



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.

**FOUNDER:** Dr. Masaharu Taniguchi (1893-1985)

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**COVER DESCRIPTION:**

Dianthus are native to Europe and Asia, while Nemesia are native to Africa, yet they grow together perennially in North America. People throughout the world on all continents can also grow together in love and harmony with God's light.

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**T**he most important aspect of a person is his soul. His physical body will someday die and fade away no matter how long he may live. However, he continues to live on with his soul rather than with his physical body.

The soul is not an imperfect, deluded spirit but a perfect, harmonious, and eternally indestructible life, a *child of God*. We are indeed children of God and knowing this should make us all jump for joy.

Some ask doubtfully, “How can a person who gets sick a lot be a child of God?” But of all people, they themselves are the ones who often become sick.

Those who think, “We are imperfect because we become sick,” inevitably become ill but those who believe, “Because we are perfect, we cannot become sick,” will mysteriously stay healthy. This is because the phenomenal (physical) world is a world that appears exactly as we believe.

Isn't this wonderful? By sincerely believing that a person is good, he will become a good person and be healthy as well. We can see this in the people around us, especially our family members.

However, it is not that simple to truly believe. Much discipline and practice are necessary, and that means our actions become the basis of our faith.

For example, no matter how much you are told to believe that you're good at playing the piano, can you simply accept this?

You will first need to practice over a period of time and actually be proficient in playing the piano before you can truly believe in yourself. Likewise, in all faiths, one should sincerely practice the three karmic actions of deeds, words, and thought.

Moreover, when you say, “I’m really good at playing the piano” (words), believe (thought), and practice (deeds), you will progress faster than one who does not follow through. Your family’s power of belief, in particular, will greatly influence you.

On the other hand, no matter how healthy we may be, the physical body will die one day. It is futile to believe that there is no death. Because the secret desires we harbor in our subconscious mind will manifest themselves, we should first purify the thoughts in the very depths of our mind.

—From *Hikari no Izumi*, “Fountain of Light,” December 1979, pp. 2-3

## Sickness and Common Sense

**T**he purpose of religion is not to heal sickness. However, a religion that is indifferent to saving people from sickness, poverty, and suffering is not a true religion but merely a form of philosophy, thought, or theology.

Religion can liberate people’s minds and set them free. Since the mind is connected to the physical body, the body will naturally become healthy. For instance, if a person is suffering from a failed business venture, then that suffering may appear as an illness in his body. There are many people with stomach ulcers, heart disease, high blood pressure, as well as neuroses.

However, when we deepen our religious faith and detach ourselves from money and business, our minds become peaceful and free. Then the various symptoms that manifested in our bodies will disappear and illnesses will be healed. There are many actual examples of this.

It is often said that when we enter a life of faith, our illness will be healed—certainly a positive thing and something we should rejoice about.

Hearing this, some people decide to enter a life of faith in order to heal their illness. This in itself is not a bad thing, but as long as they use religion only to heal their illness, it is not true faith. They do not know the true meaning of religion and may not receive the full benefit of their faith.

We can say that a simple sickness can be cured by having faith in something. I heard a story of a patient being healed when told that a tooth powder he was using was medicine. This is because of the patient’s belief in the tooth powder and not because of the tooth powder itself.

This example shows how the mind can affect the body—proof that there is an intrinsic relationship between mind and body. Why are they so closely related? It is because our body is the reflection of our mind. This reflection is as intricate as the mind. An artist paints something exactly as he visualizes it in his mind, expressing his mind [ideas] in his painting. Similarly, our mind [thoughts] will be manifested in our body.

If that is so, can a person become a giant by believing that he can? That is not possible because of the common belief shared by humanity that refuses to accept inordinate physical changes. Hence, those who are logically inclined will not be healed by taking tooth powder for medicine.

—From *Hikari no Izumi*, “Fountain of Light,” September 1979, pp. 2-3

# Light Up Your Life!

MASAHARU TANIGUCHI



## ***Gratitude Is the Path to Receive God's Blessings***

If you feel sad, discard such a feeling. Brighten your mind and try to discover God's blessings surrounding you. Aren't you blessed with air all around you, without which you would not be able to live even for five minutes? What about sunlight? What about water? You have feet for walking, hands for grasping, eyes for seeing, ears for listening, nose for smelling, and tongue for tasting. You have lungs, heart, stomach, etc.—yet, in spite of being surrounded by God's countless blessings, have you ever expressed gratitude?

Indeed, gratitude will put you in tune with God, and you will receive even more of His blessings.

## ***Turn Toward the Light***

All good things are nurtured in a bright mind filled with hope and aspiration, a mind that will grow through effort and conviction. In a world without light, living things cannot be sustained. Likewise, if the mind loses "light," good things will not be able to grow. Discard your dark thoughts and turn toward the light. Look at plants—their flowers and leaves grow as they face and receive light.

## ***Smile Cheerfully***

Several times a day, look in a mirror and smile your happiest and brightest smile and say, "Look! I'm a bright and happy person. Only good things come my way! Only good things come my

masaharu taniguchi

way!" Then smile your brightest once more and keep the strong belief that, indeed, good things will surely come your way. All day long, maintain this feeling. Rest assured that good things will surely come your way. As Jesus taught, "Therefore I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours" (Mark 11:24, NIV).

## ***Light Up Your Destiny***

If you work with negative thoughts, you will be less efficient and that will affect the quality of your work, even if you are doing your very best. Conversely, when you work with a bright, cheerful mind, you will not get tired, and your work will move along quickly and be of high quality. Whether you face light or darkness will determine the caliber of your work, life, and destiny. There are diligent workers whose destinies do not improve and there are those who do not seem to be trying very hard yet prosper and have better fortunes. The difference is that the former harbor dark thoughts while the latter have bright thoughts.

