



SEICHO-NO-IE

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# 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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The rainbow is often a symbol of hope and peace. Scientifically, a rainbow is "white light refracting a band of colors or wavelengths." Combining these two thoughts, we might say that God is the light and we, His children, are a diverse band of His hopes.

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**W**e say that the ordinary is precious. We're thankful when illness is miraculously healed, but we appreciate living each day in good health even more. We should be very grateful. However, when someone gives a testimony and goes on and on about ordinary everyday experiences and says, "That's why I'm grateful; I'm grateful for everything," people aren't particularly impressed. On the contrary, some may say they won't ever go back to such an uninspiring gathering, and attendance may decline.

The reason for this is that there is no deep emotion in everyday experiences. Small children get excited by little things. When a light is lit, they are amazed, and when a bug comes flying, they are mesmerized. That excitement in turn moves adults, which is why we never get tired of watching small children. Many people go to see movies or watch plays that aren't particularly special, but here, too, they are probably looking for something to inspire them.

In order to feel truly grateful for the ordinary, we must understand the painful, difficult situations that are not ordinary, such as when we are sick or in trouble. When people experience what it's like to be sick, they realize how wonderful it is to be well. Moreover, if they are sick and then get well by changing their thinking, this also encourages others and teaches them something very important. Therefore, illnesses and failures can be lessons and are not a waste of time.

If you have recovered from an illness, share that experience with others. However, stories that are not inspiring, such as going to a certain hospital for some medication and taking a long time to get well, are not going to do anything. It's not going to help anyone unless it is something that will move them. If you share an inspiring testimony, the gathering will be meaningful and worthwhile, and people will want to come again.

People gather where there's fun. So let's make our gatherings fun as well. This applies not only to people but also to money; money comes to places where there's fun. There are amusement centers in any city. Why do people go to these places and spend their money? It's because these places are fun. But it is one's home that should be the most fun, where the words of Truth are spoken. Let's make it a bright, joyful, lively, inspiring place. If we do, people, money, and happiness will be sure to gather to overflowing.

—From *Hikari no Izumi*,  
“Fountain of Light,” November 1980, pp. 2-3

## Have a Grand Dream

**T**he world that God created is perfect, with no unhappiness, illness, or conflict. It is where there is complete freedom, with no inconvenience or lack. This is the way the world should be. If it is not, then either God erred or we are viewing the world erroneously. But since God cannot be wrong, it must be our misconception.

In other words, in reality we are children of God living in a perfect and harmonious world, having everything and lacking nothing, but we misunderstand and believe ourselves to be poor or seriously ill.

There may be those who say, “But look at me—you can see, I'm sick.” This is a misconception. For example, in a dream no matter how much we may think there is a teacake, there really is none, so when we awaken, we won't find any teacake.

No matter how ill we may seem, we must not be pessimistic. Illness is a dream, a false appearance, so we must not think of it as true and try to grasp it.

There are different kinds of dreams. There are dreams during deep sleep and dreams during light sleep. In light sleep, we may be aware that we are dreaming, and we will soon awaken. Though we may be in an unhappy circumstance, when we awaken, we will realize that it was only a dream—a false appearance.

That's why it is important to know that “this is a false appearance.” Though the situation may not improve immediately, do not panic or doubt. Remain calm, feel as though you are on God's great ship, and entrust yourself entirely to Him. The best possible circumstance will then appear at the right time and you will awaken from your dream.

There has been much research done regarding dreams, and it's clear that there is a certain amount of meaning to having dreams, which has been useful. They serve to liberate your mind. By expressing your mind, you express yourself. So when you believe that you are a child of God, you will manifest it and become healthy and happy.

Let us have a grand dream.

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

# Through LOVE FAITH and ACTION

Masaharu Taniguchi

**WHAT IS TRUTH?** Truth is the order that exists in the world of Reality. The world of Reality is the world that truly exists, the True-Image World. The phenomenal world—the world of appearance—is the projection of the True-Image World; however, just like a film projected onto a screen, imperfections in the phenomenal world appear depending on the quality of the lens and film, which may not project the perfect image. No matter how perfect the True-Image World, what is projected may appear imperfect depending on our mindset. When order in the world of Reality, the Truth, is perfectly projected onto the phenomenal world, a happy and perfect world will be realized.

**SEEK FIRST THE RIGHTEOUSNESS OF GOD.** This Truth, or order in the world of Reality, is also called the Way, Justice, or Righteousness. Jesus Christ said, “But seek ye first the kingdom of God and his righteousness; and all these things shall be added unto you” (Matt. 6:33), meaning that *righteousness* is the order in the world of Reality. The inconstant projections in the phenomenal world are similar to a movie depicting scenes of illness, poverty, and death—they are only in the movie and do not truly exist. The actors you see on the screen are actually alive and in good health. Likewise, even if illness and misfortune appear, our True Image is healthy and happy.

**FORMULA OF LOVE TO RESOLVE PROBLEMS.** First, know the Truth—the order in the world of Reality. The mathematical formula

of  $2 \times 2 = 4$  is the *order* of the world of Reality in mathematics. This is the truth in mathematics, which is why it is called a mathematical principle. By understanding this mathematical truth and correctly following the formula, you will always be able to solve difficult problems. There is no problem that you cannot resolve. The mathematical truth is concerned with order in numbers; the truth in our life, in our human relationships, is *love*. When we apply the mathematical formula, we can solve any problem in math; when we apply the formula of love, we can resolve any problems in life no matter how difficult they may be.

