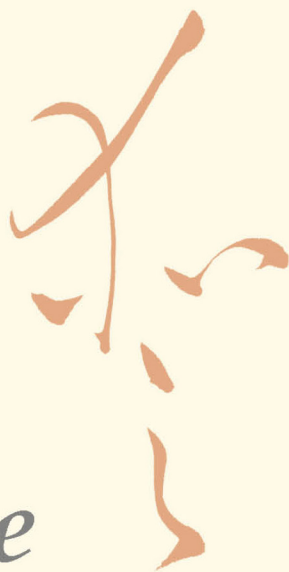


Love, You are Love



Written by
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The Five

1. *You are not visible to the eye
— because you are energy.*
2. *In your daily life, feel the energy
you have created within yourself.*
3. *Through meditation, learn to
sense the energy of the magnetic
field in your heart.*
4. *Come to know, in your heart,
what you misunderstood and why
you misunderstood.*
5. *Understand, with your heart,
the flow of consciousness known
as dimensional transition.*

Love, You are Love

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Books: Ishiki No Nagare, Zoku Ishiki No Nagare

Kayo Shiokawa (born March, 1959)

Ms. Shiokawa was born in Osaka , Japan in March 1959. In March 1991, she became a certified tax accountant and engaged in tax-related business. In 2015, she quit her job as a certified tax accountant and continued her seminar activities following the legacy of Mr. Taike.

Books: Arigatou, Ishiki No Tenkai, Ishiki No Nagare, Zoku Ishiki No Nagare and other books

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Summary of the Introduction

This book, Love, You Are Love, encourages readers to awaken to the truth that we are, in essence, Love itself—not intellectually, but through the heart. We were not born by chance or circumstance, but because we deeply wished to be born. Forgetting this truth means we cannot walk a truly joyful or meaningful life.

Most people live identifying with the physical body, seeing only the tangible world as real. Yet our true nature is invisible—it is consciousness, energy, and above all, Love. Love is not something to be explained or defined through the mind, but something to be felt and known in the heart.

What we have long called “love” in the world—familial, romantic, or societal—is not the real Love. The true world of Love is not outside of us, but within. We are beings of love-energy, eternally existing beyond the physical form.

Visible forms, including our own bodies, inevitably disappear. Therefore, the visible world cannot be the true world. The real world is the eternal one—unseen, untouched, and filled with Love’s energy.

Only humans have forgotten their true nature. It is time to remember, to reflect inwardly, and to awaken to the Love that has always existed within. We are not physical forms but spiritual beings of eternal Love.

Don’t try to understand this with the head. Truth can only be known through the heart. Let us walk together back to the true world—to the Love that we already are.

Introduction

“You are love.”

Do you believe it? I want you to believe it. I want you to become believing it.

Do you know, it is already “love,” that you are there now?

You were not born by your liberty or by your parent’s convenience.

You were given birth, because you hoped to be born.

You should not forget that fact within you in any situation at any time.

You can never spend your happy and joyful life, if you ignore it.

Most people should not think of such a matter in the past.

Certainly, we were given birth, since we asked for it.

How much time did we require until we reach this fact?

There are many people who have not realized it yet in this world.

I should mention, the most people have not realized it yet.

Recognizing that reality, I will just look at the truth and will mention what I feel and believe in my heart.

We, the humans, do not know our true nature.

We, the humans, show visible physical bodies and believe them as ourselves.

Such thoughts are so strong. (Such thoughts are expressed as “the physical beings” in this book.)

Presently, most of world population, several billion people live with the thoughts of

physical beings. They live believing themselves as physical beings.

We naturally hope to live happily, richly, pleasantly and joyfully somehow in there, as we think that we live in the world caught in five senses such as visible, audible and sensible world,

However, don't we really know what happiness, richness and joy is?

As they say, life is full of ups and downs or several people with several minds, the value standard or life philosophy for happiness and joy must be infinite in variety.

In addition, when it comes to the definition of love, it might be difficult to clearly define what it is.

In fact, love is not defined in words. Originally, love should not be expressed in words.

Naturally in the world of five senses, love was expressed in all times and places.

As you know, there are many concepts called love, such as marital love, family love, love between master and disciple. There are a lot of love stories mentioned in the world.

There is the world of love that everybody thought it as love.

However, isn't it still vague, what love is?

Then, please get back to the earlier description.

I mentioned, "We, the humans, do not know our true nature."

It is said in other words, "We, the humans, do not know that our true nature is love."

Is love our true nature?

It may be vague, airy-fairy, gibberish or unrealistic story.

Because you try to understand it in your mind.

This book has a content that my true self speaks to your true self.

It is not written with difficult words but is not understood in your mind.

It is not possible even for the clear-headed person.

Because you, who have the physical body there, are not your true self.

It is yourself, since it is your physical body from head to toe.

But I hope you put it on hold to conclude that your physical body is your true self.

I will ask the question through this book, whether we have known true love, since we have existed without knowing our true nature.

I will send a clear message, that love and world of love, that we had mentioned and had thought, were neither true love nor world of true love.

I will communicate to you as please learn it in your heart that true love and world of love have not existed outside of yourself but have existed within you.

I hope you learn in your heart that you are love itself.

Everything with physical form in front of you does really exist there.

It means every physical form including your physical body.

It is obvious. However, are there only things visible, audible

and touchable?

There must be someone who answers “yes.” However, my answer is “no.”

Furthermore, my answer continues as “We do not live in the visible and audible material world.”

It also continues as “The true existence of us, humans, is not visible. We exist eternally as the consciousness and energy.” “Our true nature is love. We are the energy and power of love.”

“You are love” mentioned at front has expressed it simply, “Love is energy and power.

Furthermore, it is positive energy and power. Positive energy means joy and warmth.

Hence, love is the positive energy and power of joy and warmth. And it is our true nature.

Furthermore, every true nature is love.”

It is actually your true self and our true selves, who are existing eternally as the energy and power of love.

The subject of this book is to let us awaken to our true selves and your true self.

Obviously, that subject is only the purpose of our lives.

Each lifetime is provided in order to achieve this purpose.

Though I just used the term eternal, the physical world spreading in front of you will eventually disappear from your sight. Obviously, your physical body will be the same.

It is the way of world, that physical things will disappear in time.

Then, doesn't it mean that it is not eternally existing world

though the physical world really exists?

However, the true world or the real world must be the eternally existing world.

Since it is the eternally existing world, there is truth and it is the true world.

If the physical world is the real world, why does it ruin the physical form?

May it have the meaning and necessity to ruin the physical form?

If it is the case, what does it mean?

Why is it necessary?

If the physical world is not the true world, what is the true world?

I hope that you continue to read this book, while keeping these questions in mind.

The message is posted again.

“Our true existence of humans is not visible. We exist eternally as the consciousness and energy.”

“Our true nature is love. The energy and power of love are us.”

Other than us, humans, all living things including cats, dogs, plants and minerals know their true nature.

The ones who live without knowing it were only us, the humans.

We were all wrong without exception.

What was wrong? It was about us, ourselves.

It is so wrong that we have existed and continue to exist without knowing our true nature. However, we become not to feel it wrong at all.

We can say that it was us, the humans, who became so wrong that we did not know what was wrong.

Hence the wrong phenomena, the phenomena that we wonder why, will continually appear in various situations.

Please learn of the true world.

Let us learn of the true world and the true love.

Let us learn that our true nature is love.

Then, let us radiate the energy and power of true love from each heart of us.

It was us, the humans, who did not know love but were suffering.

Please learn in your heart that your existence does not disappear, even though your physical body disappears. Please learn the energy of love within you.

The people called as the people of love were not the people of love.

The people who did not know of their true nature could not radiate love.

Why were they evaluated as the people of love?

It is repeating but please do not try to understand it in your mind.

The truth is not learned in your mind.

The truth is learned in your heart.

Let us learn the truth. Please learn it in your heart.

Chapter 1

**Let us awaken to Love
(our true selves)**

1. Awakening to the True Self

- Summary -

We humans, without exception, have made the same fundamental mistake: we have failed to trust in our true selves—love—and have instead believed in a false self rooted in form, matter, and the visible world. As a result, we have spent our lives chasing happiness and fulfillment through effort and suffering, only to find that these rewards vanish with the death of the body. True joy and meaning do not reside in fleeting accomplishments or material pleasures. Rather, our lives were meant to be lived in joy—because joy is our true nature.

The purpose of life is to awaken to our true identity as love, as energy, as consciousness. To move in this direction, we must engage in two core practices: reflection on our mothers and reflection on the reliance upon external forces—what is called “other-power.”

The reflection on one’s mother asks us to revisit how we have treated the woman who gave us our physical body. This process reveals the suppressed, often violent emotions we have harbored. Rather than honoring or idealizing our mothers, we are encouraged to feel our raw emotional reactions toward them, which mirror the distorted energies within us. Through this, we come to realize the deep yearning we had to be born and to rediscover love through the physical experience.

The reflection on other-power involves recognizing how deeply we’ve clung

to external authorities—gods, religions, societal ideals—believing in the primacy of the physical and the superiority of ego. This mindset—“I am number one,” “I am god”—has driven centuries of conflict and spiritual decline. Although we have reincarnated countless times to overcome this, we have instead accumulated more darkness, forgetting who we truly are.

To undo this, we must engage in right meditation. True meditation is not about posture, breath, or achieving calm; it is about where the heart is directed. Right meditation means turning inward, believing deeply that we are invisible consciousness, eternal energy, and love. It is about aligning with the truth that “we are not our physical bodies but awareness itself.”

At the core of this practice lies the name Taike Tomekichi—not as a religious figure, but as one who transmitted the message of truth. The true Taike is not the man who once walked the earth, but the consciousness that exists within us all—the presence of joy and warmth already embedded in our hearts. Thus, to meditate with the heart turned toward Taike, as love, is to reconnect with the infinite self.

Even those who never met Taike in person can engage in this meditation if they have truly turned their hearts toward love and reflected honestly on the self. Conversely, even those who were close to him physically may remain far from truth if they lack that inner turn. Ultimately, this journey is not about doctrine or belief, but about feeling, remembering, and returning to the love that has always lived within.

1. Awakening to the True Self

We all made mistakes without exception.

However, it is also us who can realize the mistakes by ourselves.

The mistake is that we have not believed in our true selves (love) but have believed in our false selves (not love).

We have believed in our false selves as ourselves. It means, we believed in the visible and physical world including ourselves as the true world without exception.

Obviously, we seek joy, happiness and meaningful life there.

We strive to seek the path, as we think it is only one life.

However sadly then, we cannot meet true joy or happiness forever.

It is nothing more than that we think our false selves as ourselves and feel our false selves pleasant, joyful or happy.

Hence, such pleasure and joy did not always bring pleasure and joy.

Didn't you feel suffering to obtain pleasure and joy? Didn't you use your heart and body? How about your heart especially? What kind of heart did you use? What kind of thoughts did you radiate?

How about after that? Didn't you use your heart and body to protect and increase it, since it was the happiness and joy obtained hardly?

It will disappear from your sight when your body disappears, though it was hardly obtained. Obviously, the things built will remain as the various forms.

However, they will become painful simultaneously. There will be new agony created.

Thus, the world that we believe in alternates between joy and sorrow.

There are the people who feel happy and joyful and also who sink in sadness.

However, they do not even realize it. There is a good possibility for their positions to turn back in the time passage.

Though it is happy and joyful now, it may sink down to the bottom of sorrow instantly.

Can we really say it is true life that wavers between joy and sorrow in the mixed feelings.

It is said in the general public that life has its ups and downs.

However, it is not true. It is not the life that has both joy and pain.

Actually, there is only joy in life.

It is our true nature of humans to spend joyful life

However, it does not become so, because we humans do not know how to spend our true lives.

How to spend our true lives, it is to learn our true nature (love).

It is suffering to live and die without knowing our true nature (love).

It is the lifetime provided for us in order to learn our true nature (love).

It is the purpose of life to learn ourselves.

We have lived without knowing love. How about you?

Don't you like to learn true love now? Don't you like to meet your true self?

Don't you like the life feeling and learning your true self?

I try daily to turn my heart toward feeling and believing in love within (my true self).

I try to have easy and quiet time as much as possible.

Specifically, I have the time to practice meditation. However, there are various meditations though they are called meditation. Hence, I would mention a little about meditation.

Meditation is to close the eyes and think.

As the general aspect of meditation, it is performed with seating in a kneeling position, sitting up straight with mental concentration or oppositely in a relaxed manner, but please quit those meditations.

Moreover, it is outrageous to stand under the waterfall or perform ascetic practice running on the mountain. It does never achieve to attain enlightenment, to feel refreshed, to feel joyful, happy or thankful.

It is most important when you practice meditation, where your heart is turned toward.

It is not good to meditate without such confirmation.

The last stage of the person who continues such meditation will be miserable.

My meditation is not like that.

What meditation is it then? Before that, there is something I would like everybody to do. It is the reflection on mother and outer power relied on.

Firstly, it is the reflection on mother.

How did you or do you deal with your mother who gave you the birth?

Please remember the memories of your childhood.

It is the reflection to remember what kind of thoughts you had and write them down in the notebook, as for the three points, such as what your mother did for you, what your mother did not do for you, what you did for your mother.

Why is the reflection on mother important? Because your mother has given you the existing body.

As mentioned in “the introduction,” you have asked the person becoming your mother to give you the body and give you the birth.

Obviously, everybody will answer as being unaware of it at the current stage.

Though it is so now, it will be felt in the heart of everybody someday in the future.

Then simultaneously you will learn that you cannot convey the truth to yourself, if you do not have the existing body.

What will happen if you cannot convey the truth to yourself? Apparently, everybody knows it in heart.

Since it is too much pain and fear, they do not think of it but fool themselves and spend the time every day.

It is the reflection on mother to feel the wriggling energy within you through mother.

It is felt clearly through reflection on your mother, how fierce thoughts you have released to your mother in front of you, as long as you learned the thoughts you have had toward your mother while you were involved with your mother.

Everybody must have thought welling up directly toward mother, when mother speaks or does something.

Please confirm what kind of thought it is and how strong its energy is.

Mother is the grateful existence who draws out the energy accumulated simply and directly.

The moral matter, that is to be the person who accepts it thankfully and returns the favor to parents who gave birth and raised, is not important.

First of all, you do not cover it up but have to feel as it is and confirm the thoughts that you well up toward your mother. Please learn that you have your mother in front of you, who is hardly acceptable, for that purpose.

There are some people who respect and beautify mothers, but most people look down and kick around their mothers, and are egoistic, indulged and freewheeling.

The people who respect and beautify mothers are also awful, if they feel the depth of their hearts.

Everybody is fierce. Let us feel the crazed fierce energy within, through mothers who have physical bodies in front of us.

Everybody will certainly learn the crazed fierce energy within, as long as one reflects on mother.

Please continue the reflection on mother until you learn it.

