

The Power of Our Sacred Consciousness

by Masami Saionji

*adapted from a speech delivered at the Dharmasuya Mahayaga
held in Palakkad, India in February, 2014*

For many long years, people on earth have been living with poverty, discrimination, and warfare, and this history has continued until today. Many spiritual leaders, peace-loving organizations, and governments have made efforts to curb warfare and disaster, yet these have continued, just the same. Why? It's because these kinds of large-scale changes must spring not just from a few special people, but from each and every individual human being.

Now, it is time for each individual to recognize their own original power, the power of their inner, sacred consciousness. Since ages past, we have been belittling ourselves, and placing our trust in others. We thought that, in order to be valid, all the answers had to come from outside ourselves: from scientists, from governments, from religious leaders, from doctors, lawyers, and experts in various fields. Yet where has this approach brought us? Has it restored peace to the environment, and happiness to each human heart?

The answer to this question is *No!* Why is this? It is because the world's problems are neither caused nor perpetuated by a few groups and individuals. They arise from the materialistic consciousness of all human beings. Because each individual person keeps thinking of himself or herself as a material being, everyone continues to set their sights on more and more material possessions. This creates a belief in scarcity, and in the difficulty of attaining what we want. Materialistic feelings of frustration and greed, separation, fear, and inadequacy—these are what created the human notion of 'impossible.'

Originally, when human life first came into being, there was no such thing as 'impossible.' 'Impossibility' is a fallacy dreamed up by a confused, materialistic consciousness. 'Impossible' is something people say when they feel fearful, and have given up on creating a happy future.

What people call 'impossible' is not a dead end. It is nothing more than a transit point that we have to pass through before we can continue toward our destination. Saying the word 'impossible' is simply making an excuse for not taking one step forward. When people say 'I can't,' or 'It's impossible,' what they really mean is 'I don't want to try. I don't want to make the effort. I'll take the easy way out by giving up right now.'

'Impossible' is not a reality. It is a prejudice. It is an empty word, created by the materialistic consciousness of large numbers of people. In our intrinsic sacred consciousness, it has no existence at all.

The walls between us and our inner, infinite potential are created by our own daily thoughts and emotions, especially the thought, 'I can't!' 'I can't because I am poor. I can't because I have too little education. I can't because I have lost my home and possessions. I can't because I am not rich or famous.'

Because they are unaware of the amazing power of their intrinsic, sacred consciousness, people restrict themselves with dark, negative words like these. When words like these pass through our minds, we need to firmly reject them.

'It's too hard!...It's impossible!...You don't have the ability to do a thing like that...You are not good enough...You are too stupid...You are too weak.' Each time you are faced with words like these, banish them from your mind and keep saying to yourself, 'I can do this! My sacred consciousness knows how! I can find a way! I will definitely find a way!'

Most of us are carrying a lot of negative thought-habits with us, habits that we created with a materialistic consciousness. Are we going to continue this way forever, letting ourselves be controlled by past habits without even noticing what is happening? Now it is time for us to take control of our habits. It is time for us to be aware of all the words we speak, and take responsibility for them.

Stop and take a look at the words you are speaking and thinking each day, from moment to moment. Those words are creating the circumstances that surround you. When you change those words into positive, hope-filled ones, the world around you will change.

When you keep thinking 'I can do this!' it turns into a new habit. The more you think it and say it, the stronger the new habit becomes. It is not so difficult. Just start doing it, one word at a time. As you continue, before you know it, bright words will start to come easily. They will just come out naturally. Before you know it, you will become someone who is perfectly in tune with your unlimited, sacred consciousness!

It is not so difficult to develop our universal, sacred consciousness. We just have to take correct control of our habits by using only bright, shining words. We just have to transform negative habits into positive ones. We just have to try, without giving up. We just have to believe that we can do it.

Sacred consciousness is not something that resides far away, on some distant plane. It is always close at hand, hoping and waiting for its chance to burst forth and reveal itself. Our sacred consciousness urgently wants to come up to the surface and take action.

Once we know about the incredible power of our words, we can definitely find a way to exert our sacred consciousness.

Since ancient times, Japanese people have believed in the creative power of words. We call this power *kotodama*. It means that words are alive, and words have the power to create.

Words attract people. Words motivate people. Words contain miraculous powers.

Words have the power to influence, and words are infectious. Words also have sharp edges. Words can bring either good fortune or bad. Every person on earth, without exception, is able to choose words and use words at will.

Words can enliven and words can also kill. Words can give hope, or plunge us into despair. People use words to build peace, and they use words to make war. The words we choose and the words we speak have the power to create a world beyond our imagination.

Words are life. Words are energy. Words are power. Words are light. Words are truth.

We believe in the power of words. Words can create walls between cultures, religions, and nations—and words can also build bridges!

The lives of an individual, a family, a community, a country, the world, and our planet are led to good or evil by the power of the words that we choose and speak.

The words we speak are responsible for everything that happens in this world. We must therefore be responsible for the words we speak.

I believe that all of you are already using many good words in the recitations and affirmations that you are practicing each day, and I feel sure that these words are making a difference in the future of humanity and the earth. Now, I would like to take the opportunity to tell you about some words that I and others like me have been using: *May Peace Prevail on Earth*.

These words, *May Peace Prevail on Earth*, include ourselves and those we love, and also those we hate: criminals, and even terrorists. They embrace all living things on Earth—animals, plants, minerals, water, air, and mother earth. When we think, *May Peace Prevail on Earth*, all those people are embraced by these deep and vast words of love, even though we may not be thinking about them directly. All the people who are unloved, all the people who are unforgiven, all the innocent children, all the tiny organisms whom no one sees or prays for, are included. And so, if you like these words, I invite you to add them to the end of your own favorite recitations and affirmations, and say them to yourself whenever you like.

Now, I would like to invite all of you to join with me in repeating the words *May Peace Prevail on Earth* three times together:

May Peace Prevail on Earth
May Peace Prevail on Earth
May Peace Prevail on Earth

Thank you very much!

Prepared for distribution on ByakkoPress.ne.jp