**HATRED ACCOMPANIES FEAR.** People who harbor hatred will often also feel fear. This is what we mean by “Love conquers fear.” Those who feel infinite love do not feel fear. Those who hate others also see them as enemies; therefore, they constantly fear being attacked. Hence, those harboring hatred may appear strong but they are actually weak. Those who love others may appear weak but they are actually strong. Love is not self-centered. In spite of saying “I love you,” if one acts selfishly, it is not true love. Love must discard self-centered desires. When self-centered desires do not exist, fear does not exist. When you have a self-centered desire, your preoccupation with possibly losing it will make you fear the person who may take it away from you.

**REALIZE HEAVEN WITH YOUR MIND.** Love resolves all problems because hatred, fear, suspicion, and other destructive, negative emotions that come from self-centered desires will be completely eradicated. God is love and love is the most constructive power of the mind. When we apply love to our problems, all suspicion and strife will disappear and mutual understanding will emerge. Hatred, anger, and all unpleasant emotions will be destroyed; accordingly, illness will naturally be healed. Illness will not be healed when we don’t remove our negative thoughts of suspicion, strife, misunderstanding, hatred, and anger. Even with a prosperous family and a wonderful society, having a

destructive mindset will weigh us down and we will never be free. Heaven will be realized wherever there is love.

**MANIFEST GOD AND LOVE FROM WITHIN.** Love is the fount of happiness. God does not punish, but where there is no love, there is no God; so unhappiness will naturally surface. If you fail in a venture or become ill, reflect on yourself whether you lack love toward all people and circumstances. If you discard your accusing mind, repent your lack of love, and sincerely apologize, failure will turn into success and you will regain your health. All happiness comes from God. Before seeking success, health, and happiness, begin first by manifesting God within you through love. This means to express love first.

**GOD'S WISDOM DWELLING WITHIN.** God is both love and wisdom. His wisdom is found throughout the universe as well as within you. Therefore, the wisdom governing the order of the universe is one with the wisdom that is dwelling within you. When you follow the guidance of this wisdom, everything will go smoothly since all things in the universe are in harmonious order. Your indwelling wisdom will well forth, just as an infant has the innate desire to grow. This is the impulse to ultimately be perfect and be like our indwelling God, our Father. Anyone, as a child of God, can become divine.

**TO BE GUIDED BY GOD'S WISDOM.** God's life and wisdom lie within each person; however, when a person's mind is preoccupied with an egotistical desire to increase material wealth, his mind becomes clouded, thereby weakening the shining force of the indwelling wisdom of God. He will meet with failure since he is being guided by human lust and greed. When a person says, "I believed in God, but I didn't receive any blessings," he was praying with an egotistical mind for material things, which is a mindset he should have discarded. This is like covering the light that already exists and praying, "Please make it bright." Such a prayer will not be effective.

**RELIGION DENIES THE POWER OF EGOTISTICAL MINDS.** Sometimes the saying, "Control your life with your mind," may give people the wrong impression. It is dangerous to think that we can do whatever we want in life or overcome illnesses through an egotistical power of the mind.

Some people mistakenly believe this means new religions abuse the power of the mind to heal sickness. Illness is healed because religion allows us to discard our egotistical mind, thereby facilitating God's wisdom to be manifested through our feelings of gratitude; as a result, we will be able to perfectly manifest God's life power. When Jesus Christ said, "I can of mine own self do nothing" (John 5:30), he was praising the divine power that appears after we discard our selfish ego.

**CAUSE AND EFFECT BALANCE EACH OTHER.** God is love, wisdom, and righteousness. Righteousness is the principle that says, "Give and you shall receive," and "Take, and you shall be taken." This is also the law of cause and effect and the law that says when you are prepared to receive, you will surely receive. Without cause, there is no result. In other words, cause and effect balance each other. Jesus taught, "Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (Matt. 7:7). However, there are many who are seeking but not receiving. This is because they are not ready to receive. To receive, you must always give for the good of others.

**GIVE AND YOU SHALL RECEIVE.** If you want to receive something, you must give something that will benefit others. This is the law of the mind. To control your life with your mind does not mean through magic words or through mind power alone. It means being in control of your life when you change a devious mind that seeks to get something without any effort. You have the ability to give whatever humanity is seeking from you.

**PUT GOOD IDEAS INTO PRACTICE RIGHT AWAY.** We are taught, "Faith without action is just empty talk," as well as, "You cannot

## through love, faith, and action

learn to swim by practicing on a mat.” Theory is empty talk and of no use. Listening to cooking instructions many times will not satisfy your appetite. You may learn how to write, but you become skillful only by actually writing, for as you write, you will be devising new ways of expressing yourself. Reframe your thoughts and do not overlook any good ideas; no matter how insignificant they may be, put them into action through your will power and efforts. As you read, jot down any good ideas and try to practice them.

**DO NOT BE DISAPPOINTED.** When you see your weaknesses and your ego is hurt, look up. Showering down on you are God’s brilliant rays of light from which your true strength and ability are born. People who take pride in their arrogance as their strength may appear strong momentarily but will eventually fail. Unless their ego is destroyed, their eternal indestructible power will never be manifested. This eternally indestructible power comes only from God. When President Franklin D. Roosevelt was 39 years old, he was afflicted with polio and lost the use of his legs. He overcame this misfortune by knowing the truth, “The only thing we have to fear is fear itself” [Inaugural Address, 1932].

**DO NOT ERR FROM YOUR WAY.** Adversities and failures train our soul and nurture our abilities. What is important is not whether a person is a success or failure now but how he reacts to his success or failure. A person who appears to be a failure should not surrender to it but instead reflect on the cause and then eliminate it. When he goes forward with courage, failure will no longer be failure but the foundation for victