

Tano Kura Book

A Journey to Be Your True Self



Unlimited free revising, Rev. 1.05



たのしあわせ研究所

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Enlightenment in the remaining half of my life

Hello everyone. I am Terumasa (Teru) Kutsuna, director of the Tano-shiawase Institute. For the past 49 years since I was born, I have been taking various actions to enrich my mind. In the remaining 49 years of my half-life, I would like to put my mind and body at ease, and by the age of 97, I would like to graduate from this life with being my True Self, oneness.

This book is a sharing of what I have seen and learned in my previous half-lives. I am just starting to put it together, but I will publish it first. Please read freely, as I'm writing freely. I will revise it as I see fit.

If you find something interesting or noticeable, please share it with the people around you. It's an easy way for you to be virtuous to the universe.

I might add, creative thoughts and things like that come down to the inventor from a certain place in the universe. So I am sure that what I write is not my own. It's just something I'm going to notice, interpret and express for you readers.

Let me try to explain a bit more about what the book is going to be about.

"This book is a living book for you, the person who wants to live a happy life. We were born to be Happy."

This is the crowdfunding (*1) call for the 2019 'Tano-shiawase ni Kurasu Hon' (The Book of Living in Joy & Happiness). At the time, we crowdfunded to raise money for publication and printing costs. The result was not successful. Many of you supported us. Thanks to all of you, I am here today. I would like to mention your names in the acknowledgements.

(*2)

"Then, why don't I just make an electronic version instead of printing it on paper?" I thought.

Yes, I have just thought of that. I want to make it like the role-playing books I used to love in primary school, where keywords jump from one page to another, and the storyline changes depending on the reader. This seems to go well with the way the brain thinks. It would be like a mind map. I've given up on lengthy explanation at this point. Let's get started, shall we?

*1: The underlined blue text links to the relevant page on the internet, so please click on it.

*2: Black underlining links to the relevant pages in this publication.

Contents,, anyhow

3. Exhale & Inhale

5. Joy, Anger, Sadness & Amusement

6. Helping & Being Helped

10. Making the Most of the Soil

11. Making the Most of Fire

12. Making the Most of Water

14. Making the Most of the Wind

15. Making the Most of the Emptiness

16. Aligning Our Thoughts

18. In Harmony with the Universe

19. Make a Lifetime a Work of Art

13. Washing Dishes




4. 食べる+出す




17. 体を整える

1. Born & Dead



2. 眠る+目覚める



7. 愛す+愛される



CH. コブハウス



8. 成長する



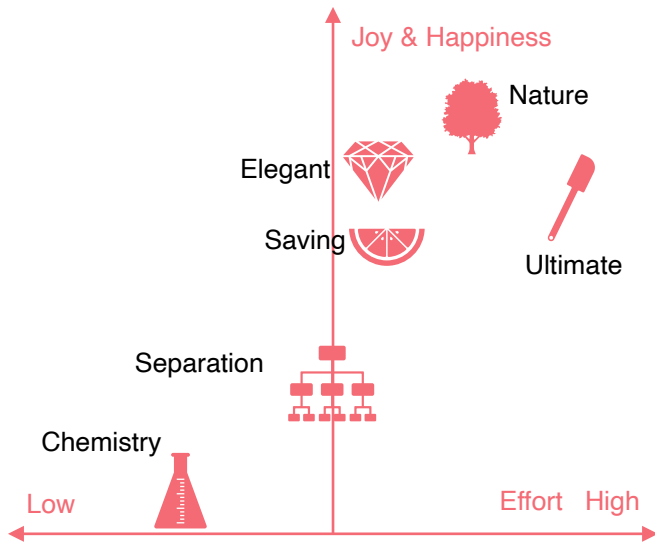
9. 働く+なまける



* Black underlining links to the relevant page.

How to Read

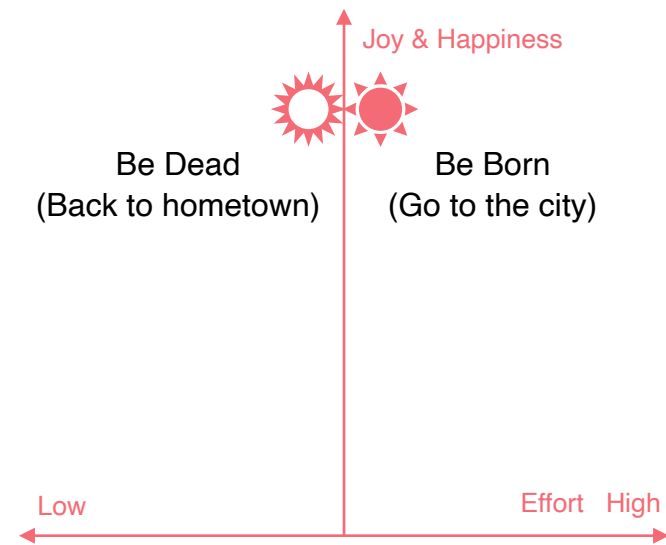
E.g. Graphs and Descriptions in 'Making the Most of Water - Washing Dishes'.



