

*You Are  
the Universe*



Taking  
Responsibility  
for Our Lives



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Looking at the current world situation, we sense that never before have there been times as chaotic as these. We see civil wars, armed conflicts, terrorism, starvation, accidents and catastrophes. All over the world, *karma*<sup>1</sup> is erupting and sounding an alarm to the human race. And behind it all, the insidious energy of religious and ethnic hostility continues to twist and swirl in intricate patterns, sometimes rising to the surface and sometimes staying hidden from view.

Meanwhile, the vast majority of us keep trying to block these circumstances out of our minds, as if what is happening had nothing to do with our lives now. For a moment, of course, the emerging conflicts and miseries cause us to shudder, and we wish we could shield our eyes from it all. But that feeling quickly degenerates into a stereotyped reaction, and a great many of us, though we do feel sorry for those directly involved, see no connection between those miseries

and our own way of living. The only things that really hold our interest are our own personal concerns: our families, our jobs, and our personal aims and wishes.

In reality, though, can the matter be swept aside so easily? Are conflicts in other regions totally unrelated to our own present lives? I do not believe that they are. It looks very much as if the era is finally drawing near when each individual must seriously come to grips with his or her own personal way of living. If each of us continues to live just as we have been, the Earth will not survive.

Virtually everyone in the world is weak and unstable. The great majority of people are living without really recognizing what it is that they deeply and truly believe in. How is it that people today have managed to somehow get by in this chaotic world, even if our lifestyles are less than ideal? It is because, at some point or other, we have all depended on others.

Because each of us feels so insecure, the mere fact of having our family or friends at our side seems to lighten the burden we feel in having to face life alone. If we just immerse ourselves in our closely-knit family or circle of friends and nestle together, we feel that no need will arise for us to earnestly tackle the question: *What is the purpose of my life?*—a question which lies deeply embedded in our hearts and arises from time to time to reprimand us. Yet as we continue to divert our attention from this question, sooner or later it fades from our minds. And as long as we are never alone, and always have someone at our side, we can enjoy a false sense

of reprieve from that oppressive question. So, we continue to make every effort not to be left on our own.

Living as part of a crowd has become a habit. It covers up the need to deeply reflect on our state of mind and to scrutinize our innermost heart. Choosing instead to fill our lives with the sharing of joys, sorrows, and hardships proves to be far more reassuring.

Rather than deeply pondering our lives and constructing our futures creatively, most of us prefer things the other way round. We like to base our actions on what we see around us, never departing from our fixed pattern. We adjust our way of life to what others say and do.

It is, of course, wonderful to move forward and elevate ourselves by supporting each other and joining hands together. However, before humanity can truly join closely together, each individual must build a firm sense of his or her essential purpose in this world.

The weakest point in human beings' thinking is the notion that we can develop our own lives while at the same time relying on others, humoring others, and courting the favor of others. This thought is what keeps us forever unable to draw out our own true personalities and beliefs.

As a result, we feel too insecure to move ahead with our lives on our own. When something comes up, we are unable to solve the problem by ourselves. We keep our eyes on those around us, and by mimicking what others think or do, we end up repeating the same patterns again and again. This somehow makes us feel secure. If things do not work out

well, we content ourselves with the thought that similar woes are shared by others. This provides a sense of relief, and we question the matter no further.

Who am I? What am I living for? Questions like these, which pertain to the way a human being is meant to live, must be asked by each and every one of us. Yet, when we run into these questions, most of us just look around and notice that no one else seems to be tackling the problem in earnest. And so, although the problem continues to trouble us, we end up suppressing it. Affecting an air of composure, we glance around us, assume a pleased expression and a happy-go-lucky attitude, and this makes us feel reassured.

