



## **Five Guiding Principles**

- You cannot see your true self because your essence is energy.
- Feel the energy you have created in your daily life.
- Practice meditation and become one who feels the energy of the essential core.
- Acknowledge your mistakes and why you are mistaken in your heart.
- Gain knowledge in your heart of the era of transformation on the journey of consciousness.

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This book is compiled from portion of the 2008 books, "Manabi no Point" and "Tadashii Meiso no Shikata. These two books have been rearranged to create this volume. This book is more thorough and concise so please use it to your advantage.

## **Introduction:**

Are you making time to meditate daily?

Meditation is the final exercise to feel the world of truth, your true world. To elaborate on this: anyone who follows the Study Points, meditates daily and encounters their true selves, will eventually come to understand the truth.

After completing the specific sequence of Study Points, verify that your heart's arrow is pointing in the right direction. To understand the essence of the world of truth, it is necessary for your heart's arrow to be pointing in the right direction. (The right direction is where I, Tomekichi Taise, am pointing) To this end, there are two tasks to be completed 1) reflection on mother and 2) reflection on idolatry. Completing these very important tasks repetitively and examining the direction of your heart's arrow are prerequisites of this study.

The six Study Points outlined in this booklet help to establish a firm foundation

for this study. After the sixth point, you should “check” yourself against all the Study Points.

Meditation is very important work; if you go about it lackadaisically, it won’t have a result. In fact, it will be harmful. So before you meditate, review the following idea.

If your heart’s arrow is aligned in the proper direction, whatever self-constructed world you encounter through meditation, you won’t be frightened or confused. However, if your heart is not aligned in the proper direction, when you meditate, you will become engulfed in your own world of darkness unavoidably.

If you proceed in the proper direction and you meditate habitually, your core will become immovable. Your joy will intensify, becoming increasingly greater, the more you meditate. Then, you will have realized independence in your belief. I believe autonomous belief in the truth and the daily practice of meditation is the ultimate goal in this lifetime.

Progress on your study efficiently and, verify what is written in “Manabi no Point” and “Tadashii Meiso no Shikata.” Use this booklet as your guide and do not try to “teach yourself.”

My sincerest hope is that you will experience and encounter the joy of the world of truth with others who are equally determined and believe they would like to embark on this study, from their hearts.

There is nothing to say to those who come here for any other intention than to find the joy of the world of truth. Continue to deepen and broaden your joy UTA Community.

## Study Points

### 1. Examine and revise your intentions.

#### *A. This study is not a religion.*

Save me.

Please do something for me.

Give me Power.

I will lead you.

Worship me.

Thoroughly revise these thoughts.

These thoughts must be eliminated or you will not be able to take even one step on this journey.

#### *B. This study is not a training class to become a channeller (a clairvoyant).*

All human beings are channellers.

You want to be a channeller, but you don't have to try to be one, because from the beginning all human beings are channellers. Human beings' true state is consciousness.

You have the ability to feel with your heart. There are things that resonate in your heart.

Recall what it really means to be a “channeller.”

Why have you assembled at this study? After gathering here, what did you want to do?

Too much time has passed for many, who have not bothered to examine and revise their intentions for pursuing this study.

No matter how hard they try to feel something, to feel their true nature, they will never succeed because they've opted to teach themselves about this study.

Ask yourself right now, "Why am I doing this study?"

**2. Physical strength and willpower are required. Establish a daily routine of: early to bed and early to rise.**

You must have a physical body in order to examine your heart and understand your energy . Now at this point in space-time, you must have physical body, in order to experience the true world. It's impossible to examine your heart if you lack physical strength and willpower. Once you have ample physical strength and willpower, the conditions necessary to see your heart will emerge. Vitality is required to see your heart.

Establish a daily routine of: early to bed and early to rise. Practice deep breathing and waist bathing. Avoid drinking and eating too much. With the practice of this routine, you will feel the joy that stems from creating the proper conditions which will lead you to the path of truth.

You are being embraced by the joy of your physical cells. Feel this clearly.

### **3. Commit to learn this study with your heart, not your brain.**

Reflect on your heart habitually. If you feel your heart suffering while you reflect, then know it is because you are wrong.

This study is not about your opinions, your thoughts or what you say. Those things matter in this material reality, but not the true reality. At the end of the day, when your heart is suffering, does it make any difference if your opinions are right? Then when your intensely negative energy communicates to you, release thoughts of “positive change.”?

If you have wasted your energy on trivial things have or negligently reflected your heart will honestly reciprocate. If you are mistaken or wrong, radiating negative energy, then negativity will return to you.

Become one who can honestly accept this fact.

#### **4. Reflect on Mother**

Do you feel mother's warmth within your heart?

Don't overlook the value of reflection on mother. It is the most important task. The heart you have used toward your mother, those thoughts, all are yourself . Reflecting on mother teaches you most easily about yourself.

Your mother, who gave you this physical body, is also the existence that teaches you about your “real” self. No existence compares to this.

At some point in your life, haven't you looked at your mother with scorn or hatred? Alternatively, have you ever worshipped or deified your mother?