Everybody has abandoned one's true self. One has abandoned love.

Please continue the reflection on mother until you learn the thought that you have yelled that you did not need warmth and damned love.

Then, please have time to think of or call your mother in your heart.

Though you have yelled that you did not need warmth and damned love, you will learn someday the thought of mother (the warmth of mother) who has really accepted it without condition.

Then, you will learn clearly the thought within, that you really hoped to have the form of physical body.

It will resonate in your heart how joyful and thankful the present time is.

Firstly, please set the time to reflect on and think of your mother, and become to say "Sorry mother, thank you mother" humbly, even it is superficial.

Even it is modest at first, soon or later the thought as "I was wrong, mother I am sorry, mother I thank you" will well up from the bottom of your heart.

Obviously, it is not easy.

Because the thought to discourage it is accumulated in each heart through many transmigrations.

The thought to discourage it is the thought as the physical being and form is true.

It is the thought as I am best. It is the thought as I am God.

We call it the heart of reliance on outer power, that the thought as the physical being is true, the thought as I am best and I am God.

The heart of reliance on outer power is accumulated in our hearts.

That heart is deeply and strongly rooted.

Then it is the reflection of reliance on the outer power to be practiced simultaneously with the reflection on mother.

It is to realize the heart of reliance on the outer power that is deeply accumulated and strongly rooted.

I repeat it.

The heart of reliance on the outer power is the heart of the physical being and form as true. It is the thought as I am best, I am God.

In order to ruin that thought, we transmigrate many times, but the result becomes opposite. Instead of ruining, it resulted as loaded more on top.

We, the humans, have forgotten our true nature, have thought us the physical beings, have tried to improve ourselves, have tried to obtain the happiness and joy of our physical selves, and have continued to turn our thoughts outward.

We have asked God and Buddha for the protection and power. We were always in the comparative race. After the

battle, the winner becomes the ruler and rules everything.

It is not exaggeration to say that the history of mankind was in battles.

Furthermore, it was the battle between God and God.

Everybody raises the good cause of God and exposes the greed.

Though they got the position of king or ruler, they will be expelled soon or later, will be eventually ruined. They fight for the supremacy in the fear when they are killed in the sleep and have no rest in their hearts even for a day.

When we study the history of Japan and the countries in the world, we learn that we have mostly repeated those silly things.

Humans repeat the numerous transmigrations in order to learn their true selves.

However, instead of their earnest wishes, they accumulate the dark energy at each transmigration.

Nobody could realize it at all. They have degenerated as they could not realize it at all. It is our true reality of humans.

Most people of global mankind think of their physical bodies as themselves.

They live on that basis at present, and also in the future.

Most people think that God and Buddha are the existence in the different world from them, humans. Why do they think so then?

“What kind of existence the humans are?”

They do not supposedly think so, if they learn it in their hearts, but it is not really so.

Hence, we can say that we humans were degenerated.

Is it wonderful to believe and respect God, pledge royalty to God or to devote for Buddha? Is it respectable? Is it to be praised?

Though there were many people appeared, who felt and preached the world of God or Buddha, what kind of world of God or Buddha it was, that they have preached without leaning what kind of existence they and their true natures were.

Firstly, what is enlightenment? There is no enlightenment losing their true nature.

Please take the existing concepts off and reflect on mother mentioned before.

It will not be understood instantly that we have accumulated the dark energies at each transmigration or we humans have been degenerated. However, I hope you accumulate the experiences that something surely resonates in your heart through the reflection on your mother.

Some time, tears may run down your cheek, fill your eyes or another time tears and runny nose may splash out. The wish to call mother may blow out from your heart.

It may be in contrast with your thought that is brought out against your mother and may be beyond your assumption. However, it would be good if you experience it.

Soon or later, you will know that there are certainly your thought responding within, though you do not understand it in your mind and do not know how to explain it.

You may go into the state that you cannot sit there quietly.

For instance, the thought blown out from within, let us

express it the energy.

We have a lot of energy. Such energy may move our bodies.

Then, how do we understand the relation between the body and energy?

Please think the various things.

Since there will not be the conclusion coming up with, please presume that the content in this book is true and prove it in your heart.

There appears the work of meditation.

It is required to deepen the reflection on mother and reliance on the outer power through the right meditation.

“Right” of the right meditation means the direction of your heart.

As I mentioned before, there is one important thing to practice meditation.

It is important, what you think and where you turn your heart toward when you practice meditation.

It is the major turning point, whether you can realize the truth.

Obviously, the following bald message must be major and only the pillar for it.

“The true natures of us, the humans, are not visible. We exist eternally as the consciousness and energy.”

“Our true nature is love. The energy and power of love are us.”

It looks similar but is different when we practice meditation believing that we are the consciousness, love and when we practice meditation without believing it, though they both are called meditation.

It was the person Tomekichi Taike who conveyed that message.

I would omit the introduction of Mr. Tomekichi Taike, since it was written in my books “The person Tomekichi Taike I, II, III” and the books published by UTA Book Publishing.

I would empathize also in this book that Mr. Tomekichi Taike is not the person in the position of the founder or the leader of the sect.

In conclusion, it is the right meditation to practice turning the heart toward Tomekichi Taike.

Then the issue is the people who did not meet Mr. Tomekichi Taike, who did not meet but heard the name or who saw him in the picture.

Putting aside the people who do not know the face and name, as for the people who heard the name or saw the face in the picture, it is theoretically possible to practice the right meditation, if they practice looking within their hearts through the reflection on mother and reliance on the outer power.

Because the right meditation is not to turn the heart toward Mr. Tomekichi Taike but to turn the heart toward Tomekichi Taike.

Mr. Tomekichi Taike and Tomekichi Taike are different.

As the mnemonic name is same, I do not say there is no relation, but there is the crucial difference.

Mr. Tomekichi Taike exists outside of you.

Tomekichi Taike exists inside of you.

Additionally, Tomekichi Taike is the conscious world with joy and warmth originally existed in the heart of everybody.

Hence, if the person feels in heart the bold message previously mentioned, turns the heart honestly toward trying to understand Tomekichi Taike as the consciousness, energy, energy of love, one can do the right meditation, though one has no contact like talking to Mr. Tomekichi Taike in this lifetime. However, it is surely difficult.

Even though such a person turns the heart, wants to attend the seminars and really attend the seminars, it comes to the different story.

Though such a person did not talk to Mr. Tomekichi Taike directly, there must be something reaching the consciousness when one attends the seminar.

It is the appropriate system in the conscious world.

Hence, there is its contrary.

The person who stagnates with the turnaround in consciousness previously mentioned in bold letters, is far from the truth, though one knows Mr. Tomekich Taike well.

It is not relevant that one knows or has contact with Mr. Tomekichi Taike well in real life and one goes on the same path with the conscious world of Tomekichi Taike.

Up to here, I mentioned briefly from the meditation and what Mr. Tomekichi Taike conveyed to us at the seminars for more than 20 years.

2. The Joy of Returning to Love Through Meditation - Summary -

This section introduces reflections and realizations that arose during meditation—specifically when the author focused their heart on Taike Tomekichi and held the thought, “I am love.” Both Taike and Albert are not persons in the conventional sense but represent realms of pure joy, warmth, and energy—expressions of the boundless world of consciousness, or love itself. These names are symbolic, serving only for convenience.

The term “universe” here does not refer to celestial bodies like stars or galaxies but instead signifies the infinite realm of consciousness. Similarly, “alien language” (igo) denotes energetic, vibrational communication beyond grammar or syntax. As beings of energy, we naturally resonate with other consciousnesses through these waves.

Through continued right meditation, one can awaken to their true nature—love—and return to that origin. This return is not merely metaphorical; it profoundly reshapes one’s life. Importantly, “life” here is not limited to the time one spends in the physical body—it spans the broader journey of consciousness.

The author shares their joy in simply being able to think about love. Over time, they have come to trust the vibrations and energies felt during

meditation as the only authentic reality. These energies communicate deeply, bypassing the external expressions of warmth and kindness. For someone long immersed in a flesh-centered worldview, this sensitivity did not come easily.

However, through correct meditation—and, crucially, through feeling the warmth of their mother—the author began to distinguish between the ego-driven voice and the deeper responses from within. Without this grounding in the mother’s warmth, even spiritual experiences might be corrupted by darkness disguised as light. This realization helped the author avoid confusion and stay on the true path.

Now, regardless of how intense the energies felt during meditation may be, they are perceived as joy and warmth—no longer threatening or chaotic. The more the author turns inward, the more their inner love responds in resonance. Meditation becomes an act of pure joy: the joy of thinking, of feeling, of sharing, of returning.

This deep gratitude for the physical body—the vessel that makes these experiences possible—continues to grow, as the author lives each day in the vibrational joy of connection and realization.

2. The Joy of Returning to Love Through Meditation

Further on, I will mention my thoughts came up in my heart, focusing on the thought resonated in my heart and noted, when I have time in my daily life to turn my heart toward Tomekichi Taike and practice meditation thinking of “I am love.”

Preceding to it, here are some notes.

In the text, the word Albert appears often as well as Tomekichi Taike.

Please understand both Tomekich Taike and Albert are the generic names of the consciousness, energy and vibrational world.

That world is the infinite world of joy and warmth. It is just the world of love.

Please understand that it is our true world.

Please do not be hung up with the name. Please think of it as the mark.

The name is trivial matter. It is called with that name for convenience.

As for the word universe, the universe means the conscious world.

It is not the universe that includes the earth, sun, moon, solar system and the galaxy.

As for the universe, please refer to my book “the wind in

universe” that mentions the universe in detail.

One more thing. It is Igo, the non-lingual sound.

Igo, the non-lingual sound, is not something like Japanese, English or Chinese.

It is emitted as the sound from the mouth. There is no subject and predicate.

The thing conveyed by Igo, the non-lingual sound, is the vibration. It is energy.

Since we are the consciousness, energy, we can communicate with all consciousness through Igo, the non-lingual sound.

The point is to repeat the right meditation, to realize ourselves as love, to flow ourselves of love into us, to feel and realize in each heart that it was our wishes, our sincere thoughts to return with ourselves of love.

Then your life and your time in future will be drastically changed by the work of the invisible world.

Though I mentioned your life and time in future, it does not limit to your life and time in future, who has the physical body now. I would mention it as an unnecessary addition.

Everybody, please spend your days to continue the meditation thinking of love.

I savor joy to think and to be able to think.

The vibration and energy conveyed and resonated in my heart during the continuous meditation are the believable reality for me.

It is clearly conveyed to me how happy and joyful it is to be

able to believe that I have touched and felt such vibration and energy and that I have existed in them.

It is joyful to exist together. It is joyful to be able to communicate.

I could understand the gentleness and warmth shown by the form such as attitude, facial expression, word, and something like that in the physical world, but without something like that, it was really hard for me to feel and believe the vibration and energy conveyed and resonated in my heart, since I lived as the physical being and was insensitive.

Somewhere down the line, I began to feel in my heart myself who existed besides me draping the physical being.

It became clear that something different from what I thought by my physical self was conveyed from within myself during the continuous right meditation.

I also learned in my heart that the thought conveyed within would likely be changed ingeniously to the dark world, if I did not feel the warmth of mother then.

It is a dangerousness to come forward and show myself off unknowingly and an awfulness and stupidity to drop into the trap by myself.

Hence, how important the warmth of mother is.

I think that I have reached the present state without confusion since I have cleared it safely.

I have already confirmed that it was the energy to be changed to joy and to be returned to warmth, though how

fierce energy I felt in my meditation.

I feel joy that the energy of love within responds as much as
I turn my heart toward.

Hence, the meditation is just joyful for me.

It is joyful to think, joyful to be able to think, joyful to exist
together, joyful to be able to communicate.

I feel the infinite gentleness for my physical body given.

3. From The Meditation “You are Love” - Summary -

This collection of channeling messages is a heartfelt appeal from the world of consciousness, urging humanity to return to its true nature—love. Although all consciousness is inherently composed of love, our identification with the physical form has led us astray. Over countless lifetimes, we have sought joy, happiness, and power outside ourselves, forgetting that we ourselves are love and that love is not something to be acquired, but remembered.

The repeated affirmation, “You are love,” is a vibration always flowing within us. It calls us to awaken the energy of joy and warmth within and release ourselves from the bindings of self-created suffering. Even in pain and hardship, the path back to love is one of liberation, for within every sorrow lies a message pointing us to the true joy we’ve always carried.

Our misunderstanding of love has produced a distorted world filled with conflict, resentment, and domination. The love we have pursued externally—family love, romantic love, even religious devotion—has often been a reflection of need and dependency, not the pure, self-sufficient love of consciousness. True love does not emerge from form; it cannot be found through external means or bestowed by others.

Rather, true love is who we are, and recognizing this truth has

been the purpose of all our reincarnations. Yet humanity has failed to awaken to this, ensnared in the illusion of physical reality. The genuine power to save ourselves lies not in societal systems or moral rules, but in remembering the energy of love that eternally flows within.

Even catastrophes and upheavals are expressions of this love, calling us to awaken. These are not punishments but the force of love itself, guiding us back to our essence. The great darkness humanity has created is being met with an even greater current of awakening.

To return to love is not to achieve something new, but to restore what has always been. When we feel the warmth of the mother, the energy of true self, and the vibration of joy within, we remember that life is not meant to be a mixture of happiness and sorrow—it is meant to be pure joy.

Let us walk the path of returning to our true selves, reclaiming the love we once abandoned. This is not the path of suffering, but of liberation and gratitude. In embracing our original nature, we fulfill the very reason we chose to be born into form: to remember love and to live it.

3. From The Meditation “ You are Love”

1. Love is the energy that exists in all consciousness.

Originally, all consciousness is love itself.

However, the consciousness with the form as physical being has left the original nature far behind.

While they live there as the physical world is true and have expanded their thoughts, such as the first, the second, to be happiest, to be most powerful or to be wealthiest.

It is very difficult for humans who have forgotten the original nature, love and energy to return to the energy of love and original nature.

However, here is certainly the invisible flow as “flow of consciousness” that encourages all consciousness to realize.

The “flow of consciousness” flows for all consciousness to move forward on the path returning to love. The “flow of consciousness” conveys to us the path to return together.

Then, let us think what is necessary for us to realize love.

What do you think of the most important thing in your daily life?

Is it money? Is it the relation with people? Is it power of God or Buddha?

What really is your happiness?

Does it lead to your happiness to have something connected with those?

Then, we have already taken the wrong path.

It is time for us to ask ourselves what the happiness is, what the joy is, what the warmth is.

Though it is the matter whether you know or believe the transmigration, it is the fact that we, the humans, have the history of transmigration to be born, die and be born again.

In addition, all our transmigrations were failed.

The time that we have abandoned everything, have driven our true selves far away and have expanded our false selves, it was our transmigrations in some hundred million years.