Chemistry: wash with synthetic detergent and water.

For each item, the various methods are named (with explanations on the page), iconized, and placed on a graph. The horizontal axis shows the degree of time and effort required, with the lower the value on the left, the less time and effort required, and the higher the value on the right, the more time and effort required. The vertical axis shows the degree of tano-shiawase (joy & happiness), which means “finding yourself joyful, uplifting others as well and leading the world happy and peaceful”. For example, a chemistry icon has a low level of effort and a low level of tano-shiawase. This is just my opinion, so please use this as a reference and think about where you would place the icons, or add different techniques to them, and have fun.

Left from hometown with hope of returning successful.



Born (Go to the city): "This world is a school for the soul." In the afterlife, everything comes true effortlessly just by thinking about it (*1). In the afterlife, there is little learning and growth, so we come to this world and learn by using our bodies and things (*2). In the other world, before you are born, you write a script so that you can learn well (*3). But when you are born, you forget all about it. It's like a test that doesn't tell you the answer. You learn because you have a bit of trouble. The souls who are born are chosen souls with a solid determination, and their soul mates (*4) see them off, but they worry and grieve when they are about to be born, wondering if they are going to suffer that much.

Be Dead (Back to hometown): In the afterlife, all souls will be welcomed with open arms.

(*1) Akiyama Yoshitane San recounts his experience of his son who slipped up a golf club hitting on his head, bleeding, but when he decided not to make a perpetrator or a victim, the injury quickly disappeared. The future is up to us to deal with, and the past is up to us to interpret and change it as we wish. Furthermore, he also shares his experience of being able to change what is currently going on. Is it any wonder that humans originally came from the world of the power of thoughts?

(*2) Saito Hitori San, who says he has heard God's voice since his childhood, says: "This is a promise to God. Every day I will become a little more attractive and return home supremely attractive".

(*3) "Life follows a scenario scripted in the afterlife, and when you cast your role in the afterlife, there are kind soul mates who have taken on the villainous role and will play that role in this world. So we can be thankful for the villains," says Funai Yukio San.

Jasmuheen, a breatharian, says: "Every aspect you see in the people you meet shows an aspect of yourself, so be grateful."

(*4) In Japanese Shintoism, it is believed that everyone is endowed with a separate spirit, given from the soul of God, and a mirror is enshrined in the main shrine to reflect the worshipper's own reflection and show that 'God is within you'.

NOTE

In the [HAGAKURE](#), a single breath is considered to be a cycle of birth and death, and life may indeed be a series of such cycles. That can be experienced with the tool called 'Hemi-Sync', which uses low-frequency sound to guide us into Altered States of Consciousness. During a night's sleep, a person's soul may, in fact, leave the body, become dead, and be born again in the morning.

Many of the trillions of human cells are born and die every day, with a total replacement every six months or so. A collection of lives repeating birth and death.

Those who determines to give their lives to God gain godlike abilities.

Life is only as good as you want it to be. Because we come from the other world where all our thoughts come true. But many people feel that it is not as it should be. Is it because it is difficult to control thoughts?

Chinese qigong masters and other saints, whether they are 120 or 200 years old, look like they are only 60 years old. When they die, they leave quietly, as if to say, 'I'm just taking a walk there'.

March 23, 2019

Special Thanks!

Dear supporters, thank you so much!

(敬称略順不同) 小林弘子、青山 裕、ぺんぎん、高田峰夫、工藤清敏、Tokumaru Kyoko、森 裕美子、Æ MAKO、市岡秀俊、ドレイパー愛、岩田壮平、音村華菜、岩谷宗彦、ストキヤ、松井芳昭、山岡ヤマオカ、舛本弘毅、雫あきら、藤田 祥、三栗祐己、きょん、塩梅ライフ、りっきー、ゆう、QAZ、なべちゃん、山本 紗代香、樋口森州もりくに、會田孝之、Ishikura Toshio、takajii3、やっちゃん、波多江 直紀、Isikawa Eturou、yappy、村田幸子、masae、Matsui Mitsu、SAWA、Marchand、愛結、岩田 富士彦、菅原 佐喜雄、じゃーまんぽてと、Ochi Masao、Kohei、Nagahama Kazuyo、beefsteak2nd、きく、金乃字、コタツ、飯田正勝、河内のヤマネコ、小崎 洋、春雨猫、橋本恵治、おざきゅう、ユウキヒロミ、まきまき、筒井章子、植村和成、Makimura Hidetoshi、Muraoka Yuji、JUNJUN、太田英俊、牧 由美、田中 美和子、東山浩子、梶原征彦、Toshio Yato、藤井利幸、Ishikawa Kazuyoshi、Azuma Atsuki、Matuda Tadasi、Fukae Hideo、iwaki rieko、ボンボンさん、イルカ、UTSOL、shunshushun、Takahashi Hiroaki、GOTO Hiroshi、中村 真理子、一柳 亘、aki、フリッツ 郁美、green philosophy