

Prayer to Be Spiritually Reborn

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THE WORLD WE LIVE IN is a manifestation of the mind, in other words, a world where our thoughts are manifested in concrete form. This is the world where our mind is reflected like a mirror into visible forms. If we are presently experiencing imperfect conditions, we should strive to make them perfect. If we want to become healthier, become more successful in our business ventures, and make our personal relationships more harmonious, we must purify our mind and think only of good and positive things. We should visualize our business ventures being successful and prospering more than ever. In our relationships, we must strive to be kind and sincere to make others happy and trusting of us.

When you elevate your mind, you improve the conditions of your life, your health, your surroundings, and your relationships.

“Now” is the time. Opportunities abound in your daily life. If you procrastinate and think, “I’ll begin tomorrow,” “I’ll start a week from today,” “I’ll turn a new leaf from New Year’s,” you will never improve your life. By dint of inertia, you will merely be repeating the uninspired, inconsequential life of your past.

“Now” is the time to be reborn. Every day should be a New Year’s Day — when you awaken in the morning, think of it as the beginning of a New Year. Have this feeling of “rebirth” when you greet everyone with, “Happy New Year! This will be a wonderful year!”

To escape from your past negative life of stagnation and to be reborn to a life filled with vitality, you must change your view of man. Discard the notion that people are physical bodies sustained simply through physiological functions. Instead, deepen your realization of the significance of your existence with this thought: “God is living within me. God’s life indeed is my life.”

In order to deepen and strengthen this self-realization, close your eyes, quiet your mind, and dismiss all existence perceived through your five senses as matter. Intensely visualize the spiritual existence of “God who is before me.” Then visualize your own majestic, sublime form that is God Himself — emitting spiritual light from your entire body.

—From *Zoku Shinri No Ginsho*,
“Recitations of the Truth - Sequel,” pp. 55-58