ALSO BY MASAMI SAIONJI

The Golden Key to Happiness
Infinite Happiness
You Are the Universe
The Earth Healer’s Handbook
Think Something Wonderful
Exercises in Positive Thinking
Vision for the 21st Century
A Rebirth in Individual Responsibilities and Values
Cries of Life: poems
Evolving with the Universe
Living in the 21st Century
An Era of Consciousness Transformation
Genes and Cosmic Essences
(with Kazuo Murakami)
You Can Change Yourself
a contribution to
You Can Change the World by Ervin Laszlo
ESSENTIALS OF

Divine Breathing

MASAMI SAIONJI
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface</td>
<td>7</td>
</tr>
<tr>
<td>Chapter 1: How to Use Our Creative Energy</td>
<td>11</td>
</tr>
<tr>
<td>Chapter 2: The Immense Power of the Divine Breathing Method</td>
<td>29</td>
</tr>
<tr>
<td>Chapter 3: Questions and Answers about the Divine Breathing Method</td>
<td>57</td>
</tr>
<tr>
<td>Chapter 4: Exercises in using Bright Words with Divine Breathing</td>
<td>77</td>
</tr>
<tr>
<td>Chapter 5: Creative Fields in Daily Life</td>
<td>131</td>
</tr>
<tr>
<td>Appendix I: The Blue Earth is Alive</td>
<td>157</td>
</tr>
<tr>
<td>Appendix II: Inspiring the World to Care</td>
<td>165</td>
</tr>
<tr>
<td>Message to the Summit of Conscience for the Climate, Paris, 2015</td>
<td></td>
</tr>
<tr>
<td>Appendix III: Introducing the Fuji Declaration</td>
<td>175</td>
</tr>
<tr>
<td>An open letter from Masami Saionji</td>
<td></td>
</tr>
<tr>
<td>Appendix IV: The Fuji Declaration</td>
<td>183</td>
</tr>
<tr>
<td>Appendix V: Further Exercises—Nationalities and Cultural Identities</td>
<td>189</td>
</tr>
<tr>
<td>Notes</td>
<td>197</td>
</tr>
<tr>
<td>About the Author</td>
<td>199</td>
</tr>
</tbody>
</table>
Preface

Humanity—
The power to make the impossible possible
Is bestowed on human beings alone.
The insight that enables you to discern, choose, and decide
In accordance with truth
Is proof that you are people of truth...
Holding all that is infinite,
Capable of manifesting anything you can imagine.
As soon as possible, purify your doubtful, confused hearts,
And awaken to eternal truth.

(from Cries of Life by Masami Saionji)
Today, our world is at a critical juncture, with volatile atmospheres building up all around us. Many people are lost and confused, and have no idea how to surmount the crises that face the earth and the world of nature.

What many conscientious people do agree on is that we human beings are the ones responsible for creating these crises. This is indeed true. For many centuries and millennia, we human beings have been cutting ourselves off from great nature, and from the wellspring of perfect wisdom that resides deep within us. We have cut ourselves off from our intrinsic, sublime nature. Rather than believing in and relying on our inner source of limitless power and wisdom, we have believed in material things and relied upon others.

Now, the moment has arrived when each and every one of us must develop our own, inner abilities without depending on others. From the moment we decide to do this, our inner life power will act upon cells that have long been dormant, enabling them to work towards this goal.

To assist each person in guiding their own inner evolution and self-creation, I would like
Preface

to share with you a method that emerged from the study of cosmic science—a spiritual study introduced by my mentor and adoptive father, Masahisa Goi. This method is called ‘divine breathing,’ and it enables us to better absorb the immense power of the invisible ‘cosmic essences’ that fill the air around us.

It is my sincere hope that in reading this book, even one more person may be inspired to believe in themselves and make the most of their one and only, precious divine life.

