



SEICHO-NO-IE  
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# SEICHO-NO-IE TRUTH OF LIFE

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Seicho-No-Ie is nondenominational, an **INTERNATIONAL PEACE BY FAITH MOVEMENT** based on the Truth that all religions emanate from One Universal God.

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Wind power is the conversion of wind energy into more useful forms, usually electricity, using wind turbines. Wind energy is ample, renewable, and helps mitigate the green-house effect. Let us respect and take care of our environment by recognizing the Divine presence in everything.

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# FOUNT OF LIGHT

SEICHO TANIGUCHI

*Rev. Taniguchi is President  
of Seicho-No-Ie.*



## Life's Options

**S**trife appears in many different forms. As it worsens, strife may lead to war, but God Himself does not create war. War is described in the *Divine Message of the Truth Embodied in Sounds and Letters*: “One delusion will clash with another until they all disappear through mutual self-destruction.” Similarly, so-called “religious wars” are not wars between divine beings but delusions colliding with and destroying each other.

Conflicts between individuals are also delusions clashing with each other. There is a story about a drunkard at a train station who accosted a dancer. She pushed him away and he fell onto the track, where he was run over by a train and died. Newspapers later reported that the dancer was charged with his death but she was found not guilty.

In this case, both the drunkard and the woman may be considered deluded. At first glance, the dancer may appear to be the victim, but perhaps she could have handled the situation better so that such a dire consequence would not have occurred. Remember that we never attract anything without cause. If our minds are pure, we will attract less harm. By further purifying our minds, we will attract everything we desire as well as what is useful to us. Our lives will be abundant and peaceful. This is the law of the mind at work.

Even strangers are somehow connected; hence, a man and woman who become husband and wife are unlikely to have one-sided disputes. Conflicts between husbands and wives are

always reciprocal; their differences help polish each other's souls. Quarrels and friction between them will disappear as their delusions self-destruct. Therefore, these arguments are neither meaningless nor unavoidable. Some incidents, unless unavoidable, can be averted by taking action beforehand.

We often say, "This is my only option." But if there really were only one way, life would be very limited, like driving a car called "life" with hands and feet bound. However, our life is like a big city with many winding streets, so we must decide whether to go right, left, forward, or back. Our choice determines whether or not we become the master of our fate.

## Religious Wars

This is similar to choosing a religion. Religious freedom means having the freedom to join or leave a particular faith. We can leave one religion and join another, or vice versa. Likewise, countries do not have to take a one-way path to war but if fighting were the only option, no one would be able to prevent it.

Then are wars decided by God? Absolutely not. God is omnipotent and absolute; therefore, He would never create confrontational strife or wars. He does not create phenomenal occurrences such as murder or death. They are non-existent and merely delusions in the phenomenal world. Before long, like shadows and illusions, they will all disappear.

In the past, humanity engaged in many religious wars. (Partial omission) Conflicts between religions essentially arise from delusions. It is extremely important to believe in God the absolute and to practice the Seicho-No-Ie teachings. Do not criticize your opponents and try to overcome them with force and subterfuge. Throughout history, there have been numerous religious confrontations and wars. These confrontations

have given people reason to doubt the existence of God, and they have distanced themselves from religion. Now is the best time to erase all delusions and work toward a movement that will open up a world filled only with bright light.

—From *Jinsei wa Ressun de Aru*, "Life Is a Lesson," pp.28-32



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\_\_\_\_\_  
\_\_\_\_\_

# *Lead a Bright and Happy Life!*

Masaharu Taniguchi

## **Conclusion**

### ***The Mind Influences the Body***

In our daily lives, we experience the power of the mind over the physical body in spite of recent scientific findings in psychosomatic medicine. A person may immediately lose his appetite after hearing bad news or salivate profusely at the sight of a lemon. Some people become extremely agitated when they get angry and consequently suffer a stroke. Others may become so frightened that they lose consciousness. There was a case where someone who was perfectly healthy began having trouble breathing when he was mistakenly diagnosed with tuberculosis. There have been other cases of new mothers emotionally upset because they had difficulty producing milk to nurse their babies but when told that milk does not come from the mother's breast but from God's infinite supply, their milk began to flow.

