

## Daily Inspiration from Fujiko Takai Signs, CSB

### 2026 Indonesian & Malaysian Joy Principia Lifelong Learning Trip

#### 1/5

God has prepared this trip (gift) and you are to open this gift every day to see what is there for you and for your neighbors (fellow travelers and those who await for you).

“And he said unto them, Go ye into all the world, and preach the gospel to every creature.”  
(Mark 16:15)

Our Master said to every follower: “Go ye into all the world, and preach the gospel to every creature! . . . Heal the sick! . . . Love thy neighbor as thyself!”  
(Science and Health 138:27–30)

#### 1/6

Hymn #578 is based on the melody and some words from the Philippines (even though you are not going to the Philippines, you will see many from the Philippines in Southeast Asia). Pronounced sah-lee-doo-my this is an expression of gratitude, similar to “alleluia,” and comes from the Itneg people of the Philippines.

On Father-Mother's Wings!

#### #578

Sing a song, sing a song to God, / All the world sing and bless God's name. / Ay, ay, salidummay,\* ay, ay salidummay. / Daily sing of the saving power, / Tell all lands of the wondrous works. / Ay, ay, salidummay, ay, ay salidummay.

Great is God, worthy of all praise, / Worship God high above all things. / Ay, ay, salidummay, ay, ay salidummay. / Spirit's might made the universe. / Praise we give to God's majesty. / Ay, ay, salidummay, ay, ay salidummay.

Friends on earth, bow, confess God's might; / Bow down and give all glory due. / Ay, ay, salidummay, ay, ay salidummay. / Come to God, bring your gifts most rare, / Fill Love's hall with your joyful sound. / Ay, ay, salidummay, ay, ay salidummay.

Tell the nations God reigns supreme, / Judging with truth and righteousness. / Ay, ay, salidummay, ay, ay salidummay. / Sing a song, sing a song to God, / All the world sing and bless God's name. / Ay, ay, salidummay, ay, ay salidummay.  
(Christian Science Hymnal, No. 578:1-4)

**1/7**

Dear friends,

The following hymn was sung at the Wednesday testimony meeting of The Mother Church and while singing this hymn I thought of each one of you being guided by our Father-Mother God, every step of the way. Divine Love does meet every need and will continue to be with you.

There is not a single moment you are alone or away from our Father - Christ Jesus' and our Father-Mother.

Have a wonderful day wherever you are!

with much love,

Fujiko

Our Father knows my need today; / I do not merely ask / For happy hours or golden way, / Or loving, helpful task; / But, with all trust in Love, I pray: / Our Father knows my need today.

Our Father knows my need this hour; / Where'er my steps may go, / The saving light from Truth's high tower / Now leads me—this I know. / Yours is the majesty and power, / O Love divine, this day—this hour.

Our Mother knows this moment's need,— / My work, my prayer, my song, / The healing word and Christlike deed. / Here where the way seems long, / Truth's manna falls and I am fed; / Love's light shines clear and I am led.

Love sets the earth-bound captive free; / And, mindful of Her own, / With loving care God's leading me. / When wandering and lone, / I find in Truth the living way: / Our Mother knows my need today.

(Christian Science Hymnal, No. 556:1-4)

**1/8**

Hello dear friends,

Mrs. Eddy made the word, "infinite" as a concrete and practical concept when she stated, "To those leaning on the sustaining infinite, to-day is big with blessings" (S&H: vii)

You are in this "infinite" to witness many blessings!! See the infinite in every beauty and diversity!

The following statement states how practical this "infinite" is.

One infinite God, good, unifies men and nations; constitutes the brotherhood of man; ends wars; fulfils the Scripture, "Love thy neighbor as thyself;" annihilates pagan and Christian idolatry, — whatever is wrong in social, civil, criminal, political, and religious codes; equalizes the sexes; annuls the curse on man, and leaves nothing that can sin, suffer, be punished or destroyed.

(SH 340:23)

with much love,

Fujiko

**1/9**

Here is a poem you can take with you today- partially or just the idea of it.

It is based on Jesus' direction, "If thine eye be single, thy whole body shall be full of light" (Matthew 6: 22)

Today, you are seeing not with two eyes but with one single eye that is "pure" "single" and "simple" (the same word can be translated into three ways. Japanese translation of this verse uses "pure.")

Stay with a single eye and with "full of light"

The Single Eye  
by Doris Kerns Quinn

If thine eye be single  
(Thy body full of light),  
Good and bad can't mingle;  
Day can't turn to night

Thy body full of light

(All reflected glory!)  
Day can't turn to night;  
Time can't end the story.

