

# Living in an Era of Consciousness Transformation

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## *An Era of Consciousness Transformation*

What kind of future is humanity facing at present? Is each individual living with a sense of purpose and responsibility, their hearts overflowing with bright hopes and aspirations? With the start of the 21st century, humanity has plunged into an era of consciousness transformation. Yet, for the most part, although some vague hopes may linger within them, the majority of people are still living in fear, uneasiness, and confusion.

In the year 2003, thanks to the invisible efforts of peace-minded people, the earth was able to achieve a large-scale dimensional elevation. Since then, more and more individuals have begun to free themselves from their dependency on such things as nationality, ethnicity, government, religion, spiritual mentors, and people holding authority. They have started to perceive the need for establishing the power and worth of their individual existence. Each individual has been learning to exert their inherent freedom to make choices, and their consciousness is gradually moving from their previous, restricted mindset toward a more fluid way of living. The time is ripe, and people's hopes are starting to come into view.

Through the changing consciousness of each individual human being, the world will certainly change. People will become aware that an infinite creative power lies hidden within their consciousness. The time will come when everyone will know that this creative power is even more powerful than the supernatural power of prophets.

In fact, humanity has overturned many major prophecies of the past, and this testifies to the magnificence of our incredible creative power. Through the outpouring of their souls, their intense desire for peace, and their steadfast prayers for peace, the consciousness of a small number of peace-minded people overturned a number of dark prophecies and caused a new future to take shape. Surely, the time will come when everyone, without exception, will clearly realize that they can indeed construct the future they desire through their own creative power.

## *The Effects of an Off-Target Consciousness*

Humanity is on the verge of a turning point—a moment of dawning when the ultimate truth will roar like thunder upon all humanity. This reverberation of ultimate truth will surely shake humanity's sleeping souls, waking us from our sleep. This is what our souls have been eagerly waiting for, through long cycles of existence starting before we

were born in this world. The instant these vibrations reach our ears, people will receive a strong shock; their bodies will tremble, their souls will overflow with delight, they will awaken to truth, and will instantly experience a transformation in their lives.

Up to this day, humanity has longed for peace and happiness, yet what we have received is war, conflict, antagonism, discrimination, poverty, famine, and misfortune. How can this be? It is because our thoughts, words, and actions have not been in keeping with our innermost wishes. The things we thought, said, and did were off-target. They were not rooted in our intrinsic divine nature. And so, while hoping for peace and happiness, we human beings continued to blame, criticize, insult, and fight with one another.

Despite our hopes, every time we wished for success we were secretly dreading failure. This, in turn, only strengthened our belief in failure and caused failure to appear. The same can be said about our actions. While feigning acts of love, in reality we restricted others and tried to possess and control them. What we received in return was antagonism, resentment, and betrayal. We did not clearly understand that true love is never possessive; it must be selfless and unconditional.

### *Words Are a Sacred Energy*

We human beings must always endeavor to speak true words, filled with consideration and good humor. If we are always consciously striving to do this, divine wisdom will pour forth from our inner self.

Sacred words are sources of infinite supply. Sacred words are filled with infinite love, light, forgiveness, and energy. They are projections of the infinite creative power of the universal divine mind. If we always continue speaking sacred words, the realities that surround us will reflect those words perfectly. All human beings, no matter who they are, can attain true peace, happiness, and harmony when they encounter this truth, understand it, and put it into practice.

Humanity can never be considered separate from the universal divine mind, the source of our infinite creativity. The instant we try to separate ourselves from the universal divine mind, we fall into the illusion of dualism – the idea that everything is made up of two conflicting forces. This mistaken idea engenders confrontational situations such as war, strife, and disorder. The moment we regard ourselves as existing separately from the universal divine mind, discord and misfortune begin to germinate.

However, knowing about our divine truth with the intellect alone is useless. We need to be aware, at all times, of the infinite divine qualities within us, and endeavor to manifest them. Once we are able to sense the limitless divine resources within us, our uneasiness and fear will vanish, and instead, we will be overflowing with courage and self-

confidence. The divine light within us illuminates our path, shows us the road we must walk on, and leads to a brilliant future. Indeed, our mind is the creator itself!