### ***Faith Will Move Even Mountains***

Success in business cannot be achieved solely by the power of conviction. Even if we have faith in ourselves, a business will succeed only when we trust others, worship their indwelling divinity, and draw out their perfect and consummate True Image. Our mental attitude can either draw out or weaken their power as its reflection. Mental attitude is contagious. When a company president is bright and cheerful, the employees are also bright and cheerful. If a company president is pessimistic

masaharu taniguchi

about his company's future, his thoughts will immediately spread to the employees, demoralizing them and affecting the entire fortune of the company. The president's power of conviction has a magical effect on both his employees and customers.

### ***Maintain Bright Thoughts***

One of the fundamentals of maintaining bright thoughts is to believe that God is the only Reality. Therefore, even if evil, disharmony, or illness appear, they are not true existences. Know that the perfection of the True Image will certainly appear in the physical world when you calm your mind and visualize it. If others should err or speak negatively about you, believe such actions are reflections of your mind and the surroundings and are not their True Image. By visualizing their True Image as perfect and harmonious and believing that evil does not exist, you will naturally feel serene and calm and your environment will also become peaceful and harmonious.

### ***Life Grows Dim When Love Is Lacking***

When you feel hatred or jealousy, your mind will darken, not knowing which direction to take and being unable to make correct decisions. If more people dislike you than like you, reflect upon yourself to see if there is an underlying reason. A common one is that you dislike or hate them. All complications come from lack of love. True love does not see minor faults in others or feel anger by differences of opinion. It allows others to freely express themselves. True love does not criticize but praises the good points of others and rejoices in their happiness.

### ***The Significance of Our Life Experiences***

The problems we face are like subjects in the school for the soul so that we can manifest the perfection of our True Image. This is like a silkworm molting several times. Our souls advance with each step we take in life. Our souls progress only when we know the significance of our experiences, which are like the words in the textbooks we use in the school for the soul. We will

never graduate by casually reading the words without understanding their meaning. Similarly, our souls will not advance if we casually go through our life experiences. Once we realize how important they are, all experiences, even failures, become steps to advance our souls.

### ***The Difference Between a Wish and Desire***

At one religious seminar held near a lake in the United States, there was a discussion on whether a soul's deep desire would be answered while a mere wish would not be. After the session, a young participant asked the lecturer what the difference was between the two. The lecturer took the young man to a shallow part of the lake. Suddenly he shoved the man's head into the water and pulled him out. Once the young man regained his breath, the teacher asked, "When your head was held underwater, what was the first thing you sought?" The young man replied without hesitation, "It was air." The teacher then replied to the young man's question, "A soul's deep desire is something you seek as earnestly as air." Air is a necessity already provided for us. Indeed, since it is already provided, an earnest desire will be aroused.

### ***The Virtues of Having Bright Thoughts***

People with bright thoughts always think constructively while those with dark thoughts think destructively or retrogressively. The former can manifest 100% of his ability but the latter cannot manifest even 10%. Because they believe in themselves, people with bright thoughts will remain serene no matter how much they are criticized. Helen Keller, who was blind and deaf, would never have become a role model inspiring the physically challenged, if she obsessively brooded over her misfortune. A bright mind is invaluable because it lights the way no matter how difficult the situation may be. Where there is light, all difficulties and darkness will vanish with the promise of a safe voyage ahead.

### ***Bright Thoughts Make Your Body Healthy***

People who criticize and focus on others' faults will attract a dark destiny. They are always angry and antagonistic. Conversely, people who always look only at the bright side of things have a harmonious mind. Research on psychoanalysis proves that the hostile mind of those who attack others will come back to hurt them. When a sympathetic mind replaces a hostile one with loving thoughts and gratitude, love will lubricate the mind of friction until it disappears, and illnesses will be healed as a reflection.

### ***The Healing Power of Bright Thoughts***

Always have bright thoughts to stimulate your entire being. Compared to chemicals or drugs, a bright mind has no side-effects because it does not require excess energy or result in physical fatigue. A bright mind is the safest, best medicine and energizer. It works not only in specific parts of the body but throughout the body as well. Laughter and gratitude are the manifestations of a bright mind. By laughing and being grateful, you will invigorate your entire body and you will heal your illnesses. Discard your past and future worries and be grateful to the joy of being alive. From this joy of living, your health and endeavors will rapidly improve.