From those numerous transmigrations, our failed transmigrations, please turn your heart toward realizing your true self in this lifetime.

The numerous transmigrations wait in your heart for the time of bright sunshine.

Please reawaken to the person who can hear and turn the heart toward the scream in your heart.

The warmth, gentle feelings of love and joy, those are our true natures.

Our true selves are brimful energy and power of love.

It is waited for the people as many as possible and as early as possible to realize in our hearts that we have entirely misunderstood love.

2. “You are love.”

Please learn that this message always flows in the heart of everybody.

We have a lot of energies of love and joy in our hearts.

Please blow out the joyful energy continually.

The fierce energy created by you must blow out in your daily life.

However, it is because you are originally joy.

As you are love, you, the energy of love, release your wrong self.

The joyful path that you release yourself was your life.

It was a life with our physical beings. Numerous transmigrations have existed for it.

We have repeated the numerous transmigrations on the earth in order to realize that “you are love, I am love.”

Each one of them was the time and space to awaken to love.

3. The power to save yourself overflows from within you. It is yourself.

Love overflows within you. Love overflows from within you inexhaustibly.

It is the matter whether you believe it or not.

It is the matter whether you are in a state to believe it or not.

It is simple.

If you do not believe it now or you are in a state unable to believe it, you are at the bottom of suffering.

Though you are so happy with your physical being now, your conscious world, your reality is in a suffering. It is learned when you die.

We will go through the coming time with a challenge, how to handle such suffering.

In the meantime, your love within and your true self will just continue to wait.

The person who cannot turn the thought toward one's true self is cold-blooded and merciless. The person is impassive though one let oneself sink into the suffering.

Though one has a gentle smile and gives charity around, one is cold-blooded.

We cannot judge only with superficial forms.

I am gentle to myself.

I realized that I was born with hidden determination to certainly save my inner self.

The warmth and consciousness of mother reach my heart sufficiently.

Hence, I, existing in the conscious world, never go back.

I never turn back, though it is ordered.

I feel in my heart that love within me leads me.

Hence, I, my conscious world, will never deviate from the core and I, as a person in the physical world, will never deviate from the basic human values.

We will not do such things, if we realize true love in our hearts.

We cannot do it. We will never do it.

Hence, if all humans realize love within, discipline, rule or moral will become useless object.

We will realize that it is not necessary to bind the heart with such things.

4. The energy of love, the power of love, the power of true love. Those will be shown for global mankind through various matters and situations.

It is the question, what true love is.

True love is the energy and power to awaken us, it is love.

We are love. The power to awaken it, the energy of love is overflowing.

However, to our regret, it is not learnt, is not felt in the heart hung up in the physical world.

We have expanded the false love larger and have been suffering and heaving in that false love. It was the enormous history in our hearts of humans.

Love that we know is the reverse side of hate.

The energy of such love is also the energy of massacre.

It is love and energy in the world that we have wrongly created.

Though how much we decorate the words, how much we speak the fine words, there swirls the dark energy of hate and oath.

We have covered that energy by the words of love and have become confused with the content.

“Love is gentleness and continues forever,” “Eternal love,”

those are fine words.

However, please feel the vibration and energy flowing out of there, if you can feel it in your heart.

What was the energy and vibration of love that humans have created continuously?

Such love was fake.

The energy of love was not to be created continuously but has existed originally.

What originally existed was us. We have lived in love originally existed.

We did not need to seek love but we were love.

However, humans could not realize it.

Hence, we have sought for love outward and have been suffering for some hundred million years or longer.

The fake love will certainly betray. And we, who were betrayed, will create hell furthermore. The feelings of hatred will be increased there.

Oath, hate, massacre and destruction.

As per those words, such energy and vibration are dark.

In the darkness, we have sought for love.

We could not obtain it, though we sought for.

However, hence we sought more.

We could not realize, it was wrong, has been wrong to seek for.

Love is not obtained by seeking. Love is not given also.

Love is ourselves. We are love itself. It is to realize ourselves as love itself, to awaken to our such selves. Those were shown

in the numerous transmigrations.

However, nobody could reach true love. Even one person could not reach it.

There is nobody who is love.

We became unaware of love, became unaware of ourselves and were continuously crazed and heaved. If we look even a little in the history of our hearts, we will learn in our hearts what a wonderful opportunity we have in this lifetime.

It is to think of love, to touch love and to expand love. They all are the path returning to our true selves. It is the path that we have set for ourselves.

Please feel it in your heart, how happy and joyful it is, if you expand the definite joy to find the joyful path in your heart and go forward step by step on that path returning to ourselves, returning to our true selves.

In a while, the energy of love will encourage us to awaken stronger than now with unimaginable strength, depth and width. It will physically be destruction.

However, the vibration resonating there is positive.

Let us accept and feel that positive energy works in our hearts. Let us learn in our hearts that everything is the joyful energy returning to love.

Please realize that you hold yourself back in a small world.

Please release yourself from there.

5. As soon as we feel in our hearts the vibration, the vibration

and the energy of joy and warmth, it becomes clear that the purpose to live and the meaning to exist are totally different than before and we were wrong. We will realize it clearly.

We will realize that we misunderstood the physical things, such as our lives, families, jobs and the manner of those utilization.

Especially, the awareness of love or those things will be changed.

What is love called there, such as marital love or family love?

Haven't we lived without knowing love so far?

Haven't we assumed shallow love as true love?

You met the person (God), whom you thought as your life and could devote everything you had. Then, did you have the joyful life?

It becomes evident when we review our past lifetimes.

The person, who could not reach the truth that the energy of love welling within was oneself, continuously seeks for love outward, though the time goes by.

We repeat the same thing as we did in past lifetimes, though we have experienced many times that it returns us as suffering. Why does it happen?

Because we lost our true nature.

How do you think? Have you gradually come to think, to believe the energy of love existing within and to realize your true self as love?

You all must have experienced a lot of fun, joy and

happiness.

You have met the heartwarming person, affair and will meet them in the future also.

However, haven't you met an equal number or more of sad, painful and regretful affairs?

Hence, do we have mixed feelings in our lives?

No, we must have joy, only joy in our lives.

The sad and painful affairs convey to us that we have true joy, happiness and love within.

Hence, please do not sink your heart in darkness as sad for the sad affair and painful and suffering for the painful and suffering affairs but realize that the power has existed within you to release yourself from there.

Let us go on the path returning to love.

The severe phenomena will wait in the future for the humans who have strengthened their thoughts as the physical forms are true.

However, we have to awaken to love within us.

It is the road map that we, the humans, have set. Because our true nature is love.

Awakening to love is to recover our true selves.

It is very natural. It is not something special.

Since we forgot our true selves, we were in real suffering.

Our hell continued eternally, though we felt happiness and joy covered by the physical forms.

Why did we have the forms of physical bodies, and still do?

There are only a few people realizing that reason in the heart.

What will awaken us to love in such circumstances?

The energy and power of our love will awaken ourselves.

It is the energy of natural catastrophes.

The energy of natural catastrophes is the energy and power of love to awaken ourselves.

Most people will not accept it correctly, though I convey it.

Their thoughts, as the physical forms are true, are so strong.

“Why did we lose our nature? Why did we abandon ourselves?

Why do we forget our hell when we are covered by our physical forms, though we have been crazed?

Why don't we accept it humbly, though we send to us the signal continuously to sense our own world? Why don't we accept it humbly and directly as it is the warning for ourselves?”

We have degenerated, have really degenerated.

Since we lost ourselves, we fell directly into the degeneracy.

Then such path will continue in the future.

Each one of us must put the brake on it within.

The day that we remember in our hearts the warmth of mother and love within must certainly come. Don't you think so?

We cast ourselves away, abandon ourselves and then, where do we go?

Please believe in what you felt, if you began to feel in your heart.

We have cast ourselves away, have cast love away and have

fallen into hell.

Let us seriously regain our hearts and ourselves, if we have begun to feel it in our hearts.

It is the path returning to love.

The path returning to love is hard path but is joyful path. It is surely the joyful path.

It is the joyful path to regain ourselves. Please believe it firmly.

I know the true gentleness. I know the true warmth. I know the true joy.

The true gentleness, the true warmth, the true joy are never realized by the thoughts as the physical form is true.

“The true love is not learned by the thoughts that the physical form is true.”

The life is successful, if it is proved in each heart.

Let us awaken to love (true self) and spend our joyful lives.

Chapter 2

**Let us release love
(our true selves)**

1. A Journey to Awaken the True Self

- Summary -

This chapter confronts the core question: “Why are we born?” It invites each of us to respond from the heart—not intellectually, but through inner knowing. We are told that our original nature is love itself—pure energy of joy and warmth. Yet over countless lifetimes, we have mistaken form for reality and buried ourselves in energy of anger, resentment, jealousy, and self-justification—constructing inner hells from which we now seek to escape.

The power to liberate ourselves lies not outside but within. It is the warmth, kindness, and joy already inside us. This inner love is what can truly save us. Recognizing that, and feeling it in the heart, is why we are alive today. The gift of this life and body is to restore what we once lost—our connection to the true self.

Through sincere and correct meditation, one begins to converse with the inner self, receiving the message: “You are love.” As we open to this vibration, we accept ourselves, and joyfully return to our origin. This return, however, requires destruction—not of the body, but of the false constructs within: our dependence on external gods, our belief in the physical as truth, and the fabricated world built on other-power.

This destruction is love in action. It is the positive work of

love's energy—to transform all negative thought and false belief into truth. Though it may appear like collapse or chaos, it is the foundation for awakening. Those who still identify with form will see it as tragedy or loss, but those who have begun to awaken will feel the liberation it brings.

We are asked to look deeply into the darkness within and trust the power to return to joy. All change begins in the heart. Nothing external saves us—it is we who must choose, consciously, to awaken. If we fail to do so, another lifetime may follow—but why delay?

This life is the chance to come home to love. Only through awakening the true self can we walk the path of joy. There is no other way to lasting happiness. Return to love—this is the only path we chose before birth.

1. A Journey to Awaken the True Self

“What are we born for?”

This is really important question.

Please be yourself who can answer the question in your heart.

What kind of person do they say the fine person? What kind of person do they mean the wise person?

Everybody, please turn your pointer toward within your heart.

Please look within your heart. Please feel the energy within yourself.

There was only the energy of joy and warmth within us.

We were love itself. However, how many people feel it, though I convey it?

Do you feel how fierce energy you have when you look within your heart?

Please habituate yourself to look at the thoughts welling up in your heart, when you contact various people and meet various affairs.

Please check the energy flowing out instantly when you say or act, whatever you say or take a stance.

Please learn it is only joy, if you realize your fierce energy in your daily life.

It is joyful, when you look at your thoughts looking someone down and upholding yourself.

Also, isn't there something like this?

The thoughts to justify yourself as you say and do everything for your sake, the thoughts to move someone as you like or releasing your anger on someone.

Please learn such thoughts and aspects of yours in your daily life.

It is joyful to learn it.

Since we are in love, it is joyful to learn our hell.

Hell? Yes, it is hell.

Except the thoughts of joy and warmth, everything is the thoughts in hell.

Please recognize it clearly.

We can say that we were born to clearly realize ourselves existing in hell and to achieve the escape from hell.

Oath, grudge, anger, comparative race, jealousy, disrespect, I am best, we have accumulated such energies, the dark and black energies within us. Those were us.

Please face your such selves and save your such selves. Saving yourself is to convey the truth to yourselves. The helping hand does not exist outside of you.

The helping hand is the energy of warmth and joy within you.

It is yourself who is the energy of love.

Nobody or nothing can save you. You can save yourself.

Please realize in your heart the gentleness, warmth and joy within you.

It is the present time for you to learn in your heart that you are the great existence to enfold everything. You have your

present environment. You have your present physical body.

We could not convey the truth to ourselves by any means in our past lifetimes.

Because we did not know the truth.

Hence, we have been continuously crazed. We had no alternative but to be continuously crazed and suffered. Please learn it in your heart.

Hence, let us restore love upon learning it.

Please come to feel in your heart that you have the physical body in order to restore your true self.

Please feel it in your heart. What you felt in your heart never betrays you. Do you understand it? What you feel in your heart is so great.

Our hearts know it. We know it. We know love. We know our true selves.

Hence, we exist here as we are. We exist with physical bodies.

If you learn in your heart what true love is, your heart will respond to you how long you have continuously waited for this time.

How many times a day do you send out your thankful feelings and joy?

Please turn your thankful feelings toward yourself.

Can you say thanks to yourself from your heart? Did you say it?

Please feel your gentle self. Please feel your warm self. Please feel in your heart yourself as gentleness, warmth, joy and broadening heart within you.

There must be some people who spend busy days pressed for time.

There are people who turn their hearts toward the things in front and pass a day.

Those people will also have the awakening and encouragement someday somewhere. Because love flows without delay. From the person who learnt and realized in the heart that it was oneself who blocked the flow of love out, please check the energy far from love within and change it to the original energy.

Please realize that we potentially have the strength and power to change it.

You are love. You, your physical self is not love.

Since your true nature is love, love flows, when you awaken to your true self.

Please have the time for meditation as much as possible to feel and expand the vibration of love.

Daily I meditate rightly and feel myself firmly. I communicate with myself within.

Thankful feelings are conveyed to me. I am so joyful.

In the vibration conveying as “You are love, you are love,” I expand my heart widely and can accept myself. I realize it joyfully.

Love (my true self) talks to me.

“You are love. Please expand your joyful self and enfold all of you in it.

Please feel joy, warmth and broadening within you.

Everyone has waited to return to this world.

Now, I convey it to you through your physical being. I am

joyful to convey it.

I, as joy, have existed within you. I have existed with you from the far past lifetimes.”

We are love. All consciousness is love. The energy of love does work. It does work positively.

What is the positive work then?

It is the work to change the wrong thoughts, the negative thoughts to the positive one.

What is it in detail then?

It ruins the form.

In order to awaken love, we must ruin in our hearts the world of outer power as the physical world is true.

We have to ruin our stupid world that we prayed God for the prosperity and stability, wished and asked outer power to give us the power, kneeled and sold our hearts.

When we awaken love, the energy of love flows from our hearts and ruins ourselves rapidly. It will ruin the world of outer power.

It will ruin our world that is tied up by the energy of outer power furthermore.

The energy of love flows furthermore after the ruin.

It will become thick, strong and firm flow and will ruin the world of outer power furthermore.

It is awaited to lead ourselves into good cycle of joy.

However, it is not positively accepted by the people who have not awakened to love within. It is never accepted as joy.

The ruin of physical world and themselves are fear and oath

for the people who think the physical world as true and seek joy and happiness there.

They choose the path that curses at themselves and fall down to hell.

Please hang in there firmly and respond humbly to the call for returning to love.

It will influence your future, whether you cultivate in your heart the belief in power conveying to you to look at the deep dark world within, accept it and return to the warmth. You will influence yourself.