Masami Saionji
May 2017
In the following interview, Masami Saionji’s editorial staff ask her some questions about how to practice the divine breathing method. The interview was held on February 9, 2016, and the article was first published in May 2016.
For more than ten years now you have been guiding us in practicing the divine breathing method. Could you please give us an explanation of what this practice entails?

Certainly. To explain it briefly, breathing is the bond that connects us with the great divine universe. However, many people’s breathing has become shallow and irregular. When we breathe slowly and deeply, it becomes easier for us to live vibrantly and take in the cosmic essences that are overflowing in universal space.

As I mentioned earlier, cosmic essences are emanations of the universal divine mind itself,
and they contain all the love, wisdom, and capabilities of the universe. Divine breathing is a special breathing method that enables us to receive large numbers of cosmic essences, and retain them in the body for as long as possible.

I will explain the divine breathing method in further detail, but at this point I will just give you a quick overview of the entire practice.

Before you start practicing the divine breathing method I suggest that you relax your mind, sit or stand up straight, firm up your lower torso, and slowly and naturally inhale and exhale a few times through the nose. Next, silently make a personal declaration to the universal divine mind, expressing your intent to become one with it. Then, using the method that I am about to describe, inhale while silently reciting a word or a phrase that calls to your inner divine nature. Pause slightly before exhaling. Then exhale while silently reciting a word or a phrase that calls to the divine nature of all humanity.

You can choose whatever words or phrases you like. Be sure to use words or phrases that resonate well with you and give you a good feeling.
Here are a couple of examples:

**Example 1**

Inhale thinking: *divine mind* (one or more times)  
(Pause slightly before exhaling)  
Exhale thinking: *May peace prevail on Earth* (one or more times)

**Example 2**

Inhale thinking: *divine-minded (your own name)* (one or more times)  
(Pause slightly before exhaling)  
Exhale thinking: *divine-minded human beings* (one or more times)

The choice of words or phrases is up to you. It is important to use wordings that you like, and that are meaningful to you. And it is important that the words be filled with love, respect, and gratitude toward yourself, all people, and all living things.

As you continue to practice this method, you may wish to change the words. This is fine. It is important to keep observing how a recitation makes you feel, and to change the words when you wish to. This is a part of your process of evolution and self-creation.
When we use uplifting recitations along with the divine breathing method, we are able to naturally connect with our inner, sacred nature. The divine breathing method can also be practiced on its own, without the recitations, but practicing the recitations enables us to better focus on our inner divine mind, and this, in turn, helps us to further refine and enhance our breathing.

In practicing this method, I think we need to set our sights on the long-term effects. It is important to keep practicing it again and again. Of course, we can expect to feel some positive effects right from the beginning, but when we have practiced it many, many times, the method really becomes our own.

*Some of us find that the divine breathing method takes a lot of concentration and is not so easy to master.*

Yes, mastering this method takes quite a bit of practice. But if we take it one step at a time, we can experience wonderful changes in our thoughts and in our bodies. At the same time, divine breathing unleashes a tremendous power
that permeates all of humanity with a great divine light. This is what Goi Sensei calls ‘the simultaneous awakening of the individual and humanity.’

What I suggest is that, even if you may not be able to do the breathing correctly at the beginning, you try to get a complete picture of how the divine breathing method is meant to be practiced, and form an image of it in your mind. Then, as you continue to practice day by day, your body and your breathing will naturally approach closer and closer to the correct image that you are holding in your mind.

_Could you please describe that image to us?_

Yes. First, imagine that as you are slowly inhaling through the nose, your lungs are naturally expanding and filling with bright currents of cosmic essences, overflowing with the power of harmony. As we inhale, we focus our attention on the _tanden_—the area slightly below the navel—and we rapidly tighten our abdomen as if we are pulling the navel back, closer and closer to the spine. As our chest keeps expanding, we continue to
pull back the navel more and more. Then, before exhaling, we briefly hold our breath.

Throughout the practice—while inhaling, while holding our breath, and while exhaling—we keep our abdomen firm, and we imagine that our navel and our back are very close together, as if touching each other. Also, as we exhale, we try not to exhale in one big gust, but little by little, in a thin but steady stream of air.