Your mother is the irreplaceable existence that shows you all the suffering and darkness you have most thoroughly.

First, through mother, feel the energy you

have created. Next, feel the energy you created, and contemplate the statement: “your mother is the one who gave you your physical body, and she is also the existence who has taught you what it is to be your real self.” What do you think of this statement?

Can't you feel the warmth of mother flowing through to you?

Haven't you always inhabited this warmth of mother?

## 5. Reflect on Idolatry

Up until now, haven't you been bound by the energy of idolatry?

Free yourself from this energy as soon as possible.

As your reflections on mother and meditation on mother progress, your reflection on idolatry will progress because they share the same roots.

The insignificance of the energy of idolatry will become apparent on you as you feel mother's warmth more deeply within your heart.

You are the one clutching on to the gods of idolatry. The gods of idolatry are not to be feared or abhorred. Don't look at them with arrogance.

What do we make of the “self” who is clutching to the gods and energy of idolatry?

Why is it that we are either submissive to the gods of idolatry, or at other times all too ready to replace them?

Is it possible that mother's warmth has been forgotten and abandoned?

Respond to all the previous questions and statements. Discover what is within your self.

## **6. Continually examine the direction of your heart's arrow. Does it point outside or inside yourself?**

### **1. Create time to relax.**

Each and everyone's circumstances are different and everyone is trying to accomplish this study within their set of circumstances. But isn't everyone pressed for time on a daily basis? So, make time everyday to relax and slow down.

### **2. Ask yourself.**

“Ask yourself” means to ask your true self. No human being knows his or her true self. Asking your false self will only result in repeated failure.

You have relied on those you placed in a position of authority to make decisions for you.

After all is said and done, whether you agree or disagree with them, the final decision has always been your own. Own up to the fact that you have never taken

responsibility for your own decisions.

Meeting your true self is not an easy process. You will make mistakes repeatedly, but it is through trial and error that you will come to meet your true self. Trial and error is a necessary part of the learning process and must be repeated until you meet your true self.

If you have not met your true self yet, there are books about this journey of consciousness that have been published so thoroughly read those books. Those books are: 1) Ishiki no Nagare, 2) Soku Ishiki no Nagare, 3) Ishiki no Tenkai. The answers to your questions are written in those books.

So rather than asking others, please read the books in their entirety. Ultimately, gain the knowledge that all answers lie within your self, once you have reached this stage, know that you have met your true self.

## **7. Check yourself against the Study Points.**

“I want to know the world of truth. I want to feel something. I want to know what is real. I want to meet the self who is overflowing with joy.” Before you’ve even begun this study, are these the kinds of questions that you have?

Examine your disposition in regards to this study by checking yourself against the six Study Points. If you are ambivalent about checking yourself, you won’t be able to walk along the path of truth.

I would like each and every person to be acutely aware of this point.

Complete this final check, then make the “Techniques for Proper Meditation” your own by mastering it. When proper meditation is achieved, the path of truth will appear. Keep this fact in mind, and enable yourself to properly meditate.

## **Techniques for Proper Meditation**

### **1. Before you begin meditation, perform abdominal breathing exercises.**

Find a comfortable seated position. Lightly close your eyes and slowly exhale. After exhaling, inhale. Then take the air you just breathed in and place it in your abdomen (about 2 ½ inches below your belly button) for a few seconds and hold. Repeat several times.

How do you feel?

Is your heart calmer now?

### **2. Think of the mother who has given birth to you once your heart is calm and settled.**

**Then, think about yourself at age 0.**

All you need to do is to think about the mother who has given birth to you. Did it matter what kind of mother she was at that time?

It makes no difference. No matter what kind of mother she was, there was a period of time when she carried you in her womb and gave birth to you.

- 1) You were in your mother's womb.
- 2) Your mother gave you this physical body.

Using these two statements, think about your physical mother.

When you were in your mother's womb, you were joy. You were also joy after you entered the world, at a time when you still couldn't see and couldn't hear. You were in an entrusting state of peacefulness within the mother who gave birth to you.

While thinking of that self (self at age 0), think about the mother who stands before you presently.

**3. You have made my acquaintance,  
Tomekichi Taike. Visualize the plain  
and unremarkable physical body of  
Tomekichi Taike.**

I am not your guru. I am also not your leader. Do you think of me this way?

When you think of my physical body and meditate, what thoughts surface? Individually assess the thoughts that arise.

Everyone has built and created many worlds. These are worlds I am not pointing towards. You have welcomed the gods of idolatry and created the world of “I am number one.”

Though you have created these other worlds in the past, try to reflect on mother and idolatry regularly. In the end, it’s all about meditating repeatedly.

Meditation is an assignment that can be done anywhere and anytime, by anyone. Remember you can’t point your thoughts in the right direction by merely closing your eyes.

Try to turn your heart in my direction. Are you unable to direct your thoughts to me? How do you feel about entrusting everything to me? I don't want anything from you. What can you say for yourself? Do you expect something from me?

With the assistance of meditation, evolve to feel this wide-spreading world that is on the other side of the material world, including the physical mother and the physical Tomekichi Taike.

