

Spiritual Life



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Healing your self



Spiritual Message

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When one is living in this world, one sometimes finds himself/herself at a loss, being in the midst of pain and suffering.

At such times, one is confused and is unable to receive benign messages from the world that cannot be seen. At such times, I hope that you will read this to comfort and heal your heart.

In this life, there is no one who does not have any suffering.

It is not just you that suffers.

Even people who appear to have no problems whatsoever, people who look happy, they all have problems.

All sufferings, in truth, are good and are necessary for development of our souls and for spiritual evolution.

Therefore, let's accept them with gratitude and undertake spiritual learning at such times.

In fact, sufferings in our lives last only but a brief moment.

If one overcomes his/her sufferings, happiness that is double, ten fold, awaits in the Spiritual world,.

Do not regret about the past endlessly; and do not think too much or worry needlessly with things that may or may not happen in the future.

From here onwards, all you need to have is an attitude of "wanting to be of help to others".

Let's do away with our pride and live a new life.

It really does not matter what other people think of you and how they judge you.

Our hearts cannot be truly fulfilled by material things that are of this world.

Once we attain true Happiness, such worldly happiness that is only relevant to this world totally pales in comparison.

What we can take to the Spiritual world is just the purity of our souls.

Your Guardian Spirit is always with you. Your Guardian Spirit will guide you to the best direction possible.

In order for you to be able to attain true happiness, your Guardian Spirit continues endlessly to polish your heart and to love you. You are never alone.

Therefore, it is for you to "live" - live with the absolute certainty that you can entrust your Guardian Spirit.

In your interest, the path that is for the highest good will open up for you.

In this life it can sometimes be extremely difficult to understand the significance of sufferings.

All you can do is to see them as hardships and unpleasant things.

However, once you are in the Spiritual world you will understand that a life in this world without any sufferings is devoid of any meaning.

For anyone who wishes to lead a spiritual life, the evolution of the soul can only take place when one can surmount his/her sufferings.

Developing a Spiritual Way of Life

If you genuinely open yourself to a spiritual way of life,
you are likely to ask your Guardian Spirit about some of these things below.
To "live spiritually" is not so simple.
However, by wishing to lead such a life,
you will begin to take steps toward a truly marvelous world.

**I wish for development of my heart that is
harmonious with the divine truth. Therefore,
please help me along the way.*

**I wish for strength that would let me to endure
all the sufferings so that my soul can develop.*

**I wish for my weak and feeble heart to be strengthened.*

**I wish that deeper love will dwell in my heart.*

**I wish that those around me will find happiness as soon as
they can through accepting the divine truth.*

**Let me come across those whose time has come
for a spiritual awakening.*

**Let me be of greater service to others.*

(c)Kazuko