How are we able to exhale little by little? By drawing the navel even further back—even closer to the spine. By imagining this extremely narrow space between our navel and the spine, we are able to exhale a thinner stream of air.

*Why is it important to exhale with a thin stream of air?*

If we exhale in one great burst, a lot of cosmic essences rush out of the body all at once. But by exhaling in a thin stream, we enable more cosmic essences to remain in the body for a longer time. As a result, the cosmic essences in the body can continue to work powerfully. They circulate very rapidly, making the body feel warm. The body
feels warm because the cosmic essences in our body are ignited. This is the key to the divine breathing method. But at first, it is enough to simply hold this kind of image in your mind.

After we finish exhaling, our consciousness is still focused on keeping the navel and the spine pulled close together, and with that image in mind we start again to inhale a thin stream of air while pulling the navel back even further.

When we keep the navel and the spine almost touching each other as we inhale, it has the effect of pulling in a very thin stream of air. So, the air that we inhale (through the nose) will not be the kind of air that we ordinarily receive. Because we are inhaling through a very narrow space, unnecessary elements are kept out, and only the purest air, overflowing with cosmic essences, is able to enter the body.

As we continue to do this again and again, the cosmic essences contained within our body are ignited more and more. After we have continued practicing this method for three, four, or five years, it will come to us much more easily, and the effects will be absolutely marvelous!
So, at the beginning, keep this image in your mind, and keep practicing it day by day without giving up. Because you are holding the correct image in your mind, that image will permeate your efforts, and step by step you will naturally guide yourself toward perfect, correct breathing.

*Is there a special meaning behind focusing on the navel as we are breathing?*

Yes. The navel plays a very important role in the body. When a baby is growing in the mother's womb, the umbilical cord is connected to the mother's navel, and cosmic essences flow into the baby's body through this connection. And as the baby grows up to be an adult, it remains connected with the universal source of life, and cosmic essences continue to enter the body.

When we practice the divine breathing method, thanks to the *tanden* we can naturally experience oneness with and gratitude toward the universal source of our life. On the other hand, when we inhale without using this method, a few
cosmic essences might come in, but not in such concentrated form. A great many cosmic essences are attracted to us when we practice the divine breathing method. They rush in, as if drawn by a magnet.

*Is there anything else we need to pay attention to as we practice the divine breathing method?*

Yes. To keep the cosmic essences circulating powerfully in our body, we also need to tighten our bottom. Our body has many openings, such as the eyes, the nose, the ears, the mouth, and pores, and cosmic essences can exit the body through those openings. By tightening our bottom, and at the same time keeping the *tanden* firm (the *tanden* is an area in the lower abdomen, slightly below the navel), we enable the cosmic essences to continue circulating throughout the body, diminishing the toxic elements in our cells and the stagnation in our blood flow, letting our natural healing power surge forth. Then, our brain functions will also become more active. This is why in the original martial arts and other
spiritual disciplines, students are cautioned to constantly keep tightening their bottom.

In daily life, if we keep inhaling and exhaling in a careless manner, this area can become too relaxed, and cosmic essences can easily exit the body. As a result, we can easily lose energy. So, we must take care to keep it tightly closed. For the divine breathing method to work properly, a lot of cosmic essences have to build up in the body. The work of cosmic essences keeps us in good health and helps us to maintain good bodily control.

At the same time, if we maintain a feeling of gratitude toward the cosmic essences, and toward everything in nature, it naturally becomes easier for us to maintain proper breathing. Our thoughts and emotions always affect our breathing, and our breathing affects our thoughts and emotions.

Good habits like these are developed over time, and it takes steady efforts to make it happen. As we keep practicing, we learn how beneficial the divine breathing method is. Each in our own way, we learn how to keep improving our practice and make the most of it.