### *Taking the Easy Way Out*

The long and the short of it is that we human beings do not feel confident enough to make our own decisions—even about our own personal matters. A superficial glance might give us the illusion that we are reaching all our decisions on our own, but it is not so. Rather, we continually rely on the guidance, advice, and orders that are forthcoming from those around us. For almost everyone, making no decisions on our own is by far the easiest way to live. All we have to do is simply comply with the directives given by others—wives, husbands, friends, teachers, society, and so on. Taking our cues from others has become the most basic pattern for conducting life in today's world. And it is precisely because people have lived according to

the will of others that an orderly society has emerged.

Living in obedience to this system is a very deeply rooted custom, not easily overturned by the power of one individual. Even when having to take orders gives rise to discontent and resentment, it still remains distinctly easier than having to make one's decisions for oneself. As a result, we see people everywhere leading a life of conformity. And since everyone else is living that way, it seems only natural to each of us that we should do the same.

Yet, absolute authority over others has never been ordained to anyone by God. Nor is there a divine dictate as to how we are to live our lives. All such systems are of human making. Religious and educational systems, ethics, laws, and penalties—all these have been created by humanity. The thought has taken root in our minds that these systems have a power exceeding that of an individual. Yet in reality, humanity has no need at all to adjust to any system, much less obey it.

At present, the intrinsic personality of each individual has not yet been fully brought out, nor do we have an understanding of our essential purpose in life. Such being the case, it is no wonder that we find it far simpler to subordinate ourselves to an outside power, and take orders from others, than to seriously consider our own duties and responsibilities as an individual. In opting for the easy way, we do not have to tax our brain pondering difficult philosophies. We do not have to assess our personal life with regard to spiritual principles. All we have to do is be attentive to the expectations of

the people around us, and behave just as they do. In following this route, no mistakes are made and no problems arise.

I think we could say that the reason why nations have established themselves in the form that we see today, and are able to carry out their practices and policies, is that all of us have been following orders and living in compliance with the will of others. I think we could say that the reason why despotism still reigns in many parts of the world is that individuals have not awakened to their inner truth, and do not clearly discern what it is that they truly believe in. Even if some may have identified their true beliefs, most of these people are still behaving timidly and lack the courage to convert their beliefs into action.

If we could go to the roots of wars, ethnic and religious conflicts, disease, starvation, and so on, I think we would find that the cause lies with each individual person. From now on, if each of us does not hold firmly to the beliefs that rise from the innermost depths of our being, there is a great danger that our ability to distinguish bad from good may become utterly lost.

### *The Pitfall of Obedience*

For example, if we look back on the days of the Second World War and the genocide of the Jewish people, what we come face to face with is the mentality of each individual human being. The killings that took place could not possibly have been perpetrated through the absolute power of

a handful of people. One look at the scale of what happened should make it clear that many thousands participated in it, or were somehow involved. There were those who caught and arrested each person; there were those who prosecuted them, guarded them, confirmed their gender and age, sent them into the gas chambers, switched on the gas, disposed of the corpses, and so on. There were a great, great many people who took part in it, all in the name of obedience.

Yet this does not mean that all those who participated were unparalleled in their cruelty and cold-bloodedness. They were not. In terms of their individual lifestyles, most were considerate, affectionate, reasonable people who would never entertain thoughts of killing others. They were circumspect, law-abiding citizens. However, when it came to state orders, or orders from their superiors, those modest citizens were transformed in an instant. In the name of obedience, they began behaving in a way that defies the imagination. When ordered to kill their fellow human beings, they firmly believed that it was their duty to do so.

If people are ordered to commit acts that go against their conscience, they face the ethical responsibility of deciding, as individuals, whether or not to obey those orders. Yet when such a situation arises, many find themselves unable to accept this responsibility, and they cannot make the crucial decision on their own. And so, hiding behind the excuse of obedience, they drive the voice of their conscience into the recesses of their hearts. Then they make various excuses to themselves, justifying their inability to stand up to authority.

Many find that obeying orders gives them such a sense of purpose that it overshadows any other feelings—whether defiance, or reluctance, or love, or shame. This is the stance taken by a majority of human beings. They are not wicked, nor are they cruel or immoral. Just like you and me, they are people richly endowed with common sense. They are people who shed real blood and weep real tears—civic-minded, well-intentioned people. Personally, they do not feel that what they are doing is actually good, but they steadfastly believe it is their duty to follow the orders given to them.

