

Prayer to Call Forth the Indwelling True Essence

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I AM THE HIGHEST self-realization of God. The Eternal, the Infinite, the Divine One—this is God. He dwells in me as my true essence, and I strive to manifest this indwelling true essence more perfectly every day.

The physical body is simply a tool that the divine nature, called the indwelling true essence, has woven together, using the threads of the mind, to fulfill its mission on earth. The physical body is woven by the threads of the mind to serve its user only until his mission on earth is completed. Therefore, when the threads of the mind break, the physical form begins to disintegrate and ultimately disappears.

Thus, the physical body is not an eternal existence. That which is not an eternal existence is only temporary and not a real existence. That which is not a real existence is, in reality, simply an appearance like a shadow, an echo, a wave.

We must not mistake *appearance* for real existence. Appearance is like the image on a TV screen. Behind it is a living being which creates the appearance. The physical body is like a character in a movie. Behind that character is a real living being. This real living being is the life of God, the True Image of one's life. We must realize that this real living being, this eternal existence, and the entity that is God are the real life of the self.

It is when we realize this that our life as our true self begins. Until then our life is not the life of our true self; we

were only living to serve the outer shell (physical body), or tool, of our being, mistakenly believing that our physical body is our real self.

Furthermore, we mistakenly believed that the cravings of the physical body were the fundamental rights of human beings and mistook physical pleasure for the rejoicing of our soul. However, I now realize that we are not our physical body. This is a tremendous revolution in our concept of ourselves, much greater than the shift from geocentrism* to heliocentrism.** When we realize that we are not our physical body, our life is illuminated with a different light. There is a complete reversal of values here, for I previously believed that we were fulfilled only when we satisfied the body's instincts for pleasure. That is, I believed that the inner divinity at the very heart of my life was the tool of the physical body and had been made to serve my physical body as its captive and slave.

Henceforth, I will be aware that the life of God, which is my true essence, is my real self, and I will never again become a tool of my physical desires. On the contrary, I will use my physical body to serve my spirit as a tool to satisfy the needs of my soul and fulfill its earthly mission. O God, I am grateful to You for guiding my spirit to this high awareness. Thank you very much.

—From *Shinri No Ginsho*, “Recitations of the Truth,” pp. 186-190

Ed. note:

* The earth as the center of the universe.

** The sun as the center of the universe, or solar system.