In any spiritual or artistic discipline, be it
flower arrangement, martial arts, painting pictures, or whatever it may be, we are taught an established form that we keep practicing again and again. This form contains the basics of the discipline that we are learning. In Japanese, this form is called kata. We practice this form again and again until we can do it perfectly. Then, with this form as our foundation, we each develop our own unique creativity and power of action. This is the kind of effort that is needed by all of us. It is the effort we make to master the basic form. The divine breathing method that I am teaching is a kind of basic form that people can master.

*With the divine breathing method we were taught that while inhaling we can make a sound, and we can focus on a point in the back of the head, imagining that the air fills the body until it reaches the area behind the eyes...*

Yes. As we are inhaling we focus our attention on an area in the back of the head, behind the eyes, and we also make a slight sound that we associate with this spot. This sound is like the sound of the
universe, and it helps us to concentrate better on our breathing. After a while we can do the breathing without this sound, but at the beginning it can be helpful to make the sound.

It is from this spot at the back of the head that we can see the universe. This spot is called our ‘divine eye.’ With our physical eyes we can see the surfaces of things, but when our divine eye opens up, the universe comes into view. When the cosmic essences in our bodies are activated through the divine breathing method, all our spiritual and divine functions—inspiration, intuition, divine vision, and so on—are developed. This method is so important—I cannot overemphasize how important it is.

*Is there anything else we need to know about using recitations with the divine breathing method?*

Yes. In the examples I gave at the start, I mentioned that between the inhale and the exhale, we briefly hold our breath. This can be just a very slight pause. However, as you continue
to practice, you may find that you are able to hold your breath for a longer time. While you are holding your breath, you can make a short affirmation. One very powerful affirmation is the word *Accomplished!* Thinking *Accomplished!* is like affirming that we have connected with the divine universe. For several years, peace-minded people have been making this affirmation, and it holds a tremendous power. When we hold our breath, the creative power of our thoughts is intensified, because the cosmic essences in our *tanden* are tightly concentrated together and poised for action.

There is another, longer affirmation that I also recommend. It is to think: *Everything is perfect! Nothing is lacking! Divinely accomplished!* This affirmation enables us to focus even more powerfully on our latent, infinite potential. When we make this affirmation, it reminds everything in the universe of its innate, divine perfection.

So, if you would like to use this longer affirmation, the practice would go something like this:
ESSENTIALS OF DIVINE BREATHING

Inhale thinking: *divine-minded (your own name)* (one or more times)

Hold your breath thinking: *Everything is perfect! Nothing is lacking!*  
*Divinely accomplished!*

Exhale thinking: *divine-minded human beings* (one or more times)

*Thank you. Please go on with what you were saying about correct practice of the divine breathing method.*

Correct practice of the divine breathing method is not something that can be conferred on us from the outside. We have to practice it over and over again, for a lengthy period of time. Only then can it be really ours.

The same is true for the method of *Fading Away—May peace prevail on Earth*, something else that we learned from Masahisa Goi. We can read about this method and understand the principle behind it, but unless we practice it over and over again, consciously and sincerely, it will not come alive for us. Whatever the method may be, understanding the principle is an important first step, but we have to keep on practicing it.

In any practice we undertake, if we simply
listen to what others say, and do nothing about it ourselves, we remain dependent on others. We are not developing our own divine awareness. It is by practicing something again and again that we begin to notice things. We begin to discern what is going on, and we know what we should do. Many things become clear to us. At the same time, we connect more and more firmly with our own spiritual protectors who are always guiding and safeguarding us from within.

And so, I would like to encourage everyone to continue practicing the divine breathing method, and to keep holding an image of it in your mind. It really feels good! Step by step, you will get better at it, and you will become able to breathe more slowly and more smoothly than before. To increase the length of your breath by even two seconds, it takes a lot of genuine practice and effort. So, let's continue making this effort without giving up!

Now that some 10,000 people have been practicing this method for several years, it should be easier for others to do the same. The tide is in motion. When I say ‘tide,’ I mean that an
energy field—a field of creative energy—has been established. The first time we practiced the divine breathing method, it was quite a challenge, but now, when new people try it, it is easier for them to do, because the creative field for it is expanding.