In thinking this way, they are firmly convinced that the actions they take under orders are not their own responsibility. Even if they have killed thousands or tens of thousands of innocent people, it does not occur to them that their actions are their own responsibility. What a formidable thought that is! They have killed, yet they think that they have not sinned. They believe that the sin belongs to another, that the responsibility lies with those who issued the order to kill. Again and again, they try to vindicate themselves by explaining that they had no choice in the matter, that they were acting against their own wishes, under the orders received. This loss of a personal sense of responsibility, under the guise of obedience to absolute authority, is the most dangerous pitfall that threatens the future of human beings.

Nowadays, too, mass killings are taking place all over the world in the name of the nation, or the ethnic group, or the religion. This is not someone else's concern. Without a

doubt, the time will come when each of us will face a similar situation.

### *To Steadily Face Our Own Life*

If you or I were left completely alone, would we be able to look straight into our life and face it without fear, calmly grasping the reality of it? Suppose that, due to an earthquake, for example, you were locked in an elevator and left on your own for hours or even days. What would you do? Suppose that you were left utterly alone in complete darkness, with not a soul around to answer your cries. What would you do? Or, suppose that you were left completely alone on an isolated island and were obliged to go on living there. What would you do? Would you fall prey to fear, or would you calmly seek your way from within?

Up to now, the great majority of us have been totally uninterested in this kind of question. We have thought that such situations are quite unusual, and happen only to certain unlucky people—never to us.

But is that correct? Is there no need to reflect upon such a possibility? Up to now, someone has always been near at hand. Even a person who lives alone can normally find someone else nearby. For almost all of us, facing life completely on our own is out of the question. And until now, humanity has been able to survive fairly well with this way of thinking. However, we can conceive of a very different kind of world—a world that is gradually taking shape and is starting to

emerge even now. If human beings do not soon learn how to truly face themselves, they might easily become lost in that world.

In the new world that is taking shape, everything will move with tremendous velocity. All travel—by land, air, or sea—will enter an era of super-speed. In all fields, computers and machinery will take over the work of human beings. Surrounded by an intricate network of information media, the individual will no longer have to distinguish good from bad with his or her own thought processes.

More and more, each person will be of the same mold. Those who give serious thought to various matters will be nowhere to be found. All around us, everyone will be fed the same, one-sided information, and the whole of society will express exactly the same reaction to it. There will be no point at all in expressing personal ideas or opinions. Radio, television, and newspapers will inundate all citizens with identical thoughts and information, and individuals will cease airing their differing reactions to it.

Top-ranking commentators will present their comments; scientists will offer their criticism; educators will give direction; religious leaders will provide guidance. All answers will convey the same point of view. The process of reaching a conclusion after deeply pondering a question will be eliminated. Only the conclusion will be offered. All that we human beings will have to do is to act in accordance with the information provided.

All fields will become more and more specialized, and

since suitable experts will supply us with their wholly specialized knowledge, there will be no room left for us to wedge in an opinion. We will believe ourselves to be no match for the experts, no matter how we may strive and exert ourselves. The only way left open to us will be to accept and believe all the expert knowledge given to us, swallowing it whole. Be it matters of law, politics, religion, psychology, health, childcare, or falling in love, we will be wholly convinced that we cannot hold a candle to the experts who have specialized in those fields.

Since personal ideas and opinions will have lost all function, the information media will let flow a stream of specialized knowledge and superlative solutions. Our one and only option will be to absorb it and put it into practice. No one will have any means of judging whether it corresponds with truth<sup>2</sup> or not. By that time, people will have lost even their faculty for questioning things, or noting when they do not ring true. All people will behave with complete uniformity, as if hypnotized. Our only course of action will be to preserve the status quo.

