

2021

Message from Toshiya Hoshino (Professor of International Politics and United Nations Studies at Osaka University and former Ambassador and Deputy Permanent Representative of Japan to the United Nations) and his wife Chikako Hoshino (expert yoga instructor)

Thank you for inviting us to this year's (2021) Seven Minutes of World Peace meditation. Chikako and I, together with our friends in Japan and abroad, joined you. It was so inspirational and peaceful.

It started at 10pm on Tuesday September 21 in Japan. I meditated under the moon, wishing world peace and happiness, realizing that we are all connected spiritually beyond time zones and geographic distance.

It was a very special evening as it coincided with our traditional "Mid-Autumn harvest moon-viewing day" on the 15th day of August in the lunar calendar, which is September 21 this year in our Gregorian calendar. On top of that, today was a full moon. We celebrate the Mid-Autumn harvest moon on this day but it does not always have a full moon. But today, after 8 years, we happened to see a full moon on the 15th day of August in the lunar calendar.

(Detail of the Otsukimi, or Mid-Autumn harvest moon viewing

tradition of Japan, please see <https://media.fitspot.jp/topic/475>
It was, however, about last year's case. But the story behind the tradition remains the same.)

Chikako prepared the offerings to the moon with Japanese dumplings, silver grass, and some autumn vegetables she grew in her garden.

Please see the photo of Chikako's offerings with our dog, Mari, earlier this evening.

All the best and please have peaceful, safe, and healthy days.

With our warmest regards to you and all the friends we shared the memorable time together in New York.

Toshi and Chikako

PS I mentioned a lot about the harvest moon but less about my meditation experience. **I meditated under the moon, wishing world peace and happiness, realizing that we are all connected spiritually beyond time zones and geographic distance.**