### ***Free Your Worries***

Release all worries from your mind. Whatever happens around you, believe with a bright mind: "This is a step toward even better things to come." You should make not only yourself but all humanity happy. Your bright mind will be transmitted from one person to another just as dark thoughts are. Do not let your setbacks and losses disappoint you for they are all reflections of your mind. It is essential to replace your dark thoughts with bright thoughts. Switching your mind to bright thoughts and emotions means releasing the tension you have been harboring. You will then liberate your mind that had lost its freedom

due to tension. Because you are now free, you will be healthy and energized to resume your endeavors.

### Let's Smile

In business, bright expressions will dramatically help increase sales. A smiling reporter interviewing a celebrity can be the first to get exclusive news. A cheerful employee in an office or factory will vastly increase his efficiency, resulting in rapid promotion or a pay increase. The head of a family smiling cheerfully will make the whole family feel cheerful, happy, and healthy. Conversely, a husband and wife in disharmony will make the whole family gloomy, thereby lowering their efficiency in work and study and negatively affecting their health. Fault-finding mothers, in spite of loving their children, may affect their minds and also their health adversely. If mothers are kind to their children only when they are sick and complain about them when they are healthy, the children will prefer to be sick, thereby becoming prone to sickness. In any situation, we should always strive to smile and improve our atmosphere.

### What Leads to the Land of Hope?

The world is filled with pain, misery, and distress. Should we be sympathetic and cry out in sorrow? Absolutely not! Without a beam of light, the world will be even darker. Those with enlightening thoughts are the light that shines on the world. Since there are people spreading their sorrow and misery everywhere, it is very important to spread enlightening thoughts. Many years ago when Spanish ships were sailing toward an unknown continent, the crew cried out in despair as they sailed endlessly without sighting land. It was Christopher Columbus who encouraged the crew members, giving them hope. Finally, they reached the American continent.

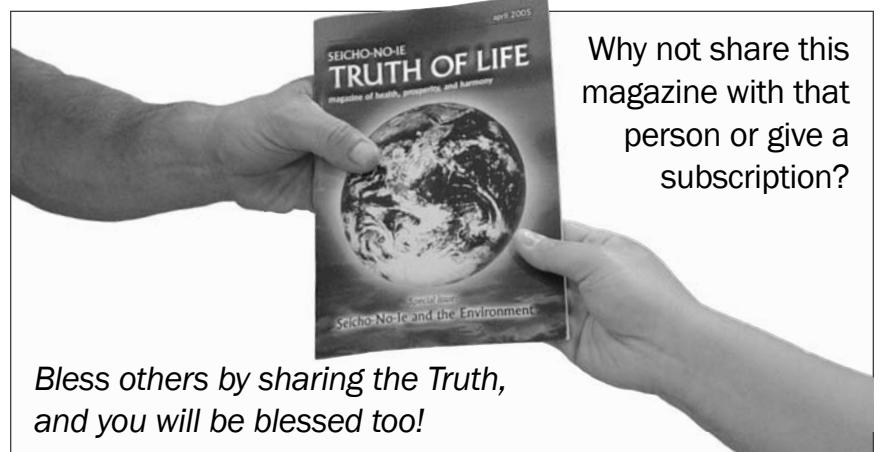
### Let's Joyfully Express Our Happiness

In the bright fertile soil where the sun shines, giant trees grow. In the wetlands where there is little light, only small plant life such as moss grows. Let us do our best to become the bright fertile soil where the sun shines brightly and create wonderful things. Spread joy and see it come back to you. You can never be too joyful. Your joyful expression will lighten up homes, offices, and factories and create a heavenly Pure Land in your surroundings. Express your joy cheerfully, abundantly, and without reservation. And when someone does something for you, express your joy clearly: "I'm so happy. Thank you very much!"

—From *Shinpan Shinri*,  
"The Truth, New Edition," Volume 10, pp. 252-265

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