

On *Tôitsu*

Question: I believe that improving and deepening our *tôitsu* (oneness) meditation practice can bring about benefits on both the spiritual and physical plane. Can you please explain how we can improve our *tôitsu* technique in the shortest time possible?

To put it succinctly, the thing to do is to guide your thoughts in a direction where you can naturally and genuinely think of God, and believe that everything is a manifestation of God's love. But then the question becomes: how do we do this?

First, let me explain how trustfully thinking of God and believing in God's love are related to *tôitsu* meditation. *Tôitsu* is about integrating all our karmic and various thoughts. By 'integrating,' I mean harmonizing them into one mind.

This one mind is our true mind, or true self. During *tôitsu*, all our various kinds of thoughts are brought together within our true mind. And since our true mind is the divine mind itself, when we trustfully think of God and believe in God's love, we become one with our true self and with God. Within the divine mind—our true mind—there exist no negative thoughts at all. The reason why is that God is perfect harmony, great wisdom, and great love, so within God's mind, there can be no wickedness, misfortune, or any other kind of negativity.

When we unify all our thoughts within this large-scale wisdom, love and power, through this unification, and through the wisdom and ability that are born from it, our future will naturally improve, and we will naturally attain spiritual peace and awakening.

How do we sincerely believe in God's love and direct our thoughts to the divine mind? The most important thing is to continue making steady efforts from day to day. It is fine to keep calling out to God in your mind, but I think it is easier to turn your thoughts to God through a prayer that your mind readily accepts, such as the prayer for world peace.

Rather than practicing some special meditation technique, making prayer for world peace the basis of your daily life is an easier way to keep extraneous thoughts from popping up in your mind—or, if they do arise, to let them quickly vanish. This way of living is exactly the same as practicing *tôitsu*.

In addition, I think it is also fine to sit for a period of time, in whatever manner you prefer, and practice *tôitsu* by focusing your thoughts on prayer for world peace. Praying for world peace does not require any difficult technique or formality. You can simply sit as you please, comfortably, without stress or strain, and fling all your thoughts into your words of prayer. As you do this, the most important thing is not to try and erase, by means of your own thinking, any extraneous thoughts that may arise. Don't chase after any such thoughts or strain to get rid of them. Whatever thoughts may arise, if you let them go, they will disappear without fail. Not straining yourself is the most essential attitude during *tôitsu*.

As human beings, we are originally children of God—that is our true self. So, when the karmic thoughts that obstruct your true self have faded away and disappeared, your inner child of God is certain to manifest, and you will become a wonderful human being. Whatever karmic thoughts may arise, do not fight against them. Rather, immerse yourself wholeheartedly in your true mind—in the vibration of prayer for world peace.

When you attend the prayer and meditation gatherings that I lead, you do not need to pay attention to any complicated questions. You can simply immerse yourself in the vibrations of my hand clapping. This *tôitsu* is such a simple and easy practice that no words need get in the way. There is no need for you to think about how you can improve or deepen it. Just by attending my gatherings* as often as you can, you will soon come to naturally experience a deeper state of *tôitsu*.

In my *tôitsu* gatherings it is not necessary to try and attain a state of oneness with your own power, or the power of your physical consciousness. Rather, what is important is to entrust everything to your prayers for world peace and to the vibrations of my hand clapping. So, the most important thing is to approach it with an open, unaffected mind.

No matter where or how you are practicing, your *tôitsu* practice is never something that you do with your own individual power alone. You are always assisted by your guardian divinities and guardian spirits. Or rather, I should say that it is your guardian divinities and spirits who guide you into a state of oneness. Therefore, the first thing you need to do in your *tôitsu* practice is to ask for the guidance and protection of your guardian divinities and spirits. The prayer for world peace, which expresses love for humanity in a way that everyone can clearly understand, is also an expression of gratitude to your guardian divinities and guardian spirits, and it is a prayer for the accomplishment of your own heavenly mission. In this way, simply praying for world peace naturally has the same effect as practicing *tôitsu* meditation.

As I stated earlier, *tôitsu* does not only mean sitting in meditation. It is possible go about your daily affairs with a state of mind that is no different from *tôitsu*, and that is why I urge you to lead your life on the basis of prayer for world peace.

Note:

* Since Goi Sensei has passed away physically, what we can do is to listen to his meditation tapes, or pray with other people, while imagining that Goi Sensei is standing in front of us. Tapes can be obtained from Byakko Shinko Kai for a fee. For details, please contact Byakko Shinko Kai (www.byakko.org).

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