## ***Negatives Will Turn Positive***

Look at the bright side of people and things. The sky may be covered with dark clouds, but beyond those clouds is always a blue sky and a brilliant sun. No matter how dark circumstances may seem, they are merely an accumulation of the past evaporating into the atmosphere of dark thoughts. Dark clouds will soon condense into rain, moisten the earth and dissipate. Believe that sunny weather will remain, as you maintain a bright and cheerful mind. Negatives will always turn to the positive; hence, do not be disheartened. Just visualize the bright light and move forward.

## ***Dark Thoughts Repel Good Ideas***

If you do your work with a positive attitude, you will never get tired. Wisdom comes from bright, cheerful feelings. You will not have good ideas if you have dark thoughts and feel desperate. Such feelings prevent you from being in tune with God's wavelength and

instead align you with other irrelevant thoughts that are being broadcast. Accordingly, when you are plagued with dark thoughts, you will fail even though you have good ideas.

### ***Clad Yourself With an Aura of Beauty***

Your loving thoughts—your acts of kindness that bring pleasure to others—will appear as an aura of beauty. It is never too late. If you want to make others happy, do even the smallest act of kindness. You will radiate a beautiful aura from your actions. Auras do not develop in a short period of time; loving thoughts are naturally nurtured through repeated practice.

### ***Be an Angel of Love***

Without a good atmosphere, polite greetings and formalities simply become inflexible and perfunctory. When you do even a small kindness with love, it is like angels descending from heaven, filled with vibrant beauty. If you are in the habit of speaking gruffly at home and acting selfishly, even if you try to show good manners outside your home, your efforts will be in vain. This is because through force of habit, you will not be able to completely change your character no matter how hard you try. Indeed, it is important to practice good habits at home.

### ***Break Out From Your Shell of Selfishness***

You can become truly happy by removing the ego and being in a frame of mind to practice the will of God. A selfish mind will stuff your life into a small shell called “me,” making you narrow-minded and unable to relax. You’ll be in conflict here, stymied there, never feeling happy. When you thoroughly discard your selfish mind and practice selfless love, you will be liberated into the wide open world to savor a feeling of happiness.

### ***Your Lofty Character Becomes a Torrent of Love***

As your character takes on a loftier level, the flow of love becomes a torrent and turns into a gigantic waterfall that flows downstream. This torrent of love will then carry everyone into

the vast ocean of peace. Your character becomes loftier as the power of the torrent [of love] becomes stronger. Love, generated like hydro-electric power, provides light to people in darkness and becomes deeds of love through which the Truth will spread. And finally, the whole world will permeate with God’s light.

### ***Discover Light in Darkness***

Act with good faith toward all people and things, and you will discover light, even in darkness. If you have evil intentions, even if you may be in a brilliantly shining world, you will discover shadows lurking in dark corners. You will be filling your mind with these dark shadows in spite of being in a bright world, and unable to discover the light, you will live in a hellish world of darkness.

Those who live in a world of light, in spite of being in a dark environment, have discovered the light *beyond* darkness. Conversely, there are others who live in a bright environment and yet live in a world of darkness because they have chosen to see the dark side. This is because the phenomenal (physical) world is the world seen through the colored filter of the mind.

### ***Live a Worthy Life***

Your first priority should be to live a life worthy of living. Pleasures coming from the five senses seem to be the pinnacle of delightful sensations. However, this pleasure is momentary and will pass and vanish; thus, it is not reality. Things have value only through true existence. That which does not exist has no value. There is no value in physical pleasures that vanish. This is like a drug addict who hallucinates, seeing a heavenly scene of showering blossoms. You must not become like a sleepwalker who pursues an illusion that will soon vanish. Live a life that is eternally valuable and indestructible—one that practices virtues and good deeds. All the good karma you are accumulating now by practicing virtue, deeds of love, charity, and acts of kindness will not vanish but will continue into the

future. These are true values that will never vanish—you should live a truly worthy life.

**First, Love Your Family**

Discard your selfish motives and love humanity with selfless love. However, if you love only the abstract word “humanity” and not your family members who are a concrete expression of humanity, then you shouldn’t think about love for humanity while causing pain to your own family. God placed your family nearest you for your direct affections. Do not think that “neighbors” are those living next door and not in your home. Neighbors are those who are near you. The closest neighbor is collectively your spouse, children, brothers and sisters, and all other members of your family. By first loving those in your own family, you can truly love all humanity.

**Guide Your Family to the Truth**

It is regrettable that there are many who cannot guide their family to the Truth. The reason for this is that, since family members always see each other, they only look at each other’s physical aspects and not their indwelling child-of-God divinity. Family members should worship the indwelling child-of-God nature of one another. When you express true love and wisdom to your family, they will know that you are indeed practicing the Truth. Your whole family will then realize how much the Truth can enrich lives and contribute to world peace. And, finally, your family will be walking the path towards the Truth along with you.

**Practice Being a Child of God Every Day**

If you wish to attain the child-of-God realization, you must put the “child of God” into practice in your daily life. That is, since God is good and God is love, you must practice goodness and love. Goodness refers to serving others, and love includes being infinitely forgiving as you do deeds of love. It is not love if you are easily irritated and discouraged by others’ small errors and

faults. Love means to always be forgiving and kind no matter how much a person may cause you pain.

**Love Means Practicing Deeds of Kindness**

There are times when you may not know what to do or which path of love to take. And even if you know the true path of love, the path may be too steep to achieve your goals. You should then strive even more to practice love. Through your efforts, God’s light will appear and guide you in the right direction. True love calls for effort and practice.

—From *Onna no Jodo*, “The Pure Land of Women,” pp. 50-62

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