**4. Close your eyes lightly while thinking of the essential core of Tomekichi Taike in your heart. Attempt to open your eyes underneath your lightly closed eyelids. Then when your intensely negative energy communicates to you, release thoughts of “positive change.”**

Close your eyes, then compliantly think of the essential core of Tomekichi Taike with your heart. Try meditating with your eyelids closed, while keeping the eyes open underneath.

"Close your eyes and open them underneath your closed eyelids." Initially, these directions are hard to understand but, eventually through practice you will understand. You'll finally think, "Aha, this is how you do it."

As you continue to do this type of meditation, something will be communicated to your heart progressively. It is the world of yourself.

As reflection on mother and "thoughts about mother" meditation is repeated, your mother's warmth will become stronger and deeper. At that point, you will come to understand with your heart the world of darkness that you have caused. And that warmth will allow you to experience the world of darkness that challenges the world of Tomekichi Taise. This is the final culmination of reflection and is made possible only through meditation.

Compliantly (obediently) think of mother and Tomekichi Taise. Whatever world of complete darkness you encounter through

meditation, the awareness that you exist within the essential core radiates only happiness and infinite joy.

The truth is: this joy is everything.

Within that joy, emit thoughts of “positive change.” Feel the energy of the essential core through your heart, and steadily feel the joy created from “positive change” through meditation.

I’ve said the following many times: “Through meditation on the essential core and practice of positive change try to progress and discover the world of truth -the world of your true self.” The reality is: it is very difficult.

But now, this is not necessarily so. I have shown you the trump card, the symbol of “love.” This will help you manage the final culmination of reflection.

Touch this symbol, and look at this symbol, then meditate pointing your heart’s arrow in the direction of this symbol. Practice this

exercise purposefully.

Ultimately, to accomplish proper meditation, you must follow the correct procedure. Verify this yourself.

Those who have not followed the correct procedure will suffer the more they meditate. And then, their suspicions will grow regarding this study and regarding me, Tomekichi Taise, and will ultimately drive them away from the truth.

## **5. Continue your meditation.**

Now, exhale your breath completely. Then, try to turn your thoughts to me, towards Tomekichi Taise.

How do you feel? Do I, the physical Tomekichi Taise, disappear within you? Then, do you feel my existence (my presence) within yourself?

“I am you. You are me. We are one.”  
Are these statements a reality to you?

What on earth am “I”?

What do you think I am saying about my existence?

While you are meditating, answer these questions through your own heart.

## **6. Meditate daily and habitually with earnestness. Meditation is joy.**

Proper meditation converts belief in the material world to belief in consciousness.

As you properly meditate and become increasingly aware of the energy of your self, your joy will become increasingly greater. You will feel the infinitely extending joy in the world of yourself.

“I don’t need anything. So long as I have this wide-spreading heart and I am aware of this wide-spreading self, I am satisfied.”

When these thoughts vibrate in your heart,

there is no greater happiness or joy.

You can never comprehend this with your brain. If you have not had this experience, it is impossible to believe. But once you feel this world, then you will know that you possess this physical body in order to have this experience. You will also acknowledge “the era of transformation on the journey of consciousness” is underway and of things only discovered through meditation. When “the journey of consciousness” truly resonates in your heart, it will be quite obvious that meditation is joy.

Continue to meditate daily with earnestness to experience meditation in this way.

**Take full advantage of  
the symbol of “love” and the  
“Five Guiding Principles.”**

All consciousness is led to join the journey of consciousness.

After a time of three hundred years of upheaval on this earth, the journey of consciousness points towards the era of transformation.

All those who have been introduced to this study in this lifetime, be steadfast in what each of you has learned because it is essential that you bridge what you have learned, in this life, through your reincarnations.

Don’t be concerned with the length of time you have been involved with this study. It is of no consequence. Whether you have studied for a long or short period of time, take advantage of the symbol of “love” and the “Five Guiding Principles” that are incorporated in this booklet. Everyone complete the path of this study that you

have designed.

All consciousness is definitely aware that we are on the journey of consciousness and wait for you to walk with determination on the path of truth. Make the decision to walk on this path of truth.

Three hundred years have been staged for this purpose.

In this life, now, if you have crossed the path of this study, make use of this opportunity-this chance. Meditate and encounter the self who has been mistaken continuously. Feel your self begin a paradigm shift.

There is nothing more disappointing, regrettable, and empty, than concluding your material life without the awareness that you had these selves that have been continuously mistaken and confused.

As long as you do not know the endless hell of your self, no matter how much wealth and prosperity you possess, you can never

be happy.

Reincarnation occurs once you try to understand your own hell, and consequently materializes into form.

In order to have true joy, happiness, and the realization of “real” love, while you meditate to understand through your heart, that you have personally mapped out your life.

Meditation is the time when you can feel with your heart that your true self has been waiting to meet you. After all is said and done, it is all about meditation.

My sincere hope is that you can be joyful that you received a physical body from your mother. With these joyful thoughts in your heart, make time to leave behind your physical body and practice meditation starting today.