This is how the circles of peace are spreading out. One by one, as each human being continues to think peacefully and breathe peacefully, our own, individual creative field for peace grows bigger and stronger. At the same time, it merges with the creative fields of others, and the large-scale creative field for peace works more powerfully. This is how we each empower ourselves and exert a positive influence on the world.

*On behalf of our readers, thank you for this valuable interview!*

The pleasure is mine. *May peace prevail on Earth.*
CHAPTER FOUR

Exercises in using Bright Words
WITH THE DIVINE BREATHING METHOD
With the state the world is in now, I think it has become clear that if we just sit idly by and wait for governments to create peace—thinking that it is their responsibility and not ours—peace will never come about. Rather, the world will surely go to ruin.

Many people seem to think that an individual’s own thoughts and words are without impact, and that if we are to contribute to world harmony we have to take some sort of visible action that can be observed in the tangible world. However, I feel that nothing could be further from the truth. It is our invisible actions—our thoughts and our
words—that create fields of energy that later manifest in various forms, situations, and events.

The ability to use words is innate to all human beings, and all of us are capable of exerting the creative power that words hold. At the same time, each person has their own habits and way of thinking, and if we are to make the best use of words, we must each develop our own way of doing it. In this chapter I would like to introduce some exercises that contain bright, shining words. These exercises have emerged from the experiences of individual people, and I hope that they may serve as a useful reference for you.

You can try these exercises while meditating, while walking, jogging, swimming, sewing, preparing meals, and so on. And of course you can use them while practicing the divine breathing method. Also, if you have started creating ‘living mandalas’ (refer to my book and website The Earth Healer’s Handbook), you might wish to write some of the same words in your handwritten mandalas.

Try these exercises to see how they work for you. You can also create new exercises of your own. The possibilities are infinite!
EXERCISE 3

Reciting poems, prayers, or verses in your mind

There may be times when it makes you feel happy to recite your favorite poems, prayers, or verses in your mind.

The first five examples in this exercise are taken from my book The Earth Healer’s Handbook. The next two examples are about people. In the examples about people, we can mention qualities that the person has, and also qualities that we would like to further bring out in that person.

You can use this practice anytime—while walking, relaxing, and so on.
Gratitude to the Earth

We thank the love of the universe for supporting our lives through the earth.

Beloved earth
giver of life
home to all life
how can we thank you?

May peace prevail on Earth.

On behalf of humanity we offer our gratitude to the earth.
Exercises

Gratitude to the Ocean

We thank the love of the universe
for sustaining our lives with the ocean.

Deep ocean
vast ocean
abundant ocean
how can we thank you?
May peace prevail on Earth.
On behalf of humanity
we offer our gratitude
to the ocean.
Gratitude to Mountains

We thank the love of the universe for blessing our lives with mountains.
Noble mountains, mystical mountains, purified mountains how can we thank you?
May peace prevail on Earth.
On behalf of humanity we offer our gratitude to all mountains.
Gratitude to Water

On behalf of humanity
We thank the love of the universe
for enlivening us with water.
Pure water, clear water, dancing water
how can we thank you?
May peace prevail on Earth.
On behalf of humanity
we offer our gratitude
to all water.
Appendices
APPENDIX I

A Poem of Gratitude to Nature

The following poem was first delivered by Masami Saionji in September 2016, at the World Conservation Congress held by the International Union for Conservation of Nature (IUCN) in Honolulu, Hawaii, USA.

Headquartered in Switzerland, the IUCN is the world’s largest and most diverse environmental network, with 1,300 member organizations and staff in more than 50 countries. Every four years the IUCN World Conservation Congress meets to set priorities and agree on the Union’s work program.

The theme of the 2016 Congress was “Planet at the Crossroads,” emphasizing the need to take action now in order to ensure the survival of humanity and life on earth.

