



SEICHO-NO-IE

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COVER DESCRIPTION:

When you have a bright and happy mind, you are nurtured with God's infinite wisdom. With this faith and strong conviction, you can overcome any challenges. Seeds of happiness will always sprout bright and joyful successes when you believe in your inner divinity.

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We can use our mind to do anything. We experience this every day and there's nothing extraordinary about it. For instance, when we want to raise our arm or leg, we can do it immediately. However, there are some who say that things don't always go the way they think. The reason for this is that they do not know the real meaning of *think*. They equate *thinking* with *wishing*.

Our mind is like a helm, so we can go to the right or left as we wish. However, wishful thinking will not take us in the direction we want to go. Rather, we must have the firm conviction that we are indeed heading in that direction. We need conviction for our mind to truly be at the helm.

However, it's not easy to have conviction. Of course, there are those who have conviction, but they may lose it before long. For example, there are times when we lose confidence in our work because we are merely thinking, "It would be nice if it goes well." Conversely, when we have the firm conviction, "I will do this well," then things will go exactly as we believe. Jesus Christ taught, "As thou hast believed, so be it done unto thee." He was able to heal the sick no matter how serious their condition. Occasionally his disciples would return without any healing. At such times Jesus rebuked them, "You of little faith."

It is written in the Bible:

Then he got into the boat and his disciples followed him. Without warning, a furious storm came up on

the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. (Matt. 8:23-26, NIV)

It clearly indicates here that the miracles of Jesus arose from his astonishing conviction when he calmed the winds and the waves by rebuking them. In the same Gospel, there is a similar story:

... Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. . . . Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

"Lord, if it's you," Peter replied, "tell me to come to you on the water."

"Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord save me!"

Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" (Matt: 14: 25-31, NIV)

When Peter called out to Jesus, "Lord save me!" Jesus responded, "You of little faith... why did you doubt?" As illustrated in the Bible, according to the level of our faith, we can even walk on water, which may be difficult for most people to believe.

Nevertheless, Jesus showed that even walking on water was possible. Peter was able to walk on the water until he became panicked by the wind and then stricken with doubt just as he was within reach of Jesus' hand. Setting logic aside, Jesus taught that we cannot walk on water because we lack conviction.

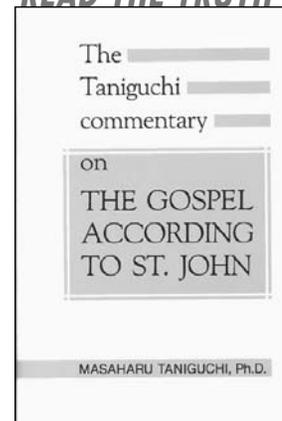
You may then say that as long as you have conviction, you can do anything, but would you be confident playing the piano

for the first time? If you are, you must have been taking lessons and practicing. However, even if you began your piano lessons today and were told that you will play well, you may not. No matter how confident you may seem, in the depths of your subconscious you will not have true conviction because you must practice and train for long periods of time. Hence, with a frivolous mind, you cannot have true faith and conviction.

In a life of faith, practice is important. And in our real life, training is important. Since we are taught that we are children of God, when we realize our perfect True Image, we can live a life of God's love and Buddha's compassion. If we live without hatred, practice deeds of love, and love our family, friends, and all living beings, as well as our country and humanity, then we can do anything as a child of God. With this belief, we will have the conviction that our destiny will become better and better.

—Excerpts from *Hikari no Izumi*, "Fountain of Light," September 1973, pp. 52-60

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Lead a Bright and Happy Life!

Masaharu Taniguchi

Part 1

Thoughts Create

Some people turn themselves away from happiness. Newspapers carry more articles about crime and depressing news than happy, upbeat stories. Also, some people like to gossip about malicious acts, impressing them into their subconscious. These negative thoughts in the subconscious have the creative power to manifest concretely. It is no surprise then that there is an endless stream of evil acts being committed. How can evil disappear if you talk about it all the time? Likewise, your illness will be difficult to heal if you complain about it to everyone. Problems arise when you constantly worry about them. Thoughts create, so think only about good things.

Do Not Darken Your Mind

Discard dark thoughts. Do not think of illness or failure. No matter how perfect your True Image may be, harboring dark thoughts will attract negative conditions. Illness will never leave if you constantly think about it. By anticipating failure, you will unconsciously act to bring failure. Pessimistic thoughts attract dark and negative things like a magnet. Trivial matters may not affect bright and happy people but may affect the health of those who are always pessimistic. Illness is created in this way. Conditions will not improve unless your mind, the foundation of happiness, is bright.

masaharu taniguchi

Common Traits in the Sick

People who tend to be gloomy will view everything around them pessimistically. They say cloudy weather gives them headaches, the sun is too hot, and rain is depressing. They complain about food that is too spicy or too bland. They complain about everything and forget to be grateful—these traits make them susceptible to illness. They do not necessarily become sick because of their distorted view but because they are habitually finding fault and complaining.

