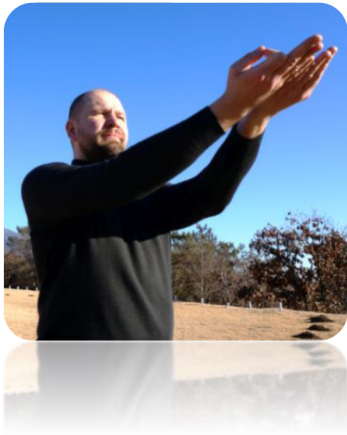


The Spiritual Exercise of Gratitude to Nature while forming an *IN*

1. First form the Nyorai *IN* (infinite symbol) in front of the navel area.



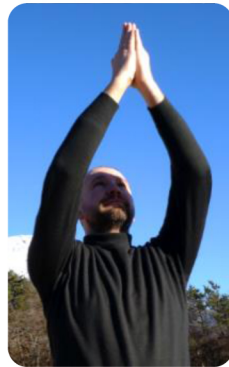
2. While voicing the words "*On behalf of humanity*", raise your open hands to the height of your shoulder while stretching your arms, palms facing up and index of each hand joined.



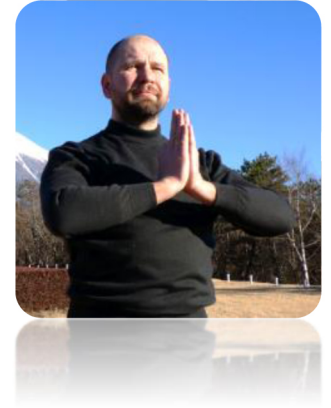
3. While voicing the words "*We thank you divinities who govern the Ocean*", widely spread both hands horizontally.



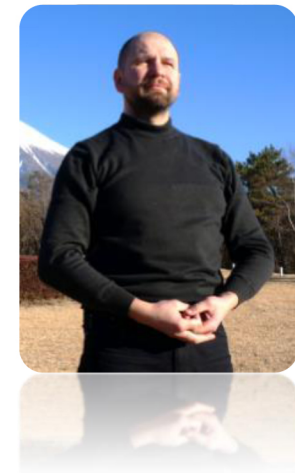
4. While voicing the words "*Dear Ocean*" Stretch your hands above your head and form Nyorai *IN* Gashou. (Linking the index and thumb of each hand) Extend your arms upwards as much as you can.



5. While voicing the words "*We thank you*", slowly lower your hands and keep them in front of the chest. (Nyorai *IN* Gashou)



6. Next, lower your hands to the starting Nyorai *IN* position in front of the navel.



About the Gratitude to Nature

As we keep thinking and speaking in gratitude, harmonious energy will permeate our existence and spread to everything in our environment, reawakening nature's ability to heal itself. In living this way, step by step, we can change our behavior and return to Oneness with everything in nature. Then, and only then, will the earth naturally revive.

The 14 objects of Gratitude

The Earth, The Sun, Air, Fire, Water, The Ocean, The Mountains, Food, Plants, Animals, Minerals, Microorganisms, Heavenly Phenomena, The Physical Body

Gratitude to the physical body

When offering gratitude to the physical body recite the words:

"On behalf of humanity" (photo 2)

"We thank you the Physical Body" (photo 3)

"Dear Physical Body" (photo 4)

"We thank you" (photo 5)

Gratitude to Nature

The IN and Kotodama



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