



SEICHO-NO-IE

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SEICHO-NO-IE

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COVER DESCRIPTION:

Roses are often given to loved ones on Valentine's Day. One rose is beautiful, but a bouquet of roses is exquisite. In the same way, one person can help others, but a group of people is more than the sum of its parts and can better contribute to society.

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Prayers are always answered. We may write to someone, “I pray for your happiness,” but surprisingly there are few who actually place their hands in prayer for the other person. However, prayers are powerful thoughts coming from the heart. Hence, we are not necessarily lying by saying, “I pray for your happiness,” even if we do not place our hands in prayer. Since prayers are strong thoughts, we can confidently say that prayers will be answered.

There are others who think, “My prayers are never answered.” This is because they are not focusing on one thing but on many different things. For instance, we may think, “I want to be wealthy,” but all too often we begin to have other thoughts or doubts such as, “No, that would be very difficult,” or, “It’s hard just to make a living,” thus reversing the power of the original prayer from positive to negative. Therefore, to be happy, we should always think bright thoughts, not negative or unpleasant ones. Otherwise, we cannot hope to be happy.

Our subconscious is hidden in the deep recesses of our minds. The subconscious mind is very powerful and determines the strength of our conviction, our perception, our deeply embedded thoughts, and our karmic acts. Therefore, if we always think of ourselves as not doing any good, that will be impressed in our subconscious, and we will not do anything worthwhile.

We must believe that we are children of God and capable of anything. Our prayers will surely be answered. We should write down whatever we desire or pray for it repeatedly, thereby impressing it into our subconscious. We should also express our gratitude to God by saying, "I've already received what I desire. Thank you very much." Our prayers will surely be answered, and things we thought were impossible will turn out well.

—From *Hikari no Izumi*, "Fountain of Light," December 1971, pp. 52-54

Only Good Things Exist

In God's world, there is nothing that does not exist. Then, it is only natural to think that sickness and misfortune must exist as well. But that is not so, for we are surrounded by only good things.

If God were to create "bad things," we would have to accept them with gratitude. Accordingly, we might say that since "bad things" are the *will* of God, eliminating them would be going against His will. But is there such a foolish God? God only creates an abundance of good things that fill every part of His world, so there will never be any lack.

However, in the physical world—the phenomenal world—we seem to lack many things. We may be short of material things and money, and we may lack kindness and consideration for others. This does not mean that God's world lacks these things; on the contrary, they are everywhere in God's world. If they don't seem to exist, it only means they are not being projected into the physical world. This is like the full moon. Occasionally it is partially or completely obscured by the passing clouds and cannot be seen. Similarly, sometimes God's infinite abundance has not been fully manifested into the phenomenal world.

This is because we ourselves have obscured our abundance by placing a lid on our minds. We resignedly tell ourselves, "I am

poor," "Things are not going well," or, "I don't have enough." Since we do not recognize the abundance of God's world, it does not appear before us.

Accordingly, we must have an abundant mind if we wish to lead an enjoyable life and share joy with others. Believe in God's infinite abundance and pray for what you desire without reservations. When we pray with conviction, our prayers will definitely be answered.

—From *Hikari no Izumi*, "Fountain of Light," August 1971, pp. 52-54

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Brief description of your problem: _____

HAPPINESS

and the

POWER OF THE MIND

M a s a h a r u T a n i g u c h i

masaharu taniguchi

FIRST FOCUS ON YOUR HAPPINESS. The happiness that surrounds you actually comes from within. Always remember, “I am a child of God. Good things will come my way, good things will come my way.” These thoughts will make you happy and help you relax. When the mind is unfettered, it can act on the good plans which come to mind and everything will go smoothly.

Believe that you are happy and laugh joyfully. Do not believe that misfortune will come your way. Do not frown but always think relaxed, happy, enjoyable thoughts. Frowning indicates unhappiness. Do not worry even if you may not be happy at the moment.

Your present condition is the result of what you have visualized in the past. What you are visualizing now will appear in the future.

WEAR A CHEERFUL EXPRESSION. First look in the mirror, stretch your eyebrows, wear a cheerful expression and say, “I am happy. Regardless of how things may appear now, I am creating my own happiness. I am happy!” Then smile. The door to your happiness will open. Your expectations—what you believe in and anticipate—will be the magnet to attract your hopes and aspirations in the future.

BE GRATEFUL FOR ALL YOU HAVE. Be grateful for all that is already given to you. Surely, there must be things you have already received from God and those around you that you should be grateful for. You are provided with air, water, and sunshine. You have eyes, ears, nose, mouth, and four limbs. The blessings are too numerous to count. You will certainly become joyful when you are grateful to all that you are provided with. According to the law that like attracts like, when you feel joyful, your joyful mind will attract even more joy.