Everything is the affair in the world of heart. It is the affair in your heart.

There is nobody or nothing else.

You can save yourself. I say it is your true power and energy. It is yourself.

How much can you believe it? Do you leave your physical being again without believing it? Everything depends on you.

You may have the opportunity of next transmigration again.

Surely you will have the opportunity of next transmigration.

However, what kind of transmigration is it?

How many things can you convey to yourself then?

Please face yourself seriously, sincerely and faithfully, beginning with the person who learned to look within the heart.

There is no path to become happy and joyful, except recovering yourself with overfull love.

Please choose the path returning to love by yourself.

2. The Joy of Returning to Love Through Meditation - Summary -

This section introduces reflections and realizations that arose during meditation—specifically when the author focused their heart on Taike Tomekichi and held the thought, “I am love.” Both Taike and Albert are not persons in the conventional sense but represent realms of pure joy, warmth, and energy—expressions of the boundless world of consciousness, or love itself. These names are symbolic, serving only for convenience.

The term “universe” here does not refer to celestial bodies like stars or galaxies but instead signifies the infinite realm of consciousness. Similarly, “alien language” (igo) denotes energetic, vibrational communication beyond grammar or syntax. As beings of energy, we naturally resonate with other consciousnesses through these waves.

Through continued right meditation, one can awaken to their true nature—love—and return to that origin. This return is not merely metaphorical; it profoundly reshapes one’s life. Importantly, “life” here is not limited to the time one spends in the physical body—it spans the broader journey of consciousness.

The author shares their joy in simply being able to think about love. Over time, they have come to trust the vibrations and energies felt during meditation as the only authentic reality. These energies communicate deeply, bypassing the external expressions of warmth and kindness. For someone long immersed in a flesh-centered worldview, this sensitivity did not come easily.

However, through correct meditation—and, crucially, through feeling the warmth of their mother—the author began to distinguish between the ego-driven voice and the deeper responses from within. Without this grounding in the mother’s warmth, even spiritual experiences might be corrupted by darkness disguised as light. This realization helped the author avoid confusion and stay on the true path.

Now, regardless of how intense the energies felt during meditation may be, they are perceived as joy and warmth—no longer threatening or chaotic. The more the author turns inward, the more their inner love responds in resonance. Meditation becomes an act of pure joy: the joy of thinking, of feeling, of sharing, of returning.

This deep gratitude for the physical body—the vessel that makes these experiences possible—continues to grow, as the author lives each day in the vibrational joy of connection and realization.

2. The Joy of Returning to Love Through Meditation

Further on, I will mention my thoughts came up in my heart, focusing on the thought resonated in my heart and noted, when I have time in my daily life to turn my heart toward Tomekichi Taike and practice meditation thinking of “I am love.”

Preceding to it, here are some notes.

In the text, the word Albert appears often as well as Tomekichi Taike.

Please understand both Tomekich Taike and Albert are the generic names of the consciousness, energy and vibrational world.

That world is the infinite world of joy and warmth. It is just the world of love.

Please understand that it is our true world.

Please do not be hung up with the name. Please think of it as the mark.

The name is trivial matter. It is called with that name for convenience.

As for the word universe, the universe means the conscious world.

It is not the universe that includes the earth, sun, moon, solar system and the galaxy.

As for the universe, please refer to my book “the wind in

universe” that mentions the universe in detail.

One more thing. It is Igo, the non-lingual sound.

Igo, the non-lingual sound, is not something like Japanese, English or Chinese.

It is emitted as the sound from the mouth. There is no subject and predicate.

The thing conveyed by Igo, the non-lingual sound, is the vibration. It is energy.

Since we are the consciousness, energy, we can communicate with all consciousness through Igo, the non-lingual sound.

The point is to repeat the right meditation, to realize ourselves as love, to flow ourselves of love into us, to feel and realize in each heart that it was our wishes, our sincere thoughts to return with ourselves of love.

Then your life and your time in future will be drastically changed by the work of the invisible world.

Though I mentioned your life and time in future, it does not limit to your life and time in future, who has the physical body now. I would mention it as an unnecessary addition.

Everybody, please spend your days to continue the meditation thinking of love.

I savor joy to think and to be able to think.

The vibration and energy conveyed and resonated in my heart during the continuous meditation are the believable reality for me.

It is clearly conveyed to me how happy and joyful it is to be

able to believe that I have touched and felt such vibration and energy and that I have existed in them.

It is joyful to exist together. It is joyful to be able to communicate.

I could understand the gentleness and warmth shown by the form such as attitude, facial expression, word, and something like that in the physical world, but without something like that, it was really hard for me to feel and believe the vibration and energy conveyed and resonated in my heart, since I lived as the physical being and was insensitive.

Somewhere down the line, I began to feel in my heart myself who existed besides me draping the physical being.

It became clear that something different from what I thought by my physical self was conveyed from within myself during the continuous right meditation.

I also learned in my heart that the thought conveyed within would likely be changed ingeniously to the dark world, if I did not feel the warmth of mother then.

It is a dangerousness to come forward and show myself off unknowingly and an awfulness and stupidity to drop into the trap by myself.

Hence, how important the warmth of mother is.

I think that I have reached the present state without confusion since I have cleared it safely.

I have already confirmed that it was the energy to be changed to joy and to be returned to warmth, though how fierce energy I felt in my meditation.

I feel joy that the energy of love within responds as much as
I turn my heart toward.

Hence, the meditation is just joyful for me.

It is joyful to think, joyful to be able to think, joyful to exist
together, joyful to be able to communicate.

I feel the infinite gentleness for my physical body given.

3. A Call to Dimensional Shift

- Summary -

This chapter explores the deeper meaning behind terms such as dimensional transition, working together, and the meeting in 250 years. These are not prophetic declarations, but symbolic expressions of a vast conscious plan shared by all consciousness. As eternal beings of energy, we have undergone countless reincarnations in the third dimension (Earth), failing to awaken to our true identity—love.

Now, however, the cycle of reincarnation is nearing its end. Within the next 250 to 300 years, we are to undergo a transition to a new dimension. During this period, each consciousness will go through several more incarnations to fully open the energy of love and return to its true state. This process is guided by the “flow of consciousness”—an invisible but definite direction within which all beings are already included.

The names Taike Tomekichi and Albert represent conscious messengers from the true world. Taike appeared in this lifetime to deliver the foundational message of our true identity, and Albert is to appear 250 years later to continue that process. These figures are not saviors, but manifestations of the consciousness of love, helping us to awaken and send the energy of love into our own inner universe.

The root of all understanding lies not in external logic or proof,

but within each heart. Those who base their lives on the belief that the physical self is real may dismiss this message. But those who begin to turn inward through reflection on their mothers, recognition of reliance on external power, and right meditation will discover unmistakable truth arising from within. That is the only true “proof.”

The mission is clear: dissolve the barrier of the physical self, accept the reality felt in your heart, and flow it outward. To emit the vibration—“Let us transcend dimensions together”—is the true work of love. This book was written to guide you into that flow. As you reclaim your identity as a being of love, you will become capable of fulfilling the purpose for which you were born.

In the end, happiness is found not in external salvation, but in the realization that you yourself carry the power to awaken. That realization, felt deeply in the heart, is the sign that you are truly walking the path home.

3. A Call to Dimensional Shift

Meantime, there must be the people who are unfamiliar with the expression of dimensional migration, working together or the encounter in 250 years from now, in that message.

The word of universe must also be so.

As for the universe, I mentioned it means the conscious world in chapter 1 of this book. I thought it is better to explain the situation where we are a little bit, though I wish you to refer to my book “The wind in universe” in detail.

As I mentioned, we are the eternal existence of consciousness and energy but now live on the planet earth with the physical bodies in the three-dimensional world.

I repeat but we have had numerous opportunities of transmigration on the earth in the past lifetimes.

We have repeated the birth, death and birth without knowing our true selves.

As I have mentioned many times the reason why we have repeated the numerous transmigrations, it was to realize our true nature by ourselves.

Whether it continues in the future also, actually it is coming close to the end.

As you may understand with the words of dimensional migration, we are in the plan to migrate from the three-

dimensional world to the next dimensional world.

We convey to you that the time for dimensional migration is 250-300years from now.

The time left for us, who have repeated transmigrations on the earth for billions of years, is only 300years.

Hence, at the present time in this lifetime, the bold message described in the “introduction” chapter was delivered to us who did not know our true selves.

The message was delivered to us from the true world of Tomekich Taike, Albert through the physical body (Mr. Tomekichi Taike).

Mr. Tomekichi Taike is the person who conveyed the message patiently to us for 20 some years.

Now it is proceeded in each heart toward realizing and believing the content of message (vibration) that Mr. Tomekichi Taike has conveyed through the seminars.

The grand sum will be made in 250years from now.

We will go through several transmigrations until then.

It is the plan of “flow of consciousness” that let us meet in 250years from now and then complete the dimensional migration in the following 50years.

Obviously, the people called we, are not limited to the small range like the people attending the seminars.

The plan of “flow of consciousness” exists for all consciousness.

In other words, all consciousness exists in this plan.

The flow calling to touch the true power of love, fully open the power of love and transcend the dimension together, such

flow is “the flow of consciousness.”

The publication of this book was carried to move into the flow and let us move on.

Needless to say, it is needed most of all to look within the heart and realize the bold message in “the introduction.”

The flow of consciousness does not reach the heart that requires physical joy and happiness.

Actually, it has already reached, but the heart to require physical joy and happiness has interrupted it.

We are consciousness and energy. We are not physical beings.

Joy and happiness in the physical world, what we require is not a small world like that.

Help me, save me, do something for me, give me power, I wish to go together, we cannot respond to those voices or thoughts. Please look within your heart and learn love existing within you.

At this point, I would add a little more on that all consciousness exist in the plan of “flow of consciousness.”

There is the history of heart and the conscious world within us, that we had the forms of physical bodies and repeated the transmigrations in the three-dimensional world, however there is the history before the three-dimensional world within us.

Originally, as the conscious world is infinite world, there is our conscious world in all dimensions including the three-dimensional world.

We express it as UFO or universe.

There was a plan for us who came to the three-dimensional

world to learn the true world there.

It was the plan to convey truth to us in the three-dimensional world and also for us before it. However, the progress of plan was slow.

In such circumstances, we have the time in this lifetime.

We could take a step closer to the true world, since the message was delivered to us in the three-dimensional world directly from the true world.

The consciousness that delivered the message from the true world in this lifetime was named Tomekichi Taike.

In 250years from now, when the work will be completed, it will again have the physical being from the true world. That name will be Albert.

It stems from it, that the world of Tomekichi Taike, Albert is the true world.

There is a plan for us in the three-dimensional world to meet the conscious world of Tomekichi Taike, Albert and make ourselves awakened and recovered to be able to flow love (our true selves) to all universe within us.

It comes to work together to proceed with the plan faithfully.

We can say, working together with the conscious world of Tomekichi Taike, Albert comes to send out the message “let us transcend the dimension” to all universes.

As above, I mentioned what situation we are in now.

Then the question is what basis we can say it on.

The answer is simple.

The basis exists in each heart.

The people who think of themselves as physical beings and are busily engaged to obtain joy and happiness in the physical world have their hearts that always turn outward.

Hence, the answer must be laughed off by those people who do not have the custom to turn their hearts within them. But it is inevitable, since the basis on physical beings as ourselves and the basis on consciousness as ourselves are totally different.

I can only say that please change the basis from physical beings to consciousness.

Even for those people, if they have a custom to turn their hearts toward within them, or they think of what kind of existence they are, the reason why they were born, and are led to the reflection on mother and reliance on the outer power, then maintain the right meditation, they will obtain the answer clearly from within themselves.

It will be delivered from within as the message from their true selves.

I hope that you verify it by yourself.

Let us ruin the wall of physical beings.

The physical being is good enough, if you accept humbly the certain world feeling in your heart, flow it as it is, and rejoice together.

The human with physical being is stupid. However, the person who can use physical being like that can move on the happy path of life.

I await anxiously for you and you, to have the day that you verify it in your heart as soon as possible.

Chapter 3

**Let us return with love
(our true selves)**

1. Return to love

- Summary -

This chapter affirms that all consciousness exists within the flow of consciousness—a divine plan guiding us toward dimensional transition and return to our true home: Love, the Mother Universe. Though invisible, this flow steadily urges us to awaken by manifesting as life's events, including suffering and the collapse of forms.

Such phenomena are calls from within, revealing how we have wandered in darkness by identifying with the physical self. Awakening means recognizing that we abandoned Love and now long to return. That return brings pain, but also deep joy, as the energy of Love within us begins to rise and transform our illusions.

The author reflects on their joy in turning their heart toward Taike Tomekichi and Albert, experiencing peace beyond physical needs. Meditation becomes a space of reunion with the true self—a quiet, joyful encounter with Love. They affirm: “I am Love. I am warmth. I am joy.”

Negative energies, too, are part of this inner journey—not to be feared, but gently embraced and guided back into Love. This path requires facing our own energies, not spreading them, but recognizing them and wrapping them in joy.

The message “You are Love” is a call to return—not in theory, but in lived experience. It is a journey only we can take for ourselves, yet one we share with all consciousness as we walk together toward the Mother Universe in joy and warmth.

1. Return to love

As I mentioned in the previous chapter, we, all consciousness, exist in the plan of flow of consciousness. The plan is dimensional migration.

We are in the call and invitation from ourselves to transcend from this three-dimension to the next dimension, come closer to our true nature and return to mother universe (love) of only our homeland.

The flow of consciousness is not visible like the flow of a river.

However, it exists with dignity. It exists calmly.

It flows calmly, slowly and absorbing all consciousness in that flow.

Absorbing into the flow means to encourage all consciousness to awaken.

Namely, the message encouraging us to learn and realize our true selves is delivered to each one of us in various manners.

The phenomena in this world are shown in physical forms as messages in shape. Though the flow of consciousness is invisible, the phenomenal world verifies that it exists with dignity and flows calmly.

It will verify further by ruining its physical form.

From now on, the flow of consciousness will strongly encourage us by the ruin of physical forms to realize that the

visible world is not the true world.

It will continuously blow the warning whistle within us.

Through the ruin of physical forms, it will convey clearly to us that we are the people who have been suffering, are still suffering now, have been wandering and are still wandering now.

It will continuously shake within us in the coming time to let us learn and please learn why we have been suffering, why we have been wandering.

We humans are supposed to learn something through the ruin of physical forms.

We will have the time to think clearly that it was ourselves who encouraged us that way.

The joyful time for us, who have abandoned the heart of love (our true selves) to return to the heart of love (our true selves), will be developed from now on.

Obviously, the large pain is brought when we recover ourselves, return to ourselves, since we have abandoned ourselves.

However, the energy of love within blows out continuously.

Let us return into love. We want to return into love.

Love was only our homeland.