### *Growth of the Spirit and Soul*

A great many human misfortunes arise from the mistaken idea that the 'self' is limited to our corporeal existence, and from the self-constraints that grow out of this misconception. A physical being is born, lives, grows, goes through various experiences, ages, and dies – many people firmly believe that this is all there is to a human life. However, if this were the essence of human life, our lives would have no meaning. The essence of human life resides not in the physical body but in its interior, namely, the spirit and soul. Even if you have obtained everything you desired in the material world, if you have not experienced the joys of spiritual growth, your inner self always feels empty, with no sense of satisfaction.

We human beings always seem to pursue things that we believe to be lacking in our lives. We are always scrambling for what we have not yet acquired. However, this way of life can never satisfy us, because there is no limit to such cravings.

Wealth, power, status, honor, and reputation constantly enchant us, but it is not these things themselves that are binding our hearts and minds. It is our greed for these things that binds us. If we do not crave them, neither money, nor status, nor reputation can bind us, because those things have no power of their own. What confers such immense power upon money, goods, status, and reputation is the emotional energy of our human cravings. Even now, our insatiable cravings continue to empower such meaningless things.

If each one of us were to open our eyes to our essential truth, and strive to live in accordance with it, we would certainly turn our gaze to a world without shape, a world that cannot be seen – our internal world – and we would focus our consciousness on it. We would feel a longing for spirituality and divinity, a desire for spiritual awakening. This is the ultimate longing of the soul. Continuing to shine light upon our spirituality and divinity is, I believe, the mission of humanity in the 21st century.

When the cravings of each individual stop being directed only to external matters such as money, status, influence, and reputation, and when each person stops pouring their energy into those aims alone, the strength of those things will rapidly diminish. At that time, when people turn their eyes to their awesome spirituality and divinity, those values will start to shine. The dreams and hopes of humanity will shift from material attainments to spiritual ones, and the splendor of the spirit will become humanity's main current.

At the same time, humanity will awaken to the reality that our true nature is light alone. The light emitting from each individual will illuminate the earth, the future of humanity, and the peace of the world. When each of us realizes this, we will naturally begin to feel respect for our own lives, and this feeling of respect will extend to all living things. We will understand that even if our world or our society perishes, our lives will continue. We will know that even if the body is not free, the mind is perfectly free. Even when our corporeal existence passes away, our souls live on forever.

### *Returning to Our Roots*

A large number of us still believe that our political and religious leaders will liberate us and bring us happiness. We also expect that someone else will love, revere, and admire us. However, for as long as we continue to believe that such things are given to us from the outside, we will never be able to resolve anything by ourselves or take responsibility for our own way of living.

When will we awaken to our own power? When will we discover our own inherent capabilities? When will we become conscious of our own sovereign authority? When will we become truly independent? For all human beings, the time will surely come when we acknowledge and affirm our own divine nature. When we do, we will have taken our first step toward world peace.

Many of us cannot easily become independent because we are afraid of being alone. Frightened at the thought of solitude, we cannot help clinging to and depending on others. We do this because we simply do not recognize our own strength. We overlook the resilience of our spirit, and seek strength from external sources. In this way, we have been chiseling away at our own sublime divinity – even if, superficially, we may have been loudly proclaiming our own worth!

In our original nature, each of us can live on our own power. If we can believe this, a great, vast world filled with limitless possibilities will open up for us. Deep within our consciousness, each of us retains a memory of this wonderful, original self. I would like to urge everyone to make steadfast efforts to draw out this memory by praising and honoring ourselves, and making the most of each moment we live. As we re-enliven this ancient divine memory, and continue to develop our inner, limitless resources, the diverse problems that face us will be reduced to their proper perspective and more important issues will start to make themselves felt: *I exist now, at this time and place. Why? Where am I headed? What is the purpose of my life?* This inner voice that seeks truth is what matters most.

As you continue to seek truth, all at once an ultimate presence – a light – will grow larger and larger and come toward you, and all your questions will be resolved. Surpassing everything else, truth will come alive in your brain, giving you the answers

to everything. You will discover your original, divine self, draw closer and closer to it, and at last manifest divinity itself.

Everything is truly simple when you return to the roots. Awakening to the pure consciousness within is your own realization, your own light. When you encounter this ultimate truth, you know that there is nothing that is separate from you – nothing that attacks you or brings you suffering from the outside.