Do Not See or Talk About Others' Faults

You can become healthy, happy, and fortunate by not gossiping about others. Instead, redirect your mind to the brighter side of things. Make a habit of being grateful for all blessings and for the kindness of others. By looking only at the bright side, you'll become grateful even to misfortune as a harbinger of happiness. Then you will be healthy as seeds of happiness begin to sprout. Be grateful to all people and all things no matter how trivial. Instead of criticizing others' good fortune, rejoice with them. Your spiritual joy will make you healthy.

Never Anticipate Illness or Evil

Constantly worrying about getting sick and carrying medication as a precaution may make you sick just as you feared. However, this does not mean you should not get vaccinations for certain diseases. By getting vaccinated, the power of suggestion will make you feel confident, "Since I got this shot, I won't get sick." This is much better than not getting vaccinated and worrying, "Since I didn't get a shot, I might become sick." Nonetheless, what really keeps you from getting sick is the conviction that as a child of God, there is no illness. Travelers often carry emergency medication in case they become sick—and according to the law of the mind, what you anticipate will come true. When you expect health, you will be healthy.

Do Not Visualize Misfortune or Lack

Some unlucky people increase their misfortune by always lamenting over their bad luck and lack. They impress their unlucky fate and poverty even further into their subconscious by advertising their condition through facial expressions and therefore become even more unlucky and poor. The individual subconscious mind is connected to humanity's subconscious mind which in turn is connected to cosmic consciousness; therefore, because cosmic consciousness has the creative power to manifest any impressions it receives into the phenomenal world, we must never visualize misfortune or poverty.

Before Lamenting Over Your Unhappiness

Many people think they can become happy as long as they escape unhappy circumstances. This is not true. Your mind must first be happy before you draw out all the things from your environment that would make you happy. Your environment influences you because it is collectively made up of minds that are in tune with your mind's wavelength. You can attract a harmonious environment according to your mind's wavelength. You will never be happy as long as you complain about your environment and circumstances.

Do Not Speak Negative Words

Never say that your business or shop is doing poorly. By talking about your poor business, through the power of the word, it will indeed decline. The resulting negative vibrations will make things even worse. Since good and bad times follow each other, believe that slow business is the beginning of better business. During a recession, anticipate an upward trend for the future and that your investments will surely improve. Think positively, and though there may be a setback or two, believe that you will have many good ideas and that your obstacles and business slowdown will disappear, bringing prosperity.

With Conviction, Nothing Is Impossible

A strong conviction can open up any path no matter how difficult the present situation may seem. Conviction is what brings all desire into fruition. Like a tractor, conviction will forge ahead even in the most tortuous terrain. Without conviction, you lack resolve and you will not be able to move forward. Without conviction, difficulties will easily defeat you and you will lose the courage to advance further. Those without conviction constantly worry about a bleak future and don't have bright thoughts. Therefore, always practice Shinsokan meditation, pray silently that you are a child of God, and have confidence in your ability. Through your daily efforts, you will be able to confidently say, "I can accomplish anything!"

Regardless of Difficult Situations

God created all human beings as His children, endowed with wonderful abilities. Therefore, you will always have twice the power of your opponents. Do not flinch from the obligations you have been given. Always have the conviction, "God is working through me," and appropriate wisdom will flow into you, enabling you to cope with any difficult situation. Never think that you were born into unfortunate circumstances but feel blessed that you were born under the stars of happiness. Have a happy mind. The final victory will be achieved by those who are bright and cheerful. Believe that where you are now is the best place for you to elevate your soul, so be grateful that you were born at the right time and place. From your grateful heart, your mind will be brightened and wisdom will well forth.

Regardless of Challenging Situations

Do not complain if your business is not prospering now. Now is the time for you to eradicate your attitude of poverty and gloom. Visualize strongly, "I am already wealthy!" Arouse bright thoughts in your mind: "I am a child of God. Therefore, I am lucky. I am always successful. Success is just around the corner." It is said

lead a bright and happy life!

that a mother lion will embolden her cubs by pushing them down into the deepest ravine. Likewise, in order to develop ability in His children, God places them in challenging situations. Your present difficulties are victories in the making. Therefore, never lose courage. Do not be overwhelmed by present difficulties. Keep bright thoughts. Always bless yourself with this prayer, “I am a child of God with infinite power.”

Always Maintain Equanimity

If you worry and are afraid, you will not be able to accomplish anything. Wisdom comes only by maintaining equanimity which enables you to overcome all adversities. Therefore, the most important thing is to have a well-adjusted mind that is bright and cheerful. No matter what happens, do not succumb to gloom or worry. To maintain equanimity, thoroughly attune yourself to the True Image—the Truth that is already perfect and unchanging. No matter what happens—be it a natural or manmade disaster—the True Image of your child-of-God nature, with which you are uniquely endowed, will never be destroyed. To impress this into the depths of your subconscious, practice Shinsokan meditation diligently.

—From *Shinpan Shinri*,
“The Truth, New Edition,” Volume 10, pp. 242-252