

An Introduction to the "21-Day Challenge"

It is said that people can develop new habits in approximately three weeks.

The "21-Day Challenge" is a practical program designed to help you quietly embody the philosophy of the Fuji Declaration in your daily life, nurture the sacredness within yourself, and deepen the oneness (connection) between people, life, and the Earth.

The seven themes are simple yet progressively deepen everyone's consciousness, guiding you toward a worldview of oneness, where everything is connected, and toward cosmic consciousness.

You can approach each challenge according to your circumstances, in a way that is comfortable for you. We are confident that each practice will awaken the sacred power within you, and that this will slowly but surely spread throughout the world.

Please let us know if you have gained insights, experiences, or noticed changes in your heart through the 21-Day Challenge.

Each of your words and experiences can become a light of hope for the future of many people, so please share your impressions.

! You can submit your impressions via the Google Form below.
[Please Click Here to be taken to a Google Form.](#)

21-Day Challenge

! Bringing Sacred Spirit into Daily Life !

This challenge invites you to work deliberately on seven themes, spending 3 days on each, to quietly breathe life into the spirit of the Fuji Declaration in our everyday lives. By engaging in this 21-Day Challenge at your own pace, we believe that an inner transformation will emerge within you through your daily activities.

(1) Take quiet time to reread the Fuji Declaration.

- ! Fuji Declaration
- ! "Individual Declaration"

(2) Practice the "21-Day Challenge" at a time that works for you.

- ! Spend 3 days on the same challenge.
- ! After completing the 3 days, reflect on your impressions and experiences.
From the challenge of writing them in a journal.

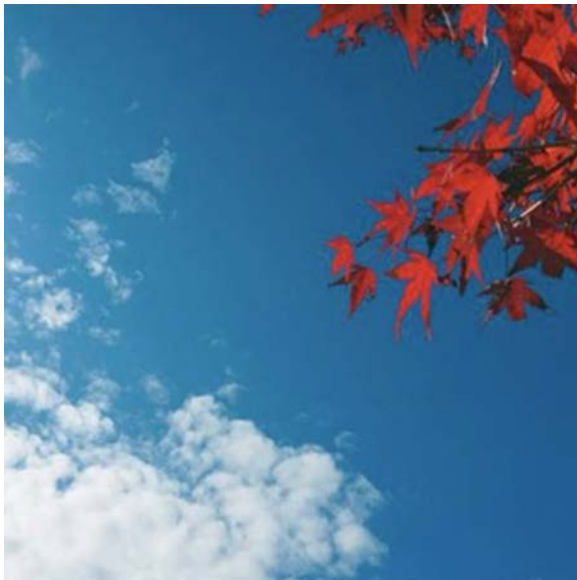
[Challenge 1]

Days 1-3: "Release Bright Thoughts with Each Breath"

Breathe with a bright and refreshing feeling.
Focusing your awareness on your breath transforms each moment into something peaceful and vibrant.

For example:

- ! As you inhale: "I am one with the universe"
- ! As you hold your breath: "Love, love, love... everything is getting better"
- ! As you exhale: "I am one with all life"



By continuing this breathing practice, new life energy will fill you.

[Challenge 2]

Days 4-6: "Shine According to Your Intuition!"

Do things sometimes pop into your head? "I should contact that friend," "What about this idea?"—we tend to ignore such intuitive flashes.



Today, direct your awareness toward these intuitive inspirations and follow them. Your intuition and inner flashes are your best guides. Let's verify for yourself what happens when you listen to them.

[Challenge 3]

Days 7-9: "Finding the Light in Difficult Places"

Sacred radiance exists within every person. It's even in people we find unpleasant, problematic, or harmful to others.



Choose someone who irritates or angers you, and throughout the day, wish for their happiness and send them thoughts of encouragement and blessing. Feel how much peace this brings to your heart.

You might be surprised not only by the change in your heart but also by changes in those people.

[Challenge 4]

Days 10-12: "Listen to the Earth's Resonance"

The beauty and richness of the Earth sustain our souls: beautiful butterflies, crystal-clear water, birdsong, the strength of mountains, and wind. The Earth needs us just as much as we need it. It's important that we remember, respect, and celebrate the Earth.



Today, let's practice feeling and appreciating the Earth's gifts. On grass, under a tree, in a park, or anywhere in nature.

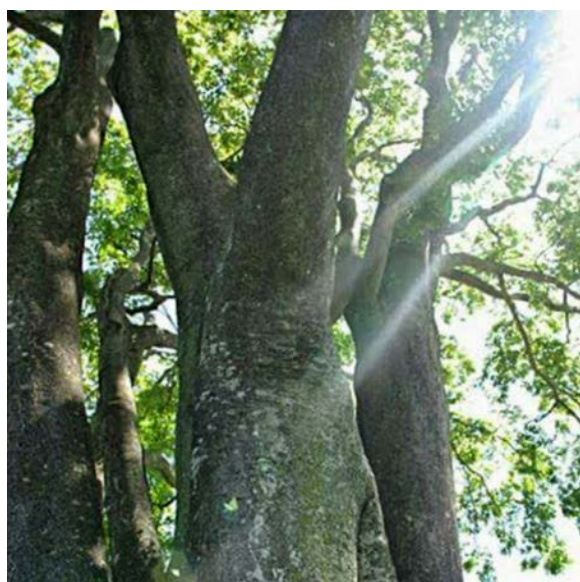
—Sit on the ground for just 30 minutes, then lie down. Like when you were a child. Feel the Earth's energy flowing through you. Feel the love the Earth gives you and return it through your breath. Deliver the love emanating from your heart to the Earth. Let's thank Mother Earth.

[Challenge 5]

Days 13-15: "Let Love Shine in the Connection Between Souls"

You can do this anytime, anywhere—whether walking on the street, in a restaurant or supermarket, or at your workplace—whenever you are with other people.

For 10 minutes, see people as souls with your heart. Return to soul-to-soul connections with an open heart with everyone you meet. Once you begin making relationships into soul-to-soul connections, let nature take its course.



Continue this practice as much as you like. As you continue, you will gradually begin to feel the flash of sacred love that exists in everyone, and you'll see your beautiful reflection in them.

[Challenge 6]

Days 16-18: "Do Something for Someone"

In today's world, we need open hearts. When we do something with a loving heart, it becomes a great power. Acts of selfless love, even small ones, have wide-ranging effects. We can make each of our daily actions a gift of love.



Today, let's do something for someone. It doesn't matter if it's big or small. At work, school, home—wherever you are, think of an act that will bring joy to someone with an open heart. Their joy will become your joy, and you will experience oneness (the connection of all life).

[Challenge 7]

Days 19-21: "Expand Your Consciousness to the Universe"

Let's expand our consciousness to the universe we don't usually feel. You may feel peaceful and expansive by temporarily forgetting daily life and connecting with the infinite universe. Meditate by imagining that family, friends, nature, and stars are connected as one, holding infinite possibilities. And please envision a world filled with happiness and smiles.



The happiness, sense of unity, and sacred spirit you feel in this challenge will guide the world toward happiness. Please communicate your experiences and insights with those around you, and utilize them as a driving force for fostering peace.

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