All reflected glory!  
(Selfhood perfect, pure.)  
Time can't end the story;  
Vision must endure.

Selfhood perfect, pure  
(Good and bad can't mingle).  
Vision must endure —  
If thine eye be single

from "Let there be light, Boundless Light - poems of healing."  
(The Christian Science Publishing Society, p. 29 -copyright 2013)

### **1/10**

Throughout the day please take a moment to be still and feel our faithful Father-Mother  
God's blessings. We are moving and living in divine Love, Truth, and Life.

Here is today's hymn to remind you of Christ Jesus' calm command, "Be still"!

with much love,

Fujiko

Hymn. 444:1  
Be still, my heart: you rest in Love divine;  
God's gracious touch has silenced grief and pain.  
Love's timeless Christ allows for no decline;  
In changeless being shall your health remain.  
Be still, my heart: your faithful only Friend  
Secures your joyful voyage without end.

Words: HAROLD ROGERS, ALT.

Music: Fenella Bennetts

### **1/11**

Jesus taught us our oneness with our Father (-Mother), God. Oneness is more than  
togetherness. It helps us to see how we can live harmoniously in togetherness.

Here is a beautiful song to remind us all day long about our oneness with our Father and our togetherness as sisters and brothers of God's family.

**REFRAIN**

Like a river that runs to the ocean,  
Like a ray reaching out from the sun,  
Like a branch and the tree, a drop and the sea,  
I and my Father are one.

And may each of us claim it as truly  
As Jesus, who came as God's Son,  
And may each of us know in the depths of our soul,  
I and my Father are one.

One in beauty, one in truth,  
One in the asking, one in the proof,  
One in time and one in space,  
One in the goodness that flows from God's grace.

**REFRAIN**

Though our fears may estrange and divide us,  
May we seek to dissolve them through love.  
We are sister and brother, each bound to the other,  
One with our Father above.

One in purpose, one in power,  
One in the Spirit, blessing each hour,  
One in kindness, one in peace,  
One in the Mind that makes all trouble cease.

**REFRAIN**

(Christian Science Hymnal, No. 524:1-5)

**1/12**

Good morning!

We honor God's creation and His children by reminding ourselves how much God loves us first!!

There is evidence (sacredness) of God everywhere so let's remember what God said to Moses,

“. . . Take off your sandals, for you are standing on holy ground."

Exodus 3:5 (NLT)

with much love,

Fujiko

**Psalms 16** A psalm of David.

Keep me safe, O God,  
for I have come to you for refuge.  
I said to the Lord, "You are my Master!  
Every good thing I have comes from you."  
The godly people in the land  
are my true heroes!  
I take pleasure in them!  
Lord, you alone are my inheritance, my cup of blessing.  
You guard all that is mine.  
The land you have given me is a pleasant land.  
What a wonderful inheritance!  
I will bless the Lord who guides me;  
even at night my heart instructs me.  
I know the Lord is always with me.  
I will not be shaken, for he is right beside me.

**1/13**

Dear Friends,

We say what you think is what you are. I say, what Truth knows is what you are!

We are not what we eat but we are what we take into our thoughts.

Be confident in what Truth knows in the Science of being!

with much love,

Fujiko

11. 67: 4-11

When the ocean is stirred by a storm, then the clouds lower, the wind shrieks through the tightened shrouds, and the waves lift themselves into mountains. We ask the helmsman: "Do you know your course? Can you steer safely amid the storm?" He answers bravely, but even the dauntless seaman is not sure of his safety; nautical science is not equal to the Science of Mind.

12. 368:2-4

The confidence inspired by Science lies in the fact that Truth is real and error is unreal.

**1/14**

Dear Voyagers,

I am thinking of your oneness with God and allness of His creation. Everything is moving harmoniously in divine Love.

with much love,

Fujiko

Here are some quotes of the day to ponder -

Mrs. Eddy said, "Do right and Fear not" and later added "That's all there is to it"

Q. With what rule do you begin to learn Metaphysics?

A. The rule of oneness and allness.

Q. What do you mean by this?


A. That there is but one infinite calculus and its infinite manifestation.

(P. 215 - Years of Authority by Robert Peel)

**1/15**

Today, we are giving extra gratitude to "light" that is mentioned in Genesis 1: 3, 4.