Masami Saionji and her husband Hiroo were invited to take part in the Conservation and Spirituality ‘Journey,’ to share their wisdom and experience with Congress participants and to speak about the Fuji
Declaration (see Appendices III and IV). The Conservation and Spirituality Journey hosted numerous ‘Knowledge Cafés,’ where small groups gathered to discuss various topics in an intimate setting.

The Saionjis took part in two Knowledge Cafés, titled “Experiences on Conservation and Spirituality” and “Spirituality and Conservation: from Inspiration to Action.” They brought with them a large handwritten mandala with expressions of gratitude to water, which was displayed in one of the conference rooms at the Convention Center, and was also used as a centerpiece for the first Knowledge Café, with participants sitting around it.

At the “Experiences on Conservation and Spirituality” Café, Mrs. Saionji began by leading everyone in a breathing exercise before giving her talk, which ended with a recitation from her original poem, presented on the following pages.
The Blue Earth Is Alive

by Masami Saionji

The blue earth is alive.
The mystical earth is awakening.
Mountains, rivers, and oceans—
All of nature is full of life,
Dancing with beating hearts.
Within them the mind of God is alive.

Even stones, rocks, and minerals
Are slowly and deeply breathing
Even if we cannot see it with our eyes.
I clearly find God
Shining in such places.

Animals, plants, and fishes, even small insects are active,
Overflowing with the joyful vibrations of God.

The sky is clear and pure
And the sun shines all around.
The land is at ease.
Our bodies and all our cells are shining,
All beings are living together in harmony,
Emitting the light of life.

This is how the planet Earth is meant to be.
But what is the reality on Earth today?

How long has it been since all peoples and nations
Cried out to protect our environment?

Through humanity’s self-serving greed,
The Earth has been severely damaged,
The continuation of the species has been endangered,
And we have pursued a path to ruin.
We human beings, each and every one of us, have broken our
agreement with nature.

We are destroying ecosystems
And bringing harm to one precious life after another.
Now, each of us, all of us, must admit to our wrongdoing.
Fellow human beings, is this the way it should be?
Is this the way we should leave it?
Now, each and every one of us must stand up,
Equally bearing the Earth’s heavy burden
And fulfilling our responsibility.

No further can any of us continue our assault on the Earth.
From here on, we walk a path not of destruction, but of creation.
No longer has any of us the right to plunder that which sustains life,
That which the Earth has infinitely and freely supplied.

Fellow human beings, the time has come to wake up.
For those newly born, our posterity,
We can no longer snatch away the resources needed for life.
The time has come
To ask the sick and damaged Earth to forgive us
And to repay its favors.
Fellow human beings,
As soon as possible, let us ask the Earth for forgiveness,
Unite our hearts one and all,
And, with infinite gratitude, offer ourselves to the Earth.

The time is now.
If we let it pass, no solution is in sight.
Now is the time for all human beings to awaken to the tremendous blessings freely given by our planet.

On behalf of all humanity, let us offer gratitude to the Earth.

Gratitude to the Earth is the wholehearted awareness of each and every one of us.
Healing the Earth is the sincere atonement of each and every one of us.
Harmonizing the Earth is the deep love of each and every one of us.
Bringing peace to the Earth is the heartfelt joy of each and every one of us.
Shining on the Earth is the genuine awakening of each and every one of us.

Dear planet Earth, please accept our penitence,
Forgive our arrogance and self-serving behavior.
At long last, all humanity will be ashamed of our ignorance
And shift to a higher dimensional consciousness.
The planet Earth is one living, evolving entity.
No longer will any human being hinder its evolution.
No longer will any human being destroy its harmony.

Today, earthly humanity is returning to its true self.
We are awakening to our innate sacred consciousness.
We hear the footsteps of a spiritual civilization,
And here today, a new path is dawning.

The Earth, newly revived,
Moves forward along with humanity on a path of evolution and self-creation.
The glory of planet Earth is here!
Infinite Gratitude to the Earth!