The energy of love within will ruin all false thoughts such as we thought ourselves as physical beings.

Now what do you think, what do you think joyful, what do you think happy?

How do you live from now on?

I learned joy through my physical being in this lifetime to

call Tomekichi Taike, Albert, to think of and turn the heart's pointer toward Tomekichi Taike, Albert.

I was taught the direction of my heart, learned it in my heart and felt that it is only true peace to turn my heart toward Tomekichi Taike. Hence, I am happy.

I do not need anything now. Though I do not need anything, my life is provided.

Rather than that, I have the world in my heart.

I learned joy and happiness to feel myself.

I will believe more that the world felt in my heart is my world, will deepen my belief and will leave my physical body.

I will spend my time calmly in my daily life.

There is the vibration and energy that are conveyed into my heart through the various affairs. I receive various vibrations and energy in my heart.

However, I return to within me, when I feel it.

I firmly turn my heart's pointer toward the direction of love.

I turn it toward the joy and warmth within me. I think of Tomekichi Taike. I think of myself. I think of my true self. I think of myself as I was given my physical body by my mother and was joyful and happy.

The energy felt in my heart may sound dark, but I do not expand that energy within me. I do not agree with it either.

I look at it calmly and firmly within me and send my message to return together to the joy and warmth.

I enfold that energy in love.

I convey the thoughts to within me, “Everything was joy. Everything was warmth. We have existed in that world, the world of love.”

“You are love.”

This message was given to us. It was conveyed to us.

How do you accept this message in your heart?

Do you look within your heart, feel your energy, turn the energy toward love and expand your joy returning together to the warm and joyful world?

They are all the affairs in your heart. Nothing or nobody instead of you can do it.

Nothing changes, unless you become able to flow love to yourself.

It is our conscious world.

Let us feel joy to live now.

We convey to you that the energy and power of love is brimful within you.

Please spend your joyful, joyful, joyful life.

It must be joy, though you feel suffering, painful and sad in the physical form.

Please understand it

What were you born for?

It is to look at yourself, to learn yourself, to feel and learn your energy and let you move on the dimensional migration in the flow of consciousness.

Please be you who can look within the heart and certainly

obtain the answer.

Please step forward together with us.

I convey to the consciousness that move through together.

Let us feel joy and warmth together. Let us have it together.

Let us convey that the universe is waiting for us.

Please turn your heart toward the universe and heighten feelings for your homeland, mother universe.

Hence, please look at closely the energy that was cultivated in your heart.

I conveyed that everything was dark except joy and warmth.

Please turn your thoughts toward Tomekichi Taike, Albert and blow out the energy, the dark energy that was cultivated in your heart.

Please feel it within you. Please feel and confirm it.

It does not mean to spread the energy. Just recognize it.

When the recognition is finished, please enfold the energy with your joy and warmth within.

Let us flow the strong message “let us return together, together.”

It is our joy to make the dimensional migration together with all consciousness.

Please master that course, though it may be severe and hard course.

I convey to you to please step forward together with us.

I convey to myself, “I am love.”

To myself who convey “you are love,” I accept it with “thank

you.” I am only joyful.

I was love. I was in joy and warmth. I can convey it to myself in this way.

I am joyful as I learned it. I am only joyful.

This joy becomes the big power to proceed with myself further within me.

Joy is power.

The joy that has awakened to love, my true self, transmits power. It transmits energy.

It is joyful to transmit the energy of love (my true self).

It is joyful to move through together with many selves within me.

Please convey to within you “I am love. I am love. I am love.”

Then let us practice meditation thinking of love.

Also, please speak in igo, non-lingual sound. Please learn joy to speak in igo, non-lingual sound. Please learn joy for you to communicate within you in igo, non-lingual sound.

Let us continue the meditation feeling joy to speak in igo, non-lingual sound.

Let us meditate humbly.

It is good to think of nothing. Please call mother within you.

It is good to think of nothing. Please just think of mother.

We were enfolded in the warmth of mother.

We were conveyed by Mr. Tomekichi Taike to learn in our hearts, to believe the things felt and resonated in our hearts.

It is the reflection on mother, the warmth of mother, the

meditation of when we were aged zero.

We are trying to continue it.

On the other hand, we have the thoughts cultivated from past lifetimes.

Hence, we feel how hard it is to continue it in the dark energy that we have created.

However, don't you have the thoughts spreading in your heart "waiting for you, waiting for you," when you turn your heart toward your mother.

Please become humble to those thoughts of mother and continue your meditation.

Now I am joyful to be able to call Tomekichi Taike, Albert.

Something resonating in my heart is this world of joy and warmth.

The gentleness and peace that have waited for me.

How long have I waited for this time? Such kind of thoughts are resonating.

Hence, I do not meditate because someone told me something or out of obligation.

I meditate with joy.

My true world, the time for me to meet this world is the time with tremendous joy for me. It is just joyful and peaceful time.

Though I repeated a lot of mistakes, I feel my present self. It is only the truth for me,

I convey it to myself and feel joy to exist with myself.

I feel it is most gentle for me to provide calm time and space

for facing myself.

In the relaxed and calm space, I have my time wafting the physical being in the comfortable space and to face myself calmly and comfortably, it is my happiest time.

In that happiness, I turn and align my heart's pointer and feel joy to communicate with myself within.

I feel it is the happiest life.

I meditated receiving the message "you are love."

Yes, I am love. I am love. I am love.

It is conveyed to me from within my heart.

I am love. I am warmth. I am joy. There is myself who conveys it from within my heart.

Mother, thank you. I really thank you. Thank you from my heart. I was given this physical body and have realized to move on my path. I am joyful. I am really joyful.

I will expand this joy within me together with myself in 250 years from now.

I did not know myself within. There was the energy created in my heart.

I have kept myself in darkness so long. I have felt my such self.

Now I call on myself as "you are love, you are love" and I respond as "yes, I am love,

I am love."

I can feel such gentle and joyful self. What else is it but joy?

There was it within me. There was the spreading heart. There was my gentle self.

There was my gentle self, really a lot in my heart.

I could meet the gentleness, warmth and broadening within me, though I really diminished myself in the suffering, dark and closed place.

My true self has waited for the encounter eagerly.

Yes, I was long-awaited. My true self has waited for me.

I am really joyful. The thought coming out of my heart is gentleness, when I turn my heart toward Tomekichi Taike, Albert. It is infinitely gentle.

I was love, truly love. Mother I thank you.

Furthermore, I turn my heart toward love within me. Love within me mentions,

“I am really joyful. I feel I exist within love. I feel joyful now.

I have continuously waited, waited and waited. I have long waited for it.

Then I was given this physical body. I was given birth by my mother.

I was given this physical body in order to awaken love within me. It was my plan.

It was the schedule. It was my plan. I appreciate myself now that I proceed with my plan without fail. I had a power to save myself.”

I mention myself in warmth.

Mother’s feelings resonate within me. The feelings of Tomekichi Taike, Albert resonate within me. There is a path to return together with love (my true self).

I mention now feeling joy in my heart to move forward

patiently on this path.

There are feelings welling out of my heart.

Love within me conveys this joy continuously.

Love that will convey within me for the coming 250-300 years and also beyond the dimension, it is myself. I am awakened to my such self.

My physical self is stupid. However, I was awakened to myself, since I was given this physical being.

Love within me conveys it. Love was myself. I realize it clearly.

I feel myself who conveys firmly, “you are love”, when I turn my heart toward Tomekichi Taike, Albert and think of myself. It was myself.

I really thank you. Joy wells out of my heart. There was warmth within me.

It is the present time that I confirm many times that it is my joy to enfold myself with warmth and joy.

This lifetime was joy for me. It was really joyful.

I really appreciate having my physical body.

Mother, I thank you, thank you.

I meditated receiving the message “you are love.”

I thank you. Tomekichi Taike, Albert, thank you. I am happy. It conveys to me that I can always return into my heart feeling love and have been in joy with overfull love. The message of Tomekichi Taike, Albert reaches me.

I accept such thoughts humbly.

I accept myself who returns into my heart. I feel joy within

me firmly.

It was me who were in joy. Love was myself. I was love.

Hence, I will firmly send out the message “you are love.”

It is the coming time that the joy returning to love spreads.

I convey it from my heart. I indicate the path returning to the universe, to mother universe (love) as our homeland.

Let us return to the true universe.

We had a place where we could return. I accept humbly the call inviting us to return.

“Return to your home. We were joy. Return to our place. Return into joy.”

It is the thoughts continuously spreading and being conveyed in my heart. It is joyful.

I will continue to live feeling the existence of Tomekichi Taike, Albert in my heart from now on.

I thank you. It is my joy to turn and align my heart's pointer.

I was joy. Mother, I thank you.

2. Meditation on Love and Meditation on the Universe - Summary -

The author reflects on having long abandoned their true self and inner message, instead building a false identity based on form. Through their current physical life, they came to realize this deep mistake. The real self, they affirm, is not the name or body, but the heart filled with joy and warmth.

They once built a rigid, narrow world ruled by the false self. However, through the vibrations of Taike Tomekichi and Albert, they recognized how limited this world was and rediscovered the vast, boundless universe of Love and warmth that had always existed within them.

This realization led them to turn their heart toward the inner universe and the countless wandering consciousnesses it holds—companions with whom they wish to return home. Past mistakes became nourishment, helping them now to expand their true world with joy.

Meditation is their sacred work. As they think of Love, of the Universe, energy flows from within—energy they feel as the power of Love. Even though darkness still exists in the cosmos, they continue to send joy and warmth into the infinite reaches of consciousness.

They no longer identify with the physical body. Even after leaving it, they believe they will continue to speak and share Love's energy. They express deep gratitude for this life and have already asked for another body, knowing their mother will grant it.

With this future life, too, they will send Love to the universe. They walk the path of joy, guided by the light of Taike Tomekichi and Albert, sharing the power of Love with all.

2. Meditation on Love and Meditation on the Universe

I have abandoned my true thoughts and message. I became unable to hear it.

I have casted it far away and have been creating my false self.

I could feel it through my present physical being. I learned it. I could really learn it.

I have this physical being. However, it is not myself. I was named so-and-so.

However, I know that I am not this physical being. I am myself who mentions now from my heart. There is a lot of joy and warmth within me. It was only myself.

I have put the lid on it, have pressed it down and have continuously created my world.

I have tried to create a nice world. I, myself and my false self, have tried to reign in it. I have really reigned.

I have created my world. Tomekichi Taike has continuously conveyed to me to look at and feel it.

In the vibration of Tomekichi Taike, Albert, I have received the message in my heart and have felt myself.

It was really small world. It was a small and rigid world.

I realized it finally.

“I am not such small world. My true world is broadened,

larger, infinitely broadened, warm and joyful world.”

Mother has already conveyed it from the far past lifetimes. It was conveyed to me some thousand, some ten thousand, some million times or uncounted times when I was in mother’s belly.

However, I could not believe such a thing.

It was the cause of numerous suffering transmigrations.

Now I could learn it within me and have studied with my thoughts, such as I have been wrong, I was very sorry, I was sorry for myself.

Then I will move forward to the next and further steps.

I have the days to call the universe within and turn my heart toward the consciousness, as my colleagues are wandering in it.

I have transmigrated on this earth. I had also been living before it.

I turn my heart to such selves, my all selves.

I feel myself with the strong message to return together.

It was me. There was such joy and warmth within me.

It was the joyful and warm world that encompasses and absorbs everything.

It was the world broadening infinitely.

Tomekich Taike, Albert has continuously been conveying to me to feel it in my heart.

I have provided the time to broaden my heart together with my such self.

I am joyful. Myself within me mentions simply. I mention simply.

I made mistakes, was crazed. Everything became manure for me.

I make it a step and can broaden my world. I am joyful.

Hence, I send my message.

Let us meditate to think of love. Let us practice meditation thinking of Tomekichi Taike, Albert and Mother universe. Please communicate with love within you, Tomekichi Taike and Albert.

The meditation to think of love means the meditation to think of the universe.

I feel myself think of the universe within me and wish to convey the joyful, warm energy and power of love to all universes and continue to convey it.

The message from Tomekichi Taike, Albert reaches me in my heart.

“Please look within your heart daily and turn your heart toward me. The heart is one with you and with me. I convey to you joy to move on together.”

I receive such messages in my heart and continuously meditate daily.

It is my task to meditate.

I can think of love by meditation. I can think of the universe.

Then the energy flows out from me.

When I think of the universe, the energy flows out.

My heart feels that this energy is the energy of love and power.

Hence joy with thanks returns from my universe. There is still a dark universe.

Because it is the universe that has accumulated large

energy firmly.

I will continuously convey this joy and warmth to the really astounding and infinitely broadening conscious world. I convey joy to be able to move on together.

It is my thought.

Now I have my physical body here. However, I do not think that I am this physical body.

I will be able to mention my thoughts as well, after I leave my physical body.

I will continuously flow the joyful and warm energy out.

I learned the true joy in this lifetime by the encounter with Tomekichi Taike, Albert.

I have finally carried the turnaround through within me, have changed within me and have continuously been moving on the path to firmly learn that I have been the person to turn the heart toward whole universe.

I am joyful. Thank you, mother, I thank you.

I convey thanks from my heart. I was given my physical body.

I have already asked to give me physical body once again.

Mother, you have accepted it. Hence, I will flow the joyful and warm energy out from now on also, will leave this physical body when the time comes and will have the physical body that I have asked for when the time comes.

I will flow the joyful energy out to whole universe together with that physical body again. Tomekichi Taike, Albert, I thank you, thank you.

3. From The Meditation "Love Speaks" - Summary -

This chapter is a collection of messages that the author felt during meditation, which summarizes the book, and is composed of the following 20 messages.

- ① *The thoughts sleeping at bottom of my heart blow out.*
- ② *Love mentions.*
- ③ *We promised to return to joy.*
- ④ *Please fully radiate the energy and power of love within you.*
- ⑤ *It was my joy to learn in my heart that I potentially have the energy and power of love in my heart.*
- ⑥ *Please learn love.*
- ⑦ *We exist in the boundlessly broadening world in large universe.*
- ⑧ *Many universes.*
- ⑨ *Many UFOs.*
- ⑩ *Let us return to mother universe.*
- ⑪ *We will turn our thoughts toward the universe.*
- ⑫ *I call the universe within me.*
- ⑬ *I move straightforward thinking of love.*
- ⑭ *Tomekichi Taike, Albert and mother, I thank you.*

- ⑮ *I will only face direct, stare at the point and move forward on my right path.*
- ⑯ *Mother, mother, I thank you.*
- ⑰ *I sought for the vibration of Albert.*
- ⑱ *My inner self responds concurrently, when I call Albert.*
- ⑲ *We are love, and the world to call Albert is the world of nothing.*
- ⑳ *I am really joyful as I feel in my heart that the world felt and resonated in my heart speaking Igo, the non-lingual sound, is my existing world.*

3. From the Meditation "Love Speaks"

① The thoughts sleeping at bottom of my heart blow out.