Like the sunflowers turning to follow the light and repositioning themselves to where they are ready to receive the morning light, we, too, can reposition ourselves to receive the light of Truth - ready to be blessed and bless others.

Have a gorgeous illuminous  day!

with much love,

Fujiko

Genesis i. 3, 4

"And God said, Let there be light: andthere was light."

Immortal and divine Mind presents the idea of God: first, in light; second, in reflection; third, in spiritual and immortal forms of beauty and goodness...

"And God saw the light, that it was good: ..."

God, Spirit, dwelling in infinite light and harmony from which emanates the true idea, is never reflected by aught but the good.  
(S&H p. 503-504)

## 1/16

To pray or not to pray - this is a question we always reply with, Yes, we pray to witness the glory of God in our lives.

And to pray, we must not forget to pray as children pray with certainty and expectation.

I love these words by Mrs. Eddy, "Beloved children, the world has need of you, — and more as children than as men and women: it needs your innocence, unselfishness, faithful affection, uncontaminated lives."

(Miscellaneous Writings 1883–1896, p. 110:4–7)

& here is a hymn to go with our prayer

Hymn. 527:1, 2

"Lord, ... open his eyes, that he may see,"  
The mighty prophet prayed.  
Send not armies great and strong,  
Neither strength to battle wrong,  
But lift his vision to behold  
Your truth already here,  
The legions of omnipotence,  
The hosts of Your deliverance.  
Awake, O man, and know  
Love's all-embracing sphere.

Lord, open my eyes that I may see  
Your presence everywhere,  
My dwelling circled by Your might, My mountaintop aflame with light,  
The shining sentinels of Your love  
Triumphant in this hour.  
For You with me are greater far  
Than all the seeming evils are.  
Be still, O heart, and trust  
God's omnipresent power.

Words: ELIZABETH GLASS BARLOW, ALT.

Music: Désirée Goyette

**1/17**

Dear voyagers,

I have a Bible verse I named "a vision 37:37"

You are familiar with the perfect vision 25:25, but the Bible teaches us to see with our spiritual sense and to see spiritual qualities.

It is Psalms 37: 37

"Mark the perfect man, and behold the upright: for the end of that man is peace."

As a student of Christian Science, we learn to pray and behold "perfect God and perfect man" in our consciousness.

So let's mark "the perfect man" wherever you are and know that God sees you that way too, peacemakers.

Thinking of you in this vision.

with much love,

Fujiko

**1/18**

Dear friends,

You are thousands of miles away from home but where is home? Is there any place God cannot reach?

Jesus translated "distance and time" as "NOW" and Mrs. Eddy assures us, "The still, small voice of scientific thought reaches over continent and ocean to *the* globes, remotest bound. "The inaudible voice of Truth is to the human mind, \*as when a Lion roareth! It is heard in the desert and dark places of fear" (S&H 559:8).

And your home is where God is and God is everywhere.

with much love,

Fujiko

**1/19**

Dear voyagers of Truth,

Wisdom and Science

If we can lean on the sustaining infinite, we are gaining more wisdom.

This kind of wisdom makes us be aware of order, harmony, and joy that Science guarantees us.

You live, move, and have your being in this Science!

Proverbs 3: 13-18

13 Blessed are those who find wisdom,  
those who gain understanding,

14 for she is more profitable than silver  
and yields better returns than gold.

15 She is more precious than rubies;  
nothing you desire can compare with her.

16 Long life is in her right hand;  
in her left hand are riches and honor.

17 Her ways are pleasant ways,  
and all her paths are peace.

18 She is a tree of life to those who take hold of her;  
those who hold her fast will be blessed

with oceans of Love,

Fujiko

**1/20**

Dear students of Truth,

Christ Jesus is our teacher and a wayshower who said the following, *He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.* — JOHN xiv. 12.

Mrs. Eddy reminded all seekers of Truth to put this goal before us.

We are students of Christian Science who remember these words with deep gratitude and love for Christ Jesus.

He came to share with all mankind that we have a wonderful gift within us, the power to pursue Science and health.

with much love,

Fujiko

*He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. — JOHN xiv. 12.*

Such are the words of him who spake divinely, well knowing the omnipotence of Truth. The Hebrew bard saith, "His name shall endure forever: His name shall be continued as long as the sun." Luminous with the light of divine Science, his words reveal the great Principle of a full salvation. Neither can we question the practicability of the divine Word, who have learned its adaptability to human needs, and man's ability to prove the truth of prophecy.

The fulfilment of the grand verities of Christian healing belongs to every period; as the above Scripture plainly declares, and as primitive Christianity confirms.

