural disasters for us to realize that the world that we created in our own ignorance and egoism was false. The world of vibrations continuously communicates that all existences are joy.

**10. We are joy, everything is joy.
Everything is one with Albert.**

I came to feel in my heart while having a physical body that I am one with Albert. I simply communicate this. I do not have any intention to pride myself or think of myself as exceptional. I am only communicating the reality of the joy and happiness of being one with Albert.

At the same time, my physical self cannot discard all of its thoughts that were derived from having a physical body. That would be impossible to do as long as I have a physical body.

However, being able to feel Albert does not mean this. Feeling Albert means to feel that I don't have a physical body when I think of Albert, that I know that I have an existence that is not my physical being, that this non-physical part of me exists as one with Albert, and that I can believe that this is my real self.

This is the way I feel, and that is all it is, and yet it is a tremendous joy. For consciousness that has waited so long to meet Albert, this is an exceptional event. I am communicating this joy and happiness.

Because we are all one, I can believe with certainty that reaching this encounter will happen to everyone. I believe that my confidence in this belief will become a vibration and reach other consciousnesses.

We are looking forward to the moment when we can rejoice together that we are all joy.