In a materially-oriented society, once things start to move at tremendous speed, everything becomes mechanized and specialized. We can find no one at all who is able to perceive what it is to be a total human being. More and more, people are viewed in material terms. Matters relating to the mind and spirit are abandoned. Human beings continue to drift farther and farther from their divinity, separating themselves from truth.

In that kind of world, the functions of the mind and spirit are no longer thought necessary. The aching of the heart is ignored. Since all matters are regulated by machines and resolved in material terms only, the emotions are disregarded. This can result only in self-destruction. The various inventions and discoveries that were intended to serve the common good will have turned into the instruments of our own ruin.

One such trend that has already taken its toll on human beings is the over-development of medical technology. Instead of enhancing the public welfare, as we hoped they would, new techniques and machinery often restrict our lives and cause us greater confusion. No one seems able to put a stop to it.

Throwing ethics, conscience, and common sense to the wind, humanity is rushing straight ahead at breakneck speed along an extremely dangerous road.

### *Time to Align Ourselves with Truth*

Meanwhile, our divine consciousness is hard at work, trying to jolt us into an awakening. Unfortunately though, humanity has already drifted so far from its original truth that it is next to impossible for the majority of people to change their direction all at once, no matter how intelligent they might be. And so, starting with just one person, then two, then three, then ten, then a thousand, individuals are striving to make a difference by attuning themselves to

their inner truth. In doing so, they hope that their physical selves may serve as instruments, or 'vessels,' for sending harmonious energy throughout the Earth.

The pure, ultimate energy of the universe needs workplaces, or vessels, for healing the Earth and promoting the evolution of humanity. When I say 'workplace' or 'vessel,' I mean that it is necessary for universal, divine energy to work through a physical or material entity. However bright and powerful it may be, this universal energy cannot be brought down and spread through humanity if there are no people or places that serve as intermediary vessels for receiving it. The existence of such vessels is utterly indispensable. Without such vessels, or workplaces, it becomes impossible for the laws of harmony to manifest themselves on Earth.

In the ancient past, people had a firm grasp of this truth, and they built churches, temples, and shrines in many places, allowing divine functions to descend to Earth there. People then gathered at such sites to pray and to keep those places attuned to God.

Infinite, divine wisdom can descend to Earth at purified places, and also through the intermediary bodies of individual human beings. These persons are described as 'awakened ones' or 'divine incarnations.' Holy ones such as Sakyamuni Buddha,<sup>3</sup> Jesus, Mohammed, and other saints and wise people who have left their imprint on history have all brought the ultimate energy of the universe down to Earth by letting their physical selves serve as divine vessels.

There is a wide range of people of varying levels who



act as ‘intermediary vessels.’ Some have awakened to their divine reality and bring the sublime truth—the absolute laws of the universe—down to Earth. Apart from these holy ones, there is another category of vessels: people who give guidance on matters relating to material profit, and call their teachings ‘divine messages.’ These people are indeed vessels, but of a different sort. They receive vibrations from low-level, unharmonious souls, and are prone to being controlled by them. Vessels who serve as bases for these sorts of unawakened beings have the following things in common: they have deeply-rooted selfish desires, and are very adept at finding out where their advantages and disadvantages lie. They think only of themselves, and their lifestyles are very far removed from truth. Vessels who are utilized by low-level souls are a source of confusion for humanity. They disturb the public order, violate the laws of harmony, and continue to inundate human beings with waves of unharmonious thought-energy.

In summary, to flow through this three-dimensional, physical world, the power, functions, and energy of other-dimensional realms require vessels who can serve as links between those realms and this physical one.

The laws of harmony are always radiating infinite light, infinite abundance, and infinite wisdom to our world. But this power, this light, this energy, wisdom, and love can only become manifest through an intermediary base or workplace. Above all, the laws of harmony need to work through people who have awakened to truth. By working through

these splendid vessels, universal divine wisdom can assist this world in averting disaster and shifting its course toward harmony.

