

Cries of Life

poems • Masami Saionji



Infinite Healing



The universal law
Is filled with the mysteries of the universe.
Originally—
I am the universe; the universe is me—
We are infinite life, and infinite soul.

And so,
When we search the depths of our existence,
We glimpse the mysteries of the universe.
The stream of life, unbroken for 3.8 billion years,
Teaches us that we human beings are universal
 existences.
The depths of our soul are an unending enigma.
When we seek out the light within us,
We discover the world of our divine self.

When all of us treat ourselves
With respect, value, and praise,

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We will become that valued self.
 But as long as we treat ourselves
 As nothing more than unharmonious beings,
 Filled with illness, shortcomings and sin,
 We behave like that imperfect, unharmonious self.

We human beings are, at all times,
 Filled with infinite love, infinite wisdom, and infinite
 happiness.
 If we knew this—or rather, if we held this firm belief—
 Attracting anything less than these qualities would be
 impossible.
 All human beings
 Are surrounded and sustained by perfect harmony,
 wisdom, and peace.
 No other being can take these from us.
 All human beings
 Draw forth that which belongs to their divine self,
 To live in accordance with the great universal law.

Dear humanity,
 Envision in your mind the self you want to be—
 Your precious, ideal self, an expression of truth.
 In so doing,

You will harm no one, disgrace no one, hate no one,
 Least of all yourself,
 And only your noble self will shine forth.

Within each and every human being
 An infinite healing power is hidden.
 Our physical body is filled with the mystical secrets of the
 universe.
 This healing power
 Reaches every corner of our being,
 Encased in our sacred physical entity.
 We must all awaken
 To the presence of this great power within us.

For tens of thousands of years, we human beings
 Have imposed on ourselves
 Every kind of restriction, convention, and illusion,
 Allowing them to hold us back.
 Inherent in life is an infinite ability to heal—
 We are overflowing with infinite life-energy and power.
 Where we respect, value, and praise ourselves,
 This healing power works without limit.
 Where we degrade, disgrace, judge, blame, and negate
 ourselves,

This power is lost.
For those who live radiantly, fully manifesting their life-
power,
There is no illness at all.

By constantly placing ourselves within the vibration of
the Universal God,
Our life will shine far and wide.
Through the healing power in every corner of our being,
We will naturally regain our health.
Its healing function and purpose
Will guide our body to completeness and perfection.

If we wish to exhibit this infinite healing power on a
large scale,
We must never, ever, degrade, disgrace, or negate
ourselves.
We must never blame and judge ourselves, or drive
ourselves into a corner.
Let us forgive ourselves, love ourselves, and believe in
ourselves.
Let us respect ourselves, value ourselves, and praise
ourselves.
Then,

Our healing power will manifest on a large scale.
The illness that we created is also one that we can heal.
Our healing power is present in every organ, every part
of our body,
So that we might heal ourselves.
Dear humanity,
We must become conscious of this great power.
And for that,
We must become conscious of the great truth.