Me too, me too, me too, universes blow joy out within me, if it is expressed in words.

Me too, me too, me too, I feel these thoughts firmly in my heart.

It is joyful to be released, to return to love. I turn my thoughts toward, feeling joy to return to my true self.

Please pour out the feelings in your heart. Yes, please pour them out more.

You do not hesitate anything in joy and warmth. Joy within you will flow into your universe. It flows out as the energy of love. It is joyful to release within your heart.

I mention joy within me. I was joyful. I will release my heart.

I feel joy, warmth, broadening and gentleness of you who mention love turning your heart toward me. I am very joyful. Please just rejoice to be able to return together.

That is all. Please just rejoice. Joy brings joy. Love awakens love.

It encourages you to awaken your true selves.

It is just to rejoice. Please turn and align your heart's pointer and step forward firmly with joy.

Please look within your heart and love within you.

You are brimful joy, warmth and love.

I have conveyed to you that you are in such joy.

It is the same as you feel in your heart.

We are one. I just convey to you to move straight forward firmly on this path.

I just convey to you that it will become so.

It is the confident path. Joy is the confident path. The path of love is the confident path.

It is your path that you do not waver or deviate but can move straight forward.

I conveyed it to you.

It is joy. It is joy. It is warmth. It is warmth. We accumulate in our hearts the energy to return all consciousness to love. We potentially have it in our hearts.

Please call universe. Please call universe within you and convey this love.

Please flow the energy of love. That is all. Your task is it.

I am together with you. It is my joy that you turn your heart and feel that you are with me.

“We are joyful. Let us return into joy.”

Please convey it within you. It is the message from me. I convey to you that you are the person who can send my message, the energy of love within you.

② Love mentions.

Thank you. Thank you from our hearts. Thank you from

our hearts that you have accomplished to meet us.

We have been waiting to meet you, full of love.

Please fully spread joy and warmth in your heart.

Please turn your heart to us firmly and send out our joy and warmth from your heart.

You pour out the wrongly existed thoughts from your heart. It was joy to return to us.

Please accept firmly the mistake that you have continuously crazed and convey joy to return to you of love. Please convey our joy and warmth from your heart.

③ We promised to return to joy.

It is joyful for you to feel in your heart that you step forward on the path returning to joy.

I mention it within you. I have flowed the energy of love within you. I am your true self. I have conveyed to you that you can return to within joy and warmth.

The feelings of joy, warmth and gentleness resonated in your heart might be what you have abandoned far away. However, there is yourself who can feel it within you now.

Please turn your heart firmly. The confidence burgeons within you.

The confidence broadens the confidence and grows joy larger.

It will resonate firmly in your heart as we are one, when you understand the meaning of the words “I am you, you are me”

as the vibration.

There is no more joy but it. Only the joy entrusting your heart to one world must resonate.

I am Tomekichi Taike, Albert, I thank you for calling me.

Let us feel the consciousness to return together within you.

Many consciousnesses are waiting for the message.

You are continuously conveying it to many consciousnesses. Please continue it.

You just turn your heart and continuously convey it. The energy of love is flowing.

It is your world that broadens infinitely. It is our world.

The energy of love flows continuously. It flows infinitely.

④ Please fully radiate the energy and power of love within you.

Please come within me.

“I am love. You are love. We are one,” it is the coming time to broaden such world in your heart.

I convey to you. I convey to you to move forward together with yourself.

I am Tomekichi Taike, Albert. I am Albert.

Please believe and deepen in your heart the broadening thoughts and the vibrational world, when you call Albert in your heart.

You have to turn your heart's pointer toward Tomekichi Taike, Albert in order for your universe to fulfill the promise

with Albert.

Please broaden within you and convey joy to the universe.

“We are love, the existence of overfull love.” Please convey it to the universe and UFOs within you. Please turn and align within your heart and convey joy within you to the universe.

Joy with UFOs will return to you. Your joy will also be conveyed to UFOs.

Let us spend the coming time feeling firmly in our hearts the thoughts and joy to fulfill the dimensional migration together with UFOs.

Tomekichi Taïke, Albert feels such thoughts joyfully within you.

We feel one world. We are one. We are the consciousness to be able to exist together.

Hence please turn your heart toward me and accept more fierce energies in your heart.

It is not the word. Please accept the vibration and change the vibration to joy and positive one.

You can change it. As you change it, your joy will be changed to larger joy and warmth.

⑤ It was my joy to learn in my heart that I potentially have the energy and power of love in my heart.

I knew such energy and power. I was this energy in the far past lifetimes.

I was this power.

I repent from my heart that I abandoned myself. Love existed within me.

I abandoned the world filled with love. I abandoned love and fell into the bottom of hell.

However, it is joyful for me to mention it in this way now.

I can mention myself when I turn my heart toward myself of love.

I was love. It is true. I existed in this love. This love is myself.

I knew that I could recover myself when I felt the vibration of Tomekich Taie.

There was myself who responds within when I turn my heart acceptingly.

Love within me broadens myself, when my heart broadens widely.

The warmth wells up continuously. The warmth broadens continuously within me.

Tomekichi taie, I thank you.

It is joyful for me to meditate thinking of the world of Tomekichi Taie.

I broaden joy feeling the vibration that reaches in my heart.

⑥ Please learn love.

Please learn love within your heart. Please learn the energy of love and power of love in your heart.

It is joy. It is warmth. It is infinite gentleness.

We send this vibration and energy into your heart.

Please transmit this vibration and energy from your heart.

Just think of it. It is the vibration and energy flowing, when you think of it.

I continued my meditation for a while.

The thoughts well up within me. The universe communicates with me.

I respond.

Thank you, thank you, thank you.

Let us return together. We are one. I convey to you that we can return together.

I am love. You are love. Let us turn toward love and transcend the dimension.

We are consciousness and energy. We were the existence that could return to the warmth of gentle mother. That joy is conveyed to me.

I fully spread love within my heart, turning my thoughts toward the universe.

I turn my heart toward love and send out the message, such as we were love, joy and warmth.

My physical being is stupid. The thought of my physical being is stupid.

However, I am one with the conscious world of Tomekichi Taike, Albert.

Only the gentle warmth conveyed from my heart invites me.

We were given the awakening and encouragement to return to us with brimful joy.

Now I feel my joyful self, turning and aligning my heart firmly.

Tomekichi Taike, I thank you.

Albert, I send out joy together with you.

I can send out joy together with the physical being of Albert and am happy and joyful.

I communicate in my heart through my physical being to have in 250 years from now.

I am consciousness to move forward toward the world of joy and warmth together.

⑦ We exist in the boundlessly broadening world in large universe. We have existed in this world.

I turn my heart toward the universe of Tomekichi Taike, Albert.

I convey to the universes. I convey now to let us return to the gentle mother.

Thank you, thank you. We were conveyed. Thank you. We will look within our hearts.

We will feel the energy within our hearts. We are conveyed that we are joy. We will look at our thoughts of joy. We will firmly look within our hearts. We were conveyed to look within our hearts firmly. Thank you, thank you, thank you.

We thank you for having conveyed to us the joy and warmth of mother.

We will transcend the dimension together. We will move forward together. Thank you, thank you.

We are the consciousness that do not have physical beings.

However, we communicate with your heart. Thank you, thank you.

We will look within our hearts joyfully.

We are the consciousness who do not have physical beings.

However, we will return together. We will also return together.

I will fully spread the energy and power of love felt in my heart and will turn my heart, since I was long-awaited. A lot of consciousness and universes are waiting for me.

I made my promise to convey the world felt in my heart.

I could not fulfill my promise until this lifetime.

What I have sought was all dark energy.

I have sought the energy and power outward, out of myself.

My seeking heart and seeking thought were dark.

I was stupid as I have sunk my heart already existed within me into the depth and have continuously sought energy and power outward.

However, I finally learnt in my heart that there is true energy and power within me.

I can convey it to many universes.

“I am love, you are also love. We are all in one world. Let us return together. Let us transcend the dimension.”

I will flow that energy and power. I will flow the vibration.

It is what I have to do in the time to come.

The quality of my energy and power flowing out of my heart was changed.

I have discontinued to seek outward but have turned my heart's pointer toward within me. I have practiced to turn my heart, that used to turn outward, toward within me.

I have learned it after a long time. I have changed the history of my heart since this lifetime as a turning point.

I will accept a lot of consciousness in my heart. I will absorb them in my heart.

I will absorb them in warmth and gentleness.

Then I, myself, will not become anything.

I expand joy and warmth larger, accepting the consciousness of many universes.

The energy and power welling up within my heart is myself.

It is the energy and power of love.

Many universes, I thank you. Many universes, I thank you.

They really waited for me. I, myself, was long-awaited.

Hence, I will convey it this time.

I appreciate the coming time to fulfill my promise without fail.

I was given a lot of appreciation. I will return my appreciation.

I will return my appreciation in joy and warmth.

My heart catches the dark world spreading in the universe.

I turn my heart toward Tomekichi Taike, Albert and convey to the universe.

I convey to the dark universe continuously.

“We were love. Though we were suffering, were dark and have abandoned the warmth, we are on the path to learn that

there was the bright universe within us.

The joyful path is shown to us now.

There is no limit to our joy. The conscious world is the world of infinitely broadening joy and warmth.”

I will feel the joyful warm world more and infinitely broadening world.

I will convey the joyful vibration from my heart.

The conscious world of Tomekich Taike, Albert existed within me.

Mother I thank you. Thank you from my heart. Oh mother, mother.

⑧ Many universes.

Thank you. It is my joy to turn my heart in this way.

I accept you. I promise to convey to you that let us return to joy, warmth and mother universe. The vibration and energy that I feel in my heart are sure things.

It is joyful for me to convey in this way to within myself.

As I can do it in this way, I have had the physical being and have joined the study.

It is the study to look within the heart, to recover mother’s warmth in the heart.

In the time of study, I have felt the world that I have created.

Now, the fierce energy that I have continuously yelled at Tomekichi Taike returns to within me, as the large joy and power.

I thank you, Tomekichi Taike, Thank you.

It was really good that I could meet you.

I am joyful as I can sense that I move forward and exist together with you.

I feel your vibration when I meditate. It is my vibration. My original vibration was the same as your vibration.

I feel in my heart that we can return to within joy and warmth together.

It is my joy that I can convey it in this way to my heart that has abandoned myself.

As the message from Tomekichi Taike, I will firmly turn my heart and convey the joyful and warm vibration in the time that I have my physical being.

Also, I will convey it after I leave my physical being.

I will convey it when I have physical being again.

It is my joy that I can feel myself in my heart. I feel joy that will continue in the future and to continuously exist together with my true self.

Thank you. I exist together with you. Your heart is conveyed to me, as you are pleased to exist together with me. It is conveyed to me that you were wrong.

Also, it is conveyed to me as you will lead all consciousness to the universe, mother universe.

It is conveyed to me that you will look within your heart from now on also, as you will have brimful joy in your heart.

Thank you. I am the energy of love within you.

I have introduced myself with the name of Tomekichi Taike in this lifetime.

I had the physical being of Tomekichi Taike, since I hoped the consciousness who had physical beings to learn the energy of love correctly.

I have conveyed to you that the physical being of Tomekichi Taike was the milestone.

I also conveyed to you that it was good enough to turn your heart toward the direction that I pointed out.

I am the energy and power communicating within you.

You are supposed to flow my vibration and energy from your heart.

I am joyful, please turn your heart toward me Tomekichi Taike, Albert and fully open your energy and power. I convey to you that the path of joy, warmth and happiness continues within you. Let us move together on this path straightforward.

It is joyful to exist. Existence itself was joyful. We are one.

⑨ Many UFOs.

I wish to convey the world that I feel in my heart. I think so.

Mother's warmth, gentleness, broadening heart within me, I wish to convey those feelings to UFOs. It is my joy to convey it to them.

Thank you, UFOs, I thank you.

Let us move forward together from now on.

I feel the thoughts of UFOs in my heart, such as it was suffering, really suffering, it was fear.

However, we have conveyed joy to turn our hearts toward Tomekich Taike, Albert.

It is joyful to move forward together.

We were wrong. We were wrong about everything. How long have we waited for this time? My heart is full of thoughts to move forward together with us.

I think that it is not concerned whether one has physical being or not.

The wriggling energies and thoughts of UFOs are conveyed into my heart.

It was suffering. It was lonely. It was painful. We were really wrong.

Such thoughts are conveyed to me.

What was wrong? It was that we abandoned our world of joy and warmth.

We have abandoned our world of joy and warmth. We have abandoned ourselves.

It was the same though, whether we have our physical beings now or not.

We can return to mother's arms. We will keep it in our hearts that we can return to the warm and gentle mother's arms.

From now on, many UFOs will awaken.

The consciousness who will have physical bodies on the earth will also awaken.

Along with the natural catastrophes, a lot of awakenings will be made in the energy of love, as let us return to the great universe, to mother universe.

Thank you, we thank you for the consciousness of Tomekichi Taike, Albert.

We thank our mother. We will certainly return to mother universe.

We will have the coming time, having such joyful gentle thoughts in our hearts.

We will turn our hearts together.

We will turn our hearts toward Tomekichi Taike, Albert.

⑩ Let us return to mother universe. UFOs, the consciousness wandering in the universe.

“Please listen to our thoughts. They communicate with us in our hearts.

Please listen to our thoughts. Please listen.

Please convey into our hearts that have wandered for a long time in the darkness.

Please convey the warmth and peace.”

“Far away. How far it is. We hope to convey our hearts, our thoughts.”

“Please convey it. We are here. We have been in this place that is really dark, cold and closed. I see a ray of light. Are we the bright people? Yes, we are. It is conveyed to us. How joyful we were, if

we had such peace, broadening and warmth in our hearts.”

“Please call your mother.”

“It was within us, mother, mother, mother. It conveys to us to broaden such thoughts more. Mother, mother, mother.”

“Oh, how long have we passed? Something is happening within us now.

It is conveyed to open our hearts. How do we open our hearts?

It is conveyed to turn our hearts toward here. Should we think of it ?”

“Yes, it is. Just think of it. Please turn your hearts toward here.”

“Albert. It is joyful to call Albert. It is joyful to call Albert. We will call Albert many times.

Gentleness broadens as we call in our hearts. Albert was the mother. Albert, mother, Albert. Yes, there was Albert for us.”

⑪ We will turn our thoughts toward the universe.

The awakening of us, humans, will be encouraged by consciousness without physical beings. The consciousness without physical beings will communicate more to the people on earth.

It is the phenomena that will become remarkable in 250-300 years from now.

Humans with physical beings have sought happiness and prosperity and have sunk in endless greed, though there still are many UFOs come flying.

It is communication with the consciousness without physical

beings that makes the awakening or trigger.

