

Question 97

An elderly woman once asked me:

“I am so filled with gratitude, and I pray the Prayer for World Peace. But sometimes I forget to pray. What should I do?”

I have spoken many times about what prayer truly means, but for the sake of this elderly woman, let me explain it once again in a simple way.

She says that although she prays the Prayer for World Peace, sometimes she forgets to do so. But if a person sincerely intends, in the course of everyday life, to offer the Prayer for World Peace, then even at times when they seem to have forgotten to pray, the words of the prayer continue to resonate within their heart.

As I have explained before, the Prayer for World Peace connects us with the great divine light that is continually working for the salvation of humanity.

Once this connection has been made, the great light continues to reach that person. So even if, from time to time, the person forgets the words of the prayer, the prayer itself continues to resonate within their heart.

As I have always said, a human being is not simply an isolated physical individual. Our existence includes not only our divine spirit and individual soul, but also our guardian spirits and guardian divinities.

Every human being lives in this world within this connection—with the guardian divinity, the guardian spirit, and the individual soul. We do not exist merely as separate physical beings. Most people, however, are unaware of this truth. They think of themselves simply as separate, individual existences.

When the heart of prayer arises within a person, whether or not that person is consciously aware of it, it is already a sign that their soul and the divine spirits who protect and guide them are in communion.

Even when a person has no conscious inclination toward prayer, their guardian spirits and guardian divinities continue to protect them.

However, when that person's thoughts are directed only toward the material world and not toward the divine beings who protect them, it becomes difficult for this communion to be consciously realized.

When this vertical connection with the guardian spirits and guardian divinities is out of alignment, it becomes difficult to attain true inner peace, and life remains unsettled.

Even if someone has been blessed with social position or material fortune as a result of good causes created in a previous life, this alone does not open the path to true peace of mind.

In contrast, a person who continues to live a life of prayer—even without social status or material abundance—is gradually walking the path toward inner peace, the path of the Divine.

Above all else, what is most important for a human being is to enter the path of oneness with the divine spirits who protect and guide us.

And I believe that the highest way to do this is through the practice of gratitude expressed in prayer.

Therefore, a person whose heart has turned toward prayer even once or twice is surely closer to the realm of the Divine than someone in whom the heart of prayer has never arisen.

Please understand, however, that when I speak of prayer, I am not referring to the use of mental power to ask for the fulfillment of personal wishes.

The prayer I speak of is the act of allowing the human heart, surrounded by waves of karmic thoughts, to shine naturally as the true self—to let the original vibration of life shine forth just as it is.

I am not speaking of repeatedly asking for something simply because one desire has been replaced by another.

When our true self is allowed to shine as it is, and life can work through us without obstruction, the negative conditions of life—such as illness, poverty, and disharmony—naturally begin to fall away.

Why is this?

Because the true self is itself the dwelling place of the Divine, the activity of life in its original wholeness and perfection.

When the true self is able to work freely and without obstruction, it is only natural that unhappiness and disharmony should gradually disappear.

Therefore, when unhappiness or disharmony arises in our lives, rather than praying only for those particular circumstances to improve, greater happiness comes from seeking the awakening of our true self and our oneness with the Divine.

For this reason, I began to offer the Prayer for World Peace.

It is the most natural kind of prayer—a prayer through which we become one with the heart of the Divine. Within its simple words are brought together the fulfillment of our divine mission and our gratitude to God.

When this prayer is offered even once, it is like switching on a television set: a connection is established with the great light of salvation, and that great light naturally begins to flow into us. Therefore, rather than forcing ourselves to pray, the words of the prayer gradually begin to arise naturally from within our hearts.

Depending on the degree to which the true self is surrounded by waves of karmic thoughts, there may be people for whom the words of prayer do not easily arise.

Even so, there will eventually come moments when they naturally feel moved to pray.

So, in the case of the elderly woman who asked this question—someone who always intends to pray but sometimes forgets—there is absolutely nothing negative about forgetting.

Even while she herself has forgotten to pray, her guardian spirit continues to pray on her behalf.

Every person carries habitual patterns of karmic thought. When these thoughts pull a person away from the Divine, that person may become so closed that they have no desire to pray and may not even wish to listen to spiritual teachings.

Yet the great light of salvation Is working to embrace and save even such people.

How, then, could that great light possibly fail to embrace someone in whose heart even the slightest wish to pray has arisen?

It is through the shining of this great light of divine love that peace for humanity will be realized. And when this prayer is expressed in the words of humanity on Earth, it becomes the Prayer for World Peace.

Know that the Prayer for World Peace is a prayer of oneness between you and the divine spirits who protect and guide you.

And whenever you remember, simply pray.

That is enough.

May Peace Prevail on Earth.