(Miscellaneous Writings 1883–1896, Mary Baker Eddy, p. 192:10–24)

**1/21**

Dear Seekers and thinkers!

Christian qualities and metaphysical ideas make up our understanding of God that is Spirit and Good!

We can share our sense of God with all mankind - generous and patient, loving and adorable one!!

Have a beautiful day!

with much love!!

Fujiko

"No one can change the law of Christian metaphysics, the law of right thinking, nor in any wise alter its effects.

It is a forever fact that the meek and lowly in heart are blessed and comforted by divine Love.

(The First Church of Christ, Scientist, and Miscellany, Mary Baker Eddy, p. 41:4–7)

**1/22**

Dear Children of God,

The joy of visiting new places, different cultures, and meeting people who speak different languages makes us appreciate our ability to see each other more as children of God. We were and still are the children of God, walking in the light, being the light, and sharing with others the light within us.

Enjoy your last few days as the light of the world!

with much love,

Fujiko

SH 191:13 the

... the whole earth will be transformed by Truth on its pinions of light, chasing away the darkness of error.

SH 10:1-2 (to ,)

Prayer means that we desire to walk and will walk in the light so far as we receive it, ...

SH 276:12

The realization that all inharmony is unreal brings objects and thoughts into human view in their true light, and presents them as beautiful and immortal. Harmony in man is as real and immortal as in music. Discord is unreal and mortal.

**1/23**

Dear children of Light,

There is no power in darkness. It has no power to let itself be known except by others accepting it as a power.

We are born with divine light - the light that never dims nor taken away.

Gratitude to all for sharing your light with others and trusting the daystar of Science!!

with much love,

Fujiko

Hymn. 119:1-3

Holy Spirit, source of gladness,  
Come with all Thy radiance bright; Lift all burdens and all sadness;  
O'er Thy children shed Thy light.  
Let the Love that knows no measure, Now in quickening showers descend; Bring to us the  
richest treasure  
Man can wish or God can send.  
Send us Thine illumination;  
Banish all our fears at length;  
Rest upon this congregation,  
Spirit of unfailing strength.

**1/24**

It's Sunday! A day to dwell in the house of the Lord with our brothers and sisters.

God, our Father-Mother is keeping us safe on your journey -

Let's praise Him with this hymn

Father, we Thy loving children / Lift our hearts in joy today, / Knowing well that Thou wilt  
keep us / Ever in Thy blessed way. / Thou art Love and Thou art wisdom, / Thou art Life and  
Thou art All; / In Thy Spirit living, moving, / We shall neither faint nor fall.

Come we daily then, dear Father, / Open hearts and willing hands, / Eager ears, expectant,  
joyful, / Ready for Thy right commands. / We would hear no other voices, / We would heed  
no other call; / Thou alone art good and gracious, / Thou our Mind and Thou our All.

In Thy house securely dwelling, / Where Thy children live to bless, / Seeing only Thy  
creation, / We can share Thy happiness, / Share Thy joy and spend it freely. / Loyal hearts  
can feel no fear; / We Thy children know Thee, Father, / Love and Life forever near.  
(Christian Science Hymnal, No. 58:1-3)

**1/25**

Dear citizens of the world!

If we have one Father, we are all related as children of one Parent, God. Nothing makes us  
superior or inferior.

I am sure this wonderful trip to southeast Asian countries has connected you to the new  
family members of God.

Let your light keep shining so that you continue to see their beauty and joy in your hearts.

with much love,

Fujiko

Beloved children, the world has need of you, — and more as children than as men and women: it needs your innocence, unselfishness, faithful affection, uncontaminated lives. You need also to watch, and pray that you preserve these virtues unstained, and lose them not through contact with the world. What grander ambition is there than to maintain in yourselves what Jesus loved, and to know that your example, more than words, makes morals for mankind!

(Miscellaneous Writings 1883–1896, Mary Baker Eddy, p. 110:4)

**1/26**

Dear Voyagers,

You are heading home to share your experiences - stories and photos will be shared . . . but what is shared most is your love for the people and cultures you encountered.

Share them with wisdom and care!

Bon voyage  
with much love,

Fujiko

The circle represents the infinite without beginning or end; the straight line represents the finite, which has both beginning and end. The sphere represents good, the self-existent and eternal individuality or Mind; the straight line represents evil, a belief in a self-made and temporary material existence. Eternal Mind and temporary material existence never unite in figure or in fact.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 282:6)