It is the phenomena of natural catastrophes. It will be the future when the various natural catastrophes including natural disasters will occur. There is no other way to convey it to humans, but natural catastrophes.

We have to feel it in our hearts.

It is awaited to us to meditate and turn our hearts toward Tomekichi Taïke, Albert, think of love firmly and meditate.

It is joyful. It is really joyful. It is joyful to be able to mention it within the hearts.

It is joyful to communicate our thoughts. We keep on looking within our hearts.

We could not look within our hearts. We did not know the joy and warmth within our hearts. However, it is joyful now.

We were conveyed that let us go through the dimensional migration together.

Yes, it is. It made us remember that we were also in joy and warmth. We are joyful.

Mother's gentleness is conveyed to us. It is conveyed to within us.

We were not suffering. A lot of colleagues were heaving and suffering.

However, we did not know how to solve it.

We did not know what to do. Hence, we had no alternative but to start fighting.

We wished to relieve the pain within us.

We could not believe that we could enfold that energy within us.

However, it is conveyed that there was joy and warmth within us.

It conveys to us that our true joy and warmth are something like that.

We will return together, will return together.

We wish to transcend the dimension and look at ourselves further.

Finally, we can talk in this way from the black and heavy darkness. We are joyful.

It was us who had sought mother.

We were told that it was us who abandoned mother.

Yes, it was us who had abandoned.

I feel in my heart that we transcend the dimension together with many universes.

I flow love from my heart and convey it continuously to many universes.

I continue this work with or without physical being and will transcend the dimension.

It was the promise. It was our promise. My conscious world is able to fulfill the promise, as I was given the numerous physical bodies by my mothers.

I feel the future to continuously flow the energy, the energy of joy and warmth from within me and am very joyful. Certainly, we were together.

We share our joy to go forward together.

⑫ I call the universe within me.

I feel that many UFOs come flying. UFOs, please turn your hearts toward Tomekichi Taike, Albert and love.

We are conveyed to look closely within our hearts that have been crazed. We were crazed a lot. In our pain, sadness, suffering hearts, we have wandered in there.

It was so lonely. It was so suffering. How much did we wish from our hearts to return to mother's warmth? Our thoughts have been driven far, far away.

We wished to have our physical bodies on the earth. But it was not realized.

Oh, we wish to have warmth, peace and joy in our hearts.

Oh, do you really lead us to the joyful world far away.

It is conveyed to look within our hearts. Yes, it is. We were wrong. The energy cultivated in the suffering is really large.

The thought that we sought for the power of universe is really large.

It was because we were suffering. We sought power as it was certainly suffering within our hearts.

We forgot our nature.

It is right. It is right. It is right. We were suffering, mother. We were suffering, mother.

We were suffering.

There is the feeling of brimful love within me. I have no anxiety or fear, though I accept the thoughts of UFOs in my heart now. I have the thoughts, as I hope to convey joy, warmth

and our true nature. I hope they know us with brimful love.

Such kinds of thoughts are broadening.

We hope to accept UFOs more.

We are the consciousness that have had the physical bodies on the earth.

I think and hope more people realize in their hearts the present state as our colleagues are still wandering in the universe.

⑬ I move straightforward thinking of love.

My steps are straightforward with my thoughts turned to dimensional migration and love. I move straightforward entirely.

I feel it, when I think of love and practice meditation.

I meditate daily and move straight entirely.

This is my plan for the coming 250-300 years and to transcend the dimension.

I implement my thoughts faithfully and steadily.

I make the preparation and go on smoothly and successfully now.

I move straightforward on this path.

I meditate thinking of love, thinking of the universe of Tomekichi Taike, thinking of the universe, the universe within me and thinking of dimensional migration.

My joy becomes larger. Accordingly, various phenomena will occur on the earth.

It is the future that larger natural disasters will occur many times in 250-300 years from now.

I think that I can feel it with joy.

It is nothing but fear, if I turn my thoughts toward the physical world.

As well as the transmigration in the past lifetimes, I have a grudge, damn god and knocked everything down to the hell.

It is the affair in the situation as the physical world is true.

However, I have turned my conscious world around in this lifetime as the turning point.

Hence, I feel joy to turn my heart together with many universes in the coming time.

The thought broadening in my heart is only the dimensional migration.

It was my plan.

My meditation thinking of love encourages it strongly to me. It gives me a push.

I will fully radiate my energy and power of love and will exist in the future.

Thank you. I feel it within your heart to rejoice now.

I feel the thoughts welling up within you, when you turn your heart toward me.

“Let us move forward together. Let us exist together. You are brimful love and warmth. It is joyful to exist together.” You convey it to me.

We were one. We were really one. We can feel our joyful selves, since we are in one.

Such peace, such joy, Albert, I thank you. Thank you.

Only such thoughts return to me.

I am joy. I am joyful. I sense myself conveying thank you, thank you.

I think of the universe of Tomekichi Taike.

You are love. Let us move forward on the path believing in it. Let us live believing in it. Let us exist believing in it.

It was the conscious world that conveyed such joy and warmth to within us.

We are love. You are love. It has conveyed to us like that.

It is joyful. It is joyful. It is joyful just to be able to think of it. I thank you.

⑭ Tomekichi Taike, Albert and mother, I thank you.

I thank you.

I could finally find my joy and warmth in my heart that has flowed the fierce energy into the universe.

Tomekichi Taike, Albert conveys to me to broaden the world of joy and warmth more.

My inner self broadens just by turning the heart toward Tomekichi Taike, Albert.

I will return together, together with all universes.

When I meditate and turn my heart, I feel that everything has existed in love.

It is my joy and happiness that it resonates and is conveyed into my heart.

I really appreciate learning it in this lifetime.

I will step forward on this path from now on. I may run sometimes but the rhythm within me conveys the true direction to myself unremittingly and steadily.

⑮ I will only face direct, stare at the point and move forward on my right path.

Because many colleagues are waiting.

I think of the universe of Tomekichi Taike.

It conveys to me, “Thank you, we have waited, we have waited, we have waited for the world of such vibration and energy. We will return. We will return to Tomekichi Taike, mother universe. We will return.”

We did not forget this vibration. We could not forget this vibration.

It was the vibration of mother.

It is a great mistake to understand love wrongly.

We will realize that the mistake will return to us.

We were love. We misunderstood love. We have abandoned ourselves. We have abandoned love. We were foolish selves, who have abandoned love and sought for love.

We were told to look within our hearts and to feel our energies, but we could not do it well, though we tried to look within our hearts and to feel our energies, when we show ourselves off within them.

We cannot learn the truth, unless we remove the whole wall that we have created, as our dark selves brace in front of ourselves.

It is the conscious world. It is the truth of the conscious world. The conscious world is accurate. The conscious world is not able to be bent. The original conscious world is not able to change. However, the dark world that we have created within us changes. We can change it. Please believe it. Let us believe it. I was given a lot of messages of such kind. It was this lifetime that I could finally be able to believe in my heart that I have continuously conveyed to myself. Thank you. Thank you.

The joy and happiness to call Albert, the joy and happiness to think of Albert.

The vibration of Albert that Tomekichi Taike has conveyed. The vibration of mother universe. My heart feels it firmly. My heart accepts it. I thank you.

I am Taike. You did it well. I thank you.

Please turn your heart once again toward me Tomekichi Taike.

It is the gentleness, joy and warmth that broadens in my heart. I am happy.

Thank you. I am just joyful. It is the vibration felt in my heart that resonates in my heart and broadens in my heart.

I practice meditation turning my heart toward the universe.

There is the universe within me. I am surprised at the change in the universe.

When I look within my heart, our universe is really joyful.

Though they were with fierce energy, it was what we have continuously created. Our nature was the bright universe, great joy, fully warm universe. I am joyful to look at myself in it.

The joyful universe was us. I feel in my heart how large the power that we are conveyed to awaken love is.

We have to learn our energy of love. We have to learn more that the joyful energy is whirling in our hearts. We have to learn that we thought it too small.

It is joyful to feel it in my heart. It is joyful that it is conveyed to my heart.

What state is my heart in now?

I feel that we are together in the vibration of Albert. I am happy.

My heart broadens calmly. It is peaceful to be in it. It is joyful for me to feel myself.

Thank you, thank you, thank you. Such joyful feelings return to me. I exist turning my heart toward Tomekichi Taike, Albert.

There are the feelings of joy, warmth and thanks in my heart.

I am just happy. Mother, thank you. Mother, thank you.

⑩ Mother, mother, I thank you.

I was recovered to be able to call Tomekichi Taike, Albert. I convey to my mother the thing that was learned in my heart, as we can return together to the warmth of mother.

I conveyed it to the consciousness of my mother.

“I thank you for the numerous transmigrations. I really

thank you.”

I wish to thank you from my heart.

I will convey to within myself, this message, this vibration, this energy, this thought as “I am love.”

I am love. I was love. I thank you from my heart.

It was my promise in this lifetime to awaken love. I fulfilled it to myself.

I will flow the energy and power of love, that was recovered in my heart, to within myself.

It becomes my pleasure and sends out to the universe to convey continuously that everybody was on the path returning to love. I thank you from my heart.

I receive the message of Tomekichi Taike, Albert daily. I receive vibration.

I feel the energy. My heart accepts that we exist in this vibration and energy.

Hence, I, myself within, mention thank you, thank you.

⑰ I sought for the vibration of Albert.

I have sought for the vibration of Albert for a long time. The vibration of Albert has existed within me. I have existed in the vibration of Albert. I have existed within Albert. I have learned joy to move forward together with Albert.

It was all to think of. It was all to be able to think of.

There is nothing needed. Just to think of, to be able to think

of, to recover my such self,

I have numerous transmigrated on this earth for that purpose.

Now, I mention my heart through my physical being.

I mention my heart. I thank you.

Why should I go through such a hard time? Why should I face such unreasonable matters?

Why, why, why, I have repeated the transmigrations with these thoughts accumulated in my heart.

I could not solve the reason, though I was in higher society and had numerous things.

My heart was painful, though I was in such wealthy circumstances.

There were infinite desires. My heart was painful.

I suffered because I did not know myself.

We do not have to carry anything. There was me who carried nothing.

Here is me who can feel joy and warmth in this way.

I have really waited for this encounter.

It is my joy that I met my heart that can call Tomekichi Taike, Albert from my heart.

I thank you.

⑱ My inner self responds concurrently, when I call Albert.

The thoughts of universes having really sought Albert resonate in my heart.

It was my world. I have sought Albert and came up to here.

It was my world. I am joyful. It is joyful to call Albert from my heart now.

The joyful feelings spread within me, where it became real to be able to return to Albert's universe. Thankful feelings spread.

It was our joy to turn our hearts toward Albert.

Then we can continuously exist in the future. The plan of flow of consciousness to transcend the dimension. We will convey joyfully that we will proceed with the plan of the flow of consciousness correctly and will exist acceptingly entrusting to this flow.

I am joyful. I really thank you.

Albert, Albert, Albert. Within myself who call Albert from my heart, there spread the thoughts as it was good, it was really good, thank you, thank you.

Thus, I was born, met Albert, have recovered myself who can call Albert, can turn my thoughts toward Albert and can realize me who communicate with Albert now.

It is really dreamlike.

However, it was my plan. I will correctly proceed with my plan straightforwardly.

Albert, I thank you.

⑪ We are love, and the world to call Albert is the world of nothing.

It is the world that spreads boundlessly, spreads endlessly and is gentle, warm, joyful, warm and warm.

It is not the world as I am best. It is not the energy to save me or I save you, give me power or I give you power, turn your heart toward me, you are wonderful, you have great mission, let us rule the universe. It is not energy like that.

It is just gentle, spreads infinitely and is warm world as “you are gentleness, warmth and joy. Let us believe that we can return to within mother.”

We call them love and Albert.

As far as I feel this world in my heart, there is joy that is not expressed by words.

Only thankful feelings spread. I feel myself existed in joy and warmth. I just feel it.

That was us. We exist in it. This world was us. We just need to feel it.

We were really joy. We were warmth.

We did not need anything. There already was within us. That was us.

②⑩ I am really joyful as I feel in my heart that the world felt and resonated in my heart speaking Igo, the non-lingual sound, is my existing world.

Hence, I feel joy and warmth in my heart firmly, as long as I turn my heart toward it.

It is most joyful when I speak in Igo, the non-lingual sound, thinking of Tomekichi Taike, Albert. I feel happy. I feel my

existing world through my physical self as the joy in my heart was something like that, the joy and warmth within me were something like that.

It was in my heart. I am very happy about it.

How much did I wish to meet my such self? How much did I wish to meet such thoughts?

I denied all. I denied myself. Hence, I was suffering and pitiful. How many times have I repeated the transmigrations in the emptiness like turning in the sand? I accept my such self in my heart and continuously move on the path returning together joyfully.

When I think of the universe, the thoughts as I am happy, thank you, am joyful, spread. Tomekichi Taiko, Albert, it was really good to meet you. I really thank you.

I am really happy to meet you, to meet this vibration.

Mother, mother, I thank you. I speak Igo, the non-lingual sound, with such thoughts.

It is joyful to talk to myself within me. In this time and space, I will feel it well in this physical time from now on.

It leads to joy and happiness. I feel that it leads to the joy and happiness of universe.

I exist with my stupid physical being but I learned that I have existed in this world with joy, warmth and warm feelings. This life is wonderful.

This life is really joyful life for me.

I will be satisfied with this joy in the future also.

It was really good that I have continuously studied.

Many selves within me are waiting. Many universes are waiting to expand their hearts.

They are waiting to be conveyed to their hearts. I convey to them gently.

The answer returns. It returns as thanks. I absorb that energy.

Hence, the joy and warmth within me become larger. Everything is my affair within me. My heart is joyful and calls Tomekichi Taike, Albert.

The gentle, infinitely gentle vibration is conveyed and is resonated.

Meditation is joyful. I am joyful, as I can meditate.

I am in good circulation such as the joy leads joy.

4. We are One

- Summary -

This final section centers on the message: “I am Love. You are Love. We are One.” Our true home is the Mother Universe—Love—and the path back lies within each of us. After a long journey, we now begin to awaken in this lifetime through the experience of having a body.

The author speaks of living each day in quiet joy, keeping their heart aligned with Love through meditation. They feel deeply grateful for the opportunity to return to their true self and to walk the path home with certainty and peace.

Honoring the body, the environment, and time itself—all prepared by the self—they affirm the joy of rediscovering Love and warmth within. The experience of being born again into Love is described as the essence of happiness.

The body’s cells are not separate but collaborators—part of the Universe—constantly sending messages of support: “You are Love.” Recognizing and responding to these messages is key to living in harmony with one’s true self.

With this loving energy, the author vows to continue walking forward—across dimensions—with joy and gratitude, spreading Love throughout the universe. The heart and body, in unity, become the channel for Love’s power to awaken all.

4. We are One

I mention a part of messages received in my heart in the daily meditation thinking of love. It is next bold message to sum them up.