Maki' s reflection after reading this passage

Prayer Is a Return to Our Roots

As I was reading Goi Sensei's words today, an image came to me—the image of a tree.

Imagine that each one of us is a tree.

A tree has many branches and leaves.

And in our lives, too, there are so many things happening.

There is our work, our family, encounters and partings.

There are moments of joy and sadness, success and failure, uncertainty and struggle.

Some days, the wind blows.

Some days, the rain falls.

And some days, we are surrounded by warm sunlight.

Just like the leaves of a tree, our hearts are constantly moving and being touched by everything that happens in our daily lives.

And sometimes, we begin to think that these branches and leaves—everything happening on the surface—are all that we are.

But as I listened to Goi Sensei's words today, I began to feel that perhaps **prayer is a return to our roots.**

From the leaves to the branches.

From the branches to the trunk.

And from the trunk, down into the roots.

We move from everything happening around us, deeper and deeper within ourselves.

And there, perhaps, we come back to what Goi Sensei calls our **true self**—the original vibration of life within us.

And when we return to our roots, we may begin to realize:

I was never alone.

I have always been protected.

I have always been supported.

Our life did not begin with us.

It has been passed down through generations, through our ancestors, all the way to us.

And even when we are unaware of it, our Guardian Spirits and Guardian Deities are protecting us, guiding us, and praying for us.

Just as a tree receives water and nourishment from the earth, we too are being sustained by so much that we cannot see.

Perhaps this is the sense of peace we rediscover when we return to our roots.

And there is something else that I see in this image.

Each tree is different.

Each has grown in a different place.

Each has received different light.

Each has weathered different storms.

Each has its own branches, its own leaves, and its own story.

We human beings are the same.

We come from different countries and cultures.

We have different beliefs and different ways of thinking.

We have lived different stories.

Above the ground, we may appear completely separate.

But when we go deeper, we see that each of our roots is held within the same earth.

Perhaps returning to our true self through prayer is not only a way of returning to ourselves.

Perhaps it is also a way of remembering that **all life is sustained by the same earth.**

And then something beautiful happens.

The deeper our prayer goes within, the wider it begins to reach outward.

Our prayer is no longer only,

“May I be happy.”

It becomes,

“May my family be happy.”

And then,

“May this person be happy.

May that person be happy.

May people I have never met, living far across the world, be happy.”

Until eventually, our prayer becomes:

May Peace Prevail on Earth.

So perhaps prayer moves in two directions.

First, **inward and deeper—**

from the leaves,

to the branches,

to the trunk,

to the roots,
and back to our true self.

And then, from that deepest place, it begins to move **outward and wider**—

toward other people,
toward all living beings,
toward the whole world.

The deeper prayer goes within us, the more widely it can embrace the world.

And this is also the season of Obon in Japan—a time when we remember and honor our ancestors.

So today, I would like to offer my deepest gratitude to all those who came before us and passed this precious life on to us.

And I would also like to offer our gratitude to our Guardian Spirits and Guardian Deities, who are always protecting and guiding us.

There may be days when we forget to pray.

There may be days when the winds of life shake our branches so much that we forget our roots.

And that is okay.

At the end of today's teaching, Goi Sensei tells us:

“Whenever you remember, simply pray. That is enough.”

So whenever we remember, we can return.

Back to our roots.
Back to our true self.
Back to the life that connects and sustains us all.

And today, with gratitude for all that supports us—seen and unseen—let us pray together:

May Peace Prevail on Earth.



Gratitude to Our Guardian Spirits and Guardian Deities

Take a quiet moment to connect with and offer gratitude to our Guardian Spirits and Guardian Deities.

Then, with our whole heart, let us speak the words “May Peace Prevail on Earth” and enter into a time of prayer.

The Divine Spark IN

News from Goi Group

Today, August 8th, something very special is happening around the world.

People and communities across the globe are coming together for the **Global Peace Activation** — connecting through prayer, meditation, music, creativity, and a shared intention for peace. <https://globalpeaceactivation.org/>

As part of this global gathering, **Yumi's music video is also being shared**, carrying a prayer for peace through music. https://www.youtube.com/watch?v=kqK0m_GRta8

I would love to invite all of you to be part of this movement in your own way.

Please watch Yumi's music video, and if its message resonates with you, **subscribe to her YouTube channel**. By subscribing, you can stay connected with the prayers and music she continues to share — and help this message of peace reach more people around the world.

To subscribe, simply open the YouTube video and click the **“Subscribe” button** below the video. If you are watching on your phone, you will find the Subscribe button just below the video or next to the channel name.

And if you feel inspired, please share the video with someone you love.

One song.

One prayer.

One person sharing it with another.

Perhaps this is how peace begins to travel.

May Peace Prevail on Earth.