RESOLVE TO REPAY KINDNESS AND PERFORM GOOD DEEDS. Once you feel grateful, ask yourself: “Have I done anything positive to repay all the blessings I have received? What have I done for humanity?” Resolve to return the blessings you have received from humanity. All great persons, such as Shakamuni who became the Buddha, made vows and used discipline to realize their vows. Making vows is to arouse thoughts with the expectation that they will be attained. Bodhisattava Hozo made 48 vows and having attained them, was said to have become a Buddha.

Be grateful for the blessings you are receiving now and believe that you will be able to repay them. Then pray, “O God, please provide me with wisdom so that I can use my natural talents to serve humanity.” No matter what the circumstances, do your best to do whatever you can, no matter how small. If you neglect a small tree, it cannot grow into a towering one. Even the smallest repayment of kindness will pave the way for you to receive even greater blessings in the future. Remember the small things, have big hopes and dreams, believe you will attain them, and think positively about your future.

TRAIN AFTER MAKING A VOW. Pray, “O God, please grant me wisdom so that I can use my natural talents to serve humanity.” However, some people may hesitate because they do not know what appropriate action to take. This is foolish. Look at the oak

tree. By taking in nutrients, an acorn will become a towering oak tree. If the acorn and seedling do nothing but complain and do not do their best in the environment they are placed in, they will never become oak trees. By performing whatever tasks they are given, they can grow exactly as nature endowed them. Therefore, even without knowing your natural talents, when you work to repay even the smallest kindness, you will certainly develop and grow, and your environment and circumstances will naturally improve. To train after making a vow does not mean to practice asceticism but to perform even the smallest altruistic deed.

YOUR TALENTS WILL BE MANIFESTED. No matter where it is planted, an acorn will grow into an oak tree if it continually takes in nutrients. By absorbing nutrients, a plum seed will become a plum tree and eventually blossoms. The pine seed will grow into a pine tree in the same way. Therefore, regardless of your position, by faithfully performing your assigned task, your natural talents will grow.

ADVANCE STEADILY WITH A BRIGHT, SHINING MIND. We cannot always see a far-off destination. However, by saying we can't see it, we will never be able to reach it if we don't take the first step. By taking that first step and making progress, the distance closes and the "distant" view becomes clearer. Similarly, a flashlight in hand is more useful than a distant star. You will be able to advance as long as the path you walk on is lit.

Walk steadily; be mindful of each step. Do not rush heedlessly by taking big strides. A tortoise walking slowly without stopping will arrive at the destination faster than a hare speeding and resting along the way.

Set your ideals high and believe that they will surely be realized. Faithfully walk the path before you. Practice this law of the mind so that you can become successful.

ADVANCE WITH THE OBJECTIVE TO SERVE HUMANITY. Our life either advances or retreats, progresses or regresses. While those who are not advancing may not have their abilities curtailed, they will appear to have fallen behind because others are making progress. Those who have the goal to serve humanity and advance steadily are surrounded by an invisible divine atmosphere which attracts others. There is an indescribable appeal in the atmosphere of those who serve humanity compared to those who selfishly serve themselves.

HAVE HIGH IDEALS TO IMPROVE YOUR ATMOSPHERE. Some people, through their own demeaning, selfish thoughts, radiate a negative atmosphere that causes them to be disliked by others. Those who do not have high ideals will radiate such an atmosphere, building barriers and rebuffing those who can help them prosper. While being selfish may appear to have an immediate advantage, you will discover that the foul atmosphere of selfishness will keep good people and a good destiny from you.

SEE AND PRAISE GOOD POINTS. Your atmosphere can actually work for you. You cannot improve your atmosphere by blaming others or by being spiteful. Those who always worry and complain pollute the atmosphere and prevent anything bright and cheerful from coming near them. It is like a poisonous gas that repels good things. Always see and praise the bright side of people. Your atmosphere will certainly improve. Those who see beauty will become beautiful and good. Those who praise others will be praised.

People will judge you with uncanny accuracy by your atmosphere. It will dictate the type of destiny and circumstances that are attracted to you. If you experience unhappiness, do not blame others; your atmosphere has attracted it. Therefore, improve your atmosphere. Although invisible, your mental waves project the thoughts that you habitually harbor in your

happiness and the power of the mind

mind which will show through as your personality. Therefore, as much as you can, always hold to your high ideals, your deep love and empathy for others, and your desire to serve humanity. Once these become ingrained, your entire being will radiate a wonderful atmosphere.

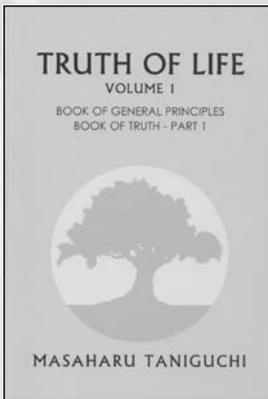
—From *Shinpan Shinri*,
“The Truth, New Edition,” Volume 1, pp. 279-287

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MASAHARU TANIGUCHI



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