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FOUNDER: Dr. Masaharu Taniguchi (1893-1985)

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God never created anything evil because He is love, goodness, and wisdom. If God had created evil, it would not disappear. Because God is infinite power, He can prevent us from doing things that are against His will.

Illness is evil; no one would say it is good. Saying illness is evil does not mean it serves no purpose or that life’s natural healing powers are not being expressed. It means God did not plan or create it.

Therefore, illness does not exist. All things that do not exist must disappear. However things may appear at the moment, they are only temporary, like an illusion, and do not truly exist.

Some may believe that “illness does not exist” because it disappears due to a certain treatment, but this is not so. No matter how clearly the illness may appear now, it was not created by God so it does not exist. Whether it is healed or not does not matter; it simply does not exist.

Some worry that at times illnesses are not healed, but there is no need to worry. Worrying will only cause illness and evil to appear.

By fretting, “I’m not healed yet, I’m not healed yet,” you are holding on to the illness instead of releasing it. Illness manifests due to such thinking, so do not worry.

You may say you can’t help worrying. Just give everything—all complicated matters—to God. Simply leave everything to Him—“Dear God, I leave everything to you. I leave my mind that frets and worries all up to you.” When you do this, He will turn everything into good, reflecting His will.

Do you still doubt, “How could it possibly be this easy?” Do not doubt. If doubt persists, then once again leave it in God’s hands: “Dear God, please do something about my doubting mind.” Pray with gratitude that God will make all things good.

—From Hikari no Izumi, “Fountain of Light,” June 1973, pp. 2-3
This is because through love, we grow and mature manyfold. The lives of the narrow-minded and self-centered who think, “Me, me,” are filled with inconveniences and trivial experiences. The lives of the caring and loving are interesting and filled with joy and freedom.

And as our love becomes broader, bigger, and deeper, the freer we can be with many more experiences in life. When we expand our thinking beyond our own families and include others, as well as love for our country, the world, and all living beings, wonderful things will happen. People who love birds look forward to feeding them. In return, the birds gather and sing their songs. Even fish respond to those who express love.

Moreover, we love our culture and we love God. This love that we have for God is the highest, most supreme love because God is the Creator of all things. Therefore, to love God means to love, to be grateful, and to become one with everything.

TAKE RESPONSIBILITY FOR EVERYTHING. Ralph Waldo Emerson said, “Thoughts projected with conviction can change the world.” This refers not only to thoughts written in books and spoken from a podium but also to our innermost thoughts and emotions.

It is erroneous to think that only our immediate surroundings are affected when we are provoked, in disharmony with our family, or involved in a conflict. Each and every thought and emotion will attract other thoughts and emotions that will commingle into a sympathetic course of action.

Therefore, we cannot say that we are not responsible for wars. We cannot accuse only world leaders for our problems. We are responsible for all happenings in the world. As an ancient sage once said, “I am responsible for all the sufferings of humanity.” Such a person has attained the realization that the world is truly one.

HAVE A GOOD AURA. We each have a unique aura. Some have an aura of corruption and poverty. Others have an aura of compassion, dignity, prosperity, or nobility. Our aura is determined by our thoughts and emotions. Those who have the realization of being a child of God cannot possibly have an aura of corruption and poverty. We must apply our make-up from within rather than externally. No matter how beautiful the surface appearance, we would be emitting an aura of impropriety by harboring lascivious thoughts. All those with the “child-of-God realization” will
Thoughts of wealth, health, and growth will not come to those who complain. Only thoughts of destruction, desperation, and defamation will arise in their minds. There are two types of people: Those who constantly wear dark expressions and complain about their misfortune and those who are filled with joy and gratitude and have only bright thoughts. The ideal person never complains about anything but is always filled with gratitude and eternal happiness.

DREAM A BIG DREAM.
Always expect that only the very best and the ultimate will come to you. Great expectations will attract a great destiny. Small expectations will draw only small things to you. Those who cannot dream a big dream will accomplish only minor things. We refer to such people as being mediocre. They limit their indwelling infinite power. Small expectations will make you see yourself as small, weak, and a slave to your own destiny. Whether or not you have a great destiny depends on how you see yourself. It is true that we become exactly as we believe. Those who have big dreams and great expectations, convinced that they can achieve them, will attain greatness. Without such conviction, it is impossible to attain greatness. No one who has said “I can’t do it” has ever accomplished anything. If you have the conviction, “I can walk,” you will indeed walk. Conversely, if you believe that you cannot walk, you will not even attempt to take a step. You cannot walk because you do not try. Dream a big dream. Have great expectations. You will soon become the ideal person.

BELIEVE THAT WITH GOD, YOU CAN DO IT!
God never confines you or limits your potential. God desires that you, His children, manifest the greatest power that you have. Never say, “I’ll never be able to do that,” but believe, “No matter what I may encounter, I have twice the power to overcome it. And no matter what may happen, I will ultimately emerge as the winner.” Since God is supporting you, only success awaits you. You will become exactly who you
believe yourself to be. When you pray, “My acts are not my own to claim. They are the acts of God who permeates the universe,” and firmly believe that you and God are one, your every action will be the right one and you will accomplish your plans. One who strives to attain this state is indeed the ideal person.

**ALWAYS ADVANCE AND GROW.** No matter how poor you are and how meager your progress may be, by continuously advancing, you can savor the joy of living. You may be wealthy, but if you squander your money and resources only for your own pleasure, you will not advance any further. As long as your objective is your own personal pleasure, you will not experience the joy of living. Within God is the infinite that unfolds as infinite growth in the phenomenal world. Since the joy of living is an emotion that can be savored each moment as the infinite unfolds, you will feel dissatisfied if you fail to grow and advance to a higher level. There is no joy when life is monotonous and beset with boredom.

When you bury a stone in the ground, gravity will keep it there but when you plant an acorn, it will sprout and grow taller and taller. The growth may not be apparent right away, but the seedling will indeed grow steadily and before long become a towering oak tree. The stone, however, remains a stone. Since it is covered by soil, it will stay buried. All living things strive to grow higher and higher. When you are in tune with Grand Nature to constantly grow and advance, you will attain your goals. At the same time, you will be savoring the eternal joy of growth and advancement in your daily life. Those who always lead a life of eternal joy, growth, and advancement and contribute towards the benefit of humanity are indeed ideal persons.