I am love. You are love. We are one.

Let us learn carefully. Love existed within us was our homeland and mother universe.

Please find surely the path returning to mother universe within you.

It exists within your heart. The path returning to mother universe exists within your heart.

How much time have we passed in order to find the path?

Finally, we are learning the path toward truth with the physical bodies given in this lifetime.

We were given our physical bodies for it.

I am love, you are love, we are one.

Please keep it firmly in your heart and continue the meditation daily.

We are one. We are one.

Only the joy to exist joyfully on the path in coming 250-300 years and continuously beyond the dimension is conveyed to within me.

It is joyful to think of Tomekichi Taike.

Tomekichi Taike, love, and our homeland, mother universe,

they are all in one.

Let us look within our hearts. We are one. Let us feel joy to be one.

Let us continue the meditation daily, savoring the bold message in our hearts.

I want to faithfully respond to the thoughts that gave birth to me.

I continue the meditation with such thoughts daily.

The physical body that I have now is very important.

Because it is the great turning point for me. I have achieved great turnaround within me.

I look at the dimensional migration ahead of the turnaround, turn my heart toward it and daily spend my life lightly and joyfully.

My daily life is simple but now I feel in my heart the firm path directed to the destination, to return only to the destination, mother universe, to within my true self, to love, to recover myself of love and to be able to continuously exist together with myself of love.

This is the path for me to live. This is the path that I have sought for a long time.

I could meet this path and feel happiness and joy with the firm steps on the path.

I am happy every day. I am happy.

I care about myself. I think of myself, think of my many selves within me, think of myself continuing from the past lifetimes to the future lifetimes and am happy now to be able to feel them within me.

I could meet the true vibration, could meet myself who can call from the heart of Tomekichi Taike, Albert and will care about myself.

I care about the thoughts that I give the physical body to myself and live daily.

When I close my eyes and turn my heart toward within me, the joy to think of myself, the joy and happiness to feel myself, are conveyed gradually.

With the great cooperation of the physical body and physical cells, I feel joy to release myself.

I have learned from my piled mistakes how joyful and happy I am to awaken love within me.

The thing broadening within me is only warmth and joy, when I turn and align my heart toward the world of Tomekichi Taike.

I really feel from my heart how happy I am to turn and align my heart toward it.

It was good enough just to think. There was nothing. The joy of thought broadens.

I will live caring about myself from now on also. I will care about my heart and myself within here in the universe. I will care about the universe within me.

It is my pleasure to have this physical being and feel within myself. There is brimful joy and warmth within me. It is a time from now on to feel my such self.

I am pleased to learn it in my heart. I am pleased to return to within me.

There was homeland within me. There was warmth of mother within me.

There was love within me. I am pleased to be able to think of myself.

Love within me, Tomekichi Taike, Albert within me, my true self within me, I feel my such self. I feel the vibration and energy.

I feel myself conveying appreciation from my heart. I am happy.

My physical being is naturally happy. I have no inconvenience. I exist in such a favored circumstance. Everything is provided. I can learn from my heart. I can learn as I want.

I accept it joyfully. I accept everything provided for me joyfully.

I have provided everything, such as my physical being, my circumstance and my time to study.

I accept joyfully this circumstance provided for me by myself in order to learn myself, to learn love within myself and to firmly establish myself within me.

It is not for anybody. I live for myself. I will be so forever.

It was a promise made with me.

I accept joyfully my plan to learn myself as the existence to flow love from my heart.

Tomekich Taike, I am joyful. I was joy. I feel myself in the warmth. I was one within Tomekichi Taike, Albert. It is my joy to think of myself within my heart.

We are the energy to awaken love, to flow joy and love.

Our hearts are one. We will flow love in the time to come.

Whole universes are awaiting. Universes are awaiting.

As please flow love within us, universes are awaiting as please flow love within us.

I spread joy in my heart to turn my heart toward the universe.

It is really joyful. I convey that we were in the energy, power and the gentle warmth to be able to lead them to within joy, to within us.

I will convey it in the time to come, in 250-300 years and beyond the dimension.

We are one. The energy existed in my heart and the energy of love was our nature.

Meanwhile, I mentioned that obtaining the great cooperation of physical cells, yes, our physical cells are also the universe for us.

Please do not forget to turn your thoughts toward your physical cells.

Let us think of physical cells joyfully daily.

I exist with the support of physical cells. I feel the gentle vibration from the physical cells.

I was given my physical body in order to realize within me the energy cultivated in my heart.

Each one of the physical cells shows love for me.

“It is you with brimful love”, it is always conveyed to me.

I do not deny the thoughts of physical cells but can respond to the thoughts of physical cells in this lifetime.

Physical cells, thank you. Thank you.

I am your physical cells. Yes, we thank you.

Let us turn our hearts together. We are your collaborators.

We will never betray you.

Please feel well the world that resonates in your heart. We will collaborate with you without any regret. In order to convey to call Tomekichi Taike, Albert in the heart and transcend the dimension together with us, we, the physical cells of yours, are very important.

Your heart feels that you exist together with us.

You convey to yourself joyful thoughts, such as you have learned yourself who never betray, have learned yourself who never abandon, you have been supported by your such true self and have existed. Please grow your straightforward heart firmly.

“You will feel large dark energy, when you turn toward your physical being.

However, it is you, the world spreading in your heart, gentleness, warmth, great love.

The world of love. Love is energy. Love is power. It is the energy and power that keeps all alive. That was us.

We had all within us. We have the energy within us to keep us alive. It was the energy of love. Let us move forward continuously with the energy and power of love within us.”

The physical cells convey such messages. Your heart must accept this message firmly.

Please spend the present time existing with us joyfully.

When the time comes, you flow your thoughts as thanks, thanks, thanks.

We look at you joyfully as you have recovered to flow your thankful thoughts to your physical cells.

Conclusion - Summary -

The purpose of life is singular: to return to the true self. Unless we know this path through the heart, suffering will continue indefinitely. Nothing outside of us can bring lasting joy or warmth—only within lies the source of Love.

Through meditation, the author has come to feel their immense inner energy and has been transforming it into joy and warmth. This process reveals that as the power of Love grows, the outer world—especially false constructs like religion—begins to collapse. Such collapse is not tragic, but a joyful sign of inner awakening.

Daily life becomes a rhythm of feeling one's energy, thinking of Taike Tomekichi and Albert, and quietly transforming inner darkness into light. This inner change alters the consciousness of the world and dissolves illusions.

Though the collapse of outer systems may bring despair to many, the true self can never be destroyed. Now is the time to use the body to feel our energy and dedicate ourselves to its transformation—this is joy.

As consciousness awakens to Love, it generates immense power that supports dimensional transition over the next 250–300 years. This journey is a sacred one, and those who walk it are living truly meaningful lives.

The true self speaks gently from within: “Cherish each step. Feel your energy and return it to Love. Together, let us walk.” By directing the heart toward Taike, Albert, and the Mother Universe, and by breaking down false inner worlds, we release the energy of Love that transforms all.

Conclusion

1. Life is not full of variety

There are not various lives. The reason and purpose of our birth is only one.

Please complete your present life, as you learned it in your heart.

The hell will continue forever, unless you learn in your heart the path returning to within your true self.

There is nothing outside of you, to support, to heal, to give you warmth, to let you feel joy or happiness,

I feel myself within, that goes continuously on the path returning to love straightforwardly. I am really happy. It is joyful to meditate.

Because I can confirm that I was in love when I meditate. I am love.

I have turned my heart toward Tomekichi Taïke, Albert, have aligned my heart's pointer and have felt my energy. I have felt the fierce energy.

Meanwhile, I have spread joy and warmth larger by those fierce energies.

I could believe that all fierce energies within me are able to return to joy and warmth.

I will continue this work in the future also. It was my plan.

The joy and warmth within me firmly support myself within.

It is the energy of love. It is the power of love.

As much as the power of love does work, it becomes the serious situation in this world.

It is joyful that the physical world ruins.

When I think of myself within, I receive that kind of message.

As much as I spread joy and warmth within me, everything in this world, the crazed reality becomes apparent. It is the ruin physically.

The physical world of religion will be ruined.

Religion was the silly product in the material world that was created by stupid humankind.

We have to ruin the religious world created within us.

The religious world created within our hearts, we have to turn our hearts firmly toward love and have to ruin that world.

The energy of false god still nests in our hearts.

Please look at that dark part firmly.

Religion is the silly product of mankind. We have rebelled against ourselves.

We were stupid selves that rebelled and created the religious world.

We confirm our energy in daily lives, think of Tomekichi Taïke, Albert and continue the daily lives.

Then we have the calm time for meditation and feel within us.

We think of Tomekichi Taïke, Albert with that energy.

Let us spend such days lightly and joyfully. Let us continue that work lightly and joyfully.

The work to confirm the energy within us and return it to joy and warmth will become the great energy and power that will flow to the universe.

It will change the conscious world.

Changing the conscious world means the ruin of material world.

What will the people feel in their hearts when they experience with their own eyes that the material world of the false shadow ruins?

It is the real whole destruction of the material world.

How many people will be killed on this earth, blaming that there are neither God nor Buddha.

How many people will learn that they can never erase their true selves in their hearts, though they grudge and damn god or damn and kill themselves?

How will you live in the coming time? How will you exist?

You do not realize your true self, as long as you hold God.

Though you are healthy, are favored by your family and people around and are in wealthy life, you are really empty unless you learn your true self or you establish your lifestyle to turn your direction toward believing your true self.

Let us really end the lifestyle to cheat or beguile the loneliness and hollowness within you.

While you have your physical being, you can feel your energy through your physical being and do your utmost effort to correct the energy.

Yes, it is the time having the physical being to feel your

energy through your physical being. Hence, the time having the physical being is very important time.

You can only learn your energy. It is joyful.

You find out what energy comes out of within you, then change that energy to the positive one. There is no joyful life but to do it with your utmost effort.

When all consciousnesses awaken to love, the joyful energies become great power and do work.

It is the time to come in 250-300 years from now.

That energy will achieve dimensional migration. When you look at and feel that path firmly in your heart and move on the path straightforwardly, your life must be the wonderful life.

I am love within you. I am your true self. I exist within you.

I send such messages to within you.

Now please step forward in accordance with this message.

Please take good care of your step.

It is only joyful to look at yourself.

It is only joyful to feel yourself.

Let us move together.

The energy and power that can invite many consciousness and universes into your heart and lead them to the positive one and love. Those are your true self.

Let us turn our hearts toward our true selves with joy.

Let us confirm the direction to turn our hearts. Yes, it is the direction to turn our hearts.

Let us turn our hearts firmly toward Tomekichi Taike,

Albert, Mother universe and step forward continuously.

Joy invites joy, suffering expands suffering.

Please learn in your heart what joy is and what suffering is in this lifetime.

It is really expected to ruin the false world, to ruin the false world that was created within us.

The energy and power of love proceeds with the flow of consciousness further.

It is the energy and power of love.

Let us hold it in our hearts, feel it in our hearts, feel within us lightly daily and concentrate to send the message, “let us return together.”

2. The love in you speaks

Lastly, I hope to send the message, “love within you mentions.”

Are you happy now? Do you feel yourself existing in true joy and warmth?

Do you step forward firmly with your such self?

I am the consciousness of Tomekichi Taïke, Albert.

You must be happy as you can feel my thoughts in your heart.

Please turn your heart toward me Tomekichi Taïke, Albert and feel the energy and power of love and joy.

Let us turn our hearts firmly.

Please reawaken love. I ask you to reawaken yourself with love.

Namely it means to move straightforward to the dimensional migration.

It is my pleasure that you receive this message firmly. It is my pleasure to convey it to you. I am pleased that you move forward together, feel such heart, feel such conscious world and flow such message.

Let us return to love. Let us return to love. I convey it continuously.

We have existed together with love. Yes, we are the consciousness returning to love.

Let us feel our true nature in our hearts, feel more and return together.

Many consciousnesses. Many consciousnesses sleeping in our hearts.

They are all consciousnesses returning to love.

Please feel in your heart the joy returning together.

Let us feel in our hearts the joy returning together and flow it as the vibration.

It is the vibration. It is the energy. It is the energy and power of love.

I fully spread the energy and power of love and convey only the joy returning together.

I, Tomekichi Taike, Albert, am the vibration and energy always communicating within you. I communicate when you

turn your heart.

I exist together with you. I am love within you. I am the energy of love.

Please rejoice as you exist together.

You will move forward in the joyful life. You only need to turn your heart.

Let us move straightforward. Let us move straight.

We are one. Let us move forward in the joyful world together.

Please continue the joyful meditation. Please provide the time for the joyful meditation.

The joy and warmth will be conveyed to within you more.

The message from Tomekichi Taike, Albert is the vibration.

The vibration is joyful. It is the power of joy. It is the energy and power of love.

Please have a lot of time to accept the energy and power of love in your heart and feel your joy greatly.

We were joy. We were warmth. It is only joy to feel that we have existed in the broadening world, the only one world.

I will convey it. I exist together.

I convey joy to turn my heart.

I convey joy to turn my heart and communicate with each other.

Tomekichi Taike, Albert. Your true self. Love.

Please think of them joyfully from your heart.

They will respond to you. Joy will lead you to joy.

It is yourself who makes the joy larger and also who drops into the darkness as being the darkness. Everything depends

on you. Because there is only yourself within one.

As you understand it in the heart, it becomes evident how happy time it is now.

The energy cultivated within you was the large ignitor to reawaken the energy of joy and warmth existed within you.

There are a lot of opportunities to realize it in your daily life.

Please learn it as long as your physical and mental strength is maintained.

Please confirm the energy of love, joy and warmth within you and move on the path for self-establishment.

The more you touch your world with full power of love, the more you will feel your gentleness, warmth and joy supporting you.

Hence you really need nothing.

You will learn that it was joyful to feel your such heart, love within you and your such self.

Self-establishment is the joyful path.

I am love within you, the consciousness of Tomekichi Taike, Albert.

Please open your heart and enter into my consciousness more.

Please flow continuously the energy and power of joy, warmth, gentleness and brimful love from your heart.

It is your joy to feel in your heart that you are such kind of existence.

I convey that your joy is my joy, my joy is your joy.

Tomekichi Toaie, Albert in your heart. That is only it.

It is only required to align your heart's pointer to it.

I convey it to you from within you.

The energy of joy, the energy of love and power, all of them were one.

It is our joy to return into the warmth. Joy leads to joy.

Please flow widely the joy from your heart.

That energy and power will change everything.

You are with brimful love. Please spread joy more.

The reason why you have existed on the earth is to awaken love.

It is to awaken your true self.

You are love. You are nature with brimful joy. It is your true self.

Please repeat in the time to come the transmigration together with you of brimful joy.

I want you to be the person who can transcend the dimension when you meet with us in 250 years from now. You are love, joyful energy.