Unless one’s physical being is shining, one cannot become a superlative vessel for receiving and transmitting the brilliant energy of the universe. A physical being that is heavily soiled with greedy thoughts and feelings cannot act as a vessel for universal truth. The reason for this is that such people are extremely susceptible to the control of unharmonious forces, and can easily end up falling prey to them.

In the years ahead, the universal law needs to work though more and more vessels who have awakened to their inner divine truth. Through these vessels, the harmonizing energy of the universe will be able to connect with humanity and spread out widely. And as more and more people devote themselves to that aim, the spirit of love and harmony can manifest itself more and more fully.

### *A Personal Note*

A few years ago, my work entered a new phase when I spent two years overseas, with the aim of devoting myself to intensive prayers for eight hours each day. During those daily prayers, this one physical body of mine was entrusted with tasks in a variety of different fields.

One of those tasks was to emit purifying energy to the ethnic conflicts, abnormal weather conditions, environmental destruction, and other sufferings that were occurring

across the globe. Through prayer, my physical entity served as a vessel for manifesting, on this earthly plane, universal energy aimed at awakening humanity to its intrinsic identity. Also, during these prayers, a number of new *INs*<sup>4</sup> were delivered to Earth in rapid succession. I was also entrusted with the mission of receiving principles of cosmic science<sup>5</sup> from the universal law for the benefit of humanity. In addition, it was necessary for me to reason with, guide, and purify confused souls whose turbulent emotions confined them to the lower subconscious worlds and worlds of lightlessness. There were times, too, when I prayed nonstop for the people in a particular country that was steeped in crisis. In ways like these, I assumed a number of diverse functions by means of this one physical body.

The universal wisdom has worked out truly far-reaching plans for uplifting humanity from its current disharmony, and there are a number of methods available to people who wish to assist in this process. I would like to acquaint my readers with some of the methods which I have found to be highly effective in promoting the happiness of individuals and, at the same time, of the Earth and humanity as a whole. These practices are (1) praying for world peace, (2) filling our minds with only bright words and thoughts, (3) living with gratitude to nature, (4) performing the universal *INs*, (5) creating living *mandalas*, and (6) practicing a simple spiritual breathing method. To learn more about these practices, please see the appendices to this book.

### *The Years Ahead of Us*

In devoting ourselves to practices like these, step by step, we can awaken ourselves to our inner truth. No matter how rapidly humanity keeps rushing blindly ahead, no matter to what degree it becomes mechanized, over-specialized, and increasingly materially-minded, we ourselves will not lose our universal perspective. We are overflowing with hope and confidence, and are enlivened by a sense of certainty that, as long as we remain on this Earth, its destruction can still be averted.

The years just ahead of us will be of great significance. Now is the time for us all to truly know ourselves and awaken to our own, original purpose.

It is a stern, unrelenting reality and there is no easy way to say it: now, at long last, the time is drawing near when each of us must take responsibility for our own actions. Each of us, individually, will have to comprehend the extent to which our way of living has strayed from our original truth.

Everyone, let us devote ourselves in all sincerity to returning to our original spirit of harmony, so that all of us can live freely and happily in the world of the twenty-first century.

*You are the Universe.*

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**Notes:**

1. The essential meaning of *karma* is ‘work.’ It is the work, or creativity, of our thought waves. In this book, terms like ‘karma’ or ‘karmic’ refer mainly to negative kinds of karma. Here, it refers to the destructive energy that has built up through many centuries of unharmonious thinking.
2. In this book, the word ‘truth’ generally refers to higher truths, such as principles of harmony, divine love, and the oneness of life. It could also be thought of as the truth of our intrinsic nature as human beings.
3. ‘Sakyamuni Buddha’ refers to the saint whose teachings formed the basis of Buddhism. The spelling ‘Shakamuni’ is also commonly used.
4. An *IN* is a method for attuning ourselves with the universal laws of harmony. Please visit [www.byakko.org](http://www.byakko.org) for more information.
5. Cosmic science is a harmonized science issuing from higher dimensional planes. More information about cosmic science will be available at a future date.

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