

“Information about today’s special program is provided below.  
For those participating in English, please refer to this.”

I am deeply grateful that we are able to share this moment together.

In our daily lives, we often feel,  
“I am here,”  
“I am doing this by myself.”

But in truth,  
we are not here alone.  
We are supported by seen and unseen beings,  
by countless lives,  
and because of them, we are allowed to live in this very moment.

Today, I would like this to be a time  
not to understand this with our minds,  
but to feel it with our hearts.

---

My personal example

In order for me to join here today,,,,,  
I need my computer

For this computer to be here in front of me,  
there are people who mined the minerals,  
people who created the semiconductors,  
people who transported them,  
and people who made it available for purchase.

For electricity to reach this place,  
there are those who work at power plants,  
those who build and protect the transmission lines,  
and those who maintain the system behind the scenes.

For the internet to connect us,  
there are engineers all around the world  
who created and sustain this system of communication.

This sacred place of prayer exists because  
Master Masahisa Goi brought this prayer to the world,  
Masami Saionji has carried it forward,  
and many people have devoted their lives to transmitting these teachings.  
There are also the members of the board and the staff  
who continue to support and sustain this organization.

And because my family quietly supports me,  
I am able to sit here now.

More than 100,000 lives

When I trace all of this back, one by one,  
even a very modest estimate tells me  
that more than 100,000 lives  
are involved in supporting this single moment.

I am not here by myself.

The work of more than one hundred thousand lives  
is supporting me right now  
so that I can sit here and pray with you.

If we include everyone in this gathering,  
it becomes the work of millions of lives.

When I feel this,  
gratitude naturally arises.

Invitation to the practice

Now I would like to invite you to experience this for yourself.

Please think of one thing  
that you are able to do in your life right now.

It may be something very simple:

You were able to eat breakfast.  
You were able to come here.  
You are able to go to work.  
You have someone you will meet later today.

Anything is fine.

Choose one.

And then,  
write down all the beings and conditions  
that support that one thing.

Seen and unseen.

Not only people, but also  
nature,  
objects,  
time,  
places,  
systems.

Everything.

Writing time

(2–3 minutes in silence)

Please write whatever comes to your heart.

Guided contemplation

Now, gently bring your awareness  
to each one you have written.

Where did it come from?  
How many hands has it passed through?  
How many forms of life  
have been involved for it to be here now?

Feel it quietly.

People in distant countries,  
people whose names you do not know,  
the blessings of nature,  
wisdom passed down through generations—

all of them are supporting you in this moment.

Sending gratitude

To each one, in your heart, say:

Thank you.

Thank you.

Thank you.

## Gratitude to the unseen beings

And now,  
to the guardian spirits and guardian divine beings  
who always protect and guide us,  
to the five spiritual guardians,  
we send our deepest gratitude.

Thank you.  
Thank you.  
Thank you.

---

## Prayer

---

### Contemplation on our life mission

For my life's mission to be fulfilled,  
countless beings are working even now.

I am not living alone.

I am being allowed to live  
by infinite lives.

Simply by being here,  
I am already receiving immeasurable blessings.

---

## Integration

When we send gratitude,  
it is never one-way.

Gratitude creates a great exchange of light,  
and in the unseen dimension  
it generates a powerful resonance.

When each of us awakens to this heart of gratitude,  
the world moves toward harmony.

I offer my deepest gratitude  
for being allowed to live in this very moment.

Thank you very much.