When your consciousness and your thoughts are always focused on the truth of your divinity, essentially there should be no cause for misfortune at all. All humanity – each and every one of us – possesses the key to truth. Each of us carries this inner light. However, until now, we have made little or no effort to use this key. We have failed to illuminate what is essential and have instead continued to cover it up. Now, it is time to open the door to truth with the key that we have in our hand, and to emanate truth through our inner light.

### ***What Causes Happiness and Unhappiness?***

People who think they are unhappy are unhappy. People who think they are suffering are suffering. People who think they are constricted are constricted. People who think they are free are free. In this manner, people become what they think they are. They become just what they have been thinking, over and over again. This is truth. There is no pre-existing cause of misfortune. Constantly worrying about misfortune is the very thing that attracts misfortune.

*I am unhappy because I don't have much money; I am unhappy because I have an untreatable illness; I am unhappy because I am alone; I am unhappy because I have not been able to attain success and prosperity; I am unhappy because I am not talented; I am unhappy because I am not good looking...* There is no end to the list of humanity's dissatisfactions. People are unhappy if they have too little money, or more money than they need. They are unhappy if life seems too short, or if they have lived longer than they wanted to. Even if they have good health, even if they are surrounded by family and friends, even if they have acquired success and prosperity, those who think they are unhappy are unhappy. We may see people who are enjoying success, prosperity, talent, and all sorts of things, and think that they must be happy, but it is not always the case. If they think they are unhappy, they are unhappy.

Conversely, we may see people who have none of these attainments, and assume that they must be unhappy, but this may not be so. If those people believe they are happy, they are indeed happy.

In the original sense, there is no seed that engenders misfortune. At the root of our existence, all human beings are equal. Everything is determined by how we think about

ourselves. This is because, in accordance with the law of truth, everything becomes just as we think it is. Day by day, what we think of, what we believe in, what we worry about, what we fear, what concerns us, what we hesitate and anguish over, what we grumble about – all these things determine our happiness or unhappiness. Those who think of themselves as unhappy are invariably those who surround themselves with dark, cheerless thoughts.

On the other hand, those who have taken notice of their ultimate truth find joy in almost everything. They are grateful for any kind of circumstance, cherish their own hopes, and live with a sense of purpose, no matter how difficult their lives might appear to be. They continually think about what they can do for others, what they should strive for, and what they should learn. Because divine truth is always glowing blissfully within them, they never think of themselves as unhappy, no matter what the circumstances. They are not even able to think that way. All they think is: *Everything will definitely get better! This is a process that brings me closer to my divinity. Everything is sure to get better and better and better!*

To make this happen, they continue day by day to pray for world peace, express gratitude to the earth and the environment, and steadily practice light-filled thinking. As a result, things rapidly improve for them, and whatever they think, say, and do is manifested in the world around them.

If, on the other hand, we continue to believe in dark, defeatist ideas, it becomes very difficult for us to improve our lives. Even if family members, friends, acquaintances, and enlightened people step in to solve our problems for us, those solutions cannot last long unless we change our own way of thinking.

Changing our way of thinking is what changes our life. Everything starts with ourselves. The sooner we recognize this truth and live by it, the sooner our lives will take a turn for the better.

### ***Becoming Perfect Bright Thinkers***

We must release ourselves entirely from all the negative words, thoughts, and actions that darken our future and restrict our freedom. Our thoughts construct our life, guide our destiny, and create the world we live in. We need to become conscious of this as soon as we can, for the sake of ourselves, our societies, and the planet Earth.

In order to free ourselves from our misery, anguish, and restraints, the only thing we need to do is to change our thinking. That alone is enough. We only need to turn our eyes and divert our mind from negative viewpoints, thoughts, and actions, and practice a way of life based on truth. In so doing, our perspective, our way of thinking, our perceptions, and our actions will change.

It might seem difficult to suddenly change stubborn old thought-habits, but if we make steady, daily efforts, we can certainly change them, step by step. It all depends on how deeply we understand and believe in the principle at work. At first, we might not believe in it one hundred percent. We might believe in it partly, but doubts might still linger in our minds. However, as we continue to practice bright thinking, our doubts will diminish and our belief will gain strength. And before we know it, we will have become perfect bright thinkers!

What is great about this practice is that is that we remain unshaken, no matter what happens to us. We recognize that all that occurs is the result of our past thoughts and actions, appearing now in the process of vanishing away. And as they vanish, everything is sure to get better.

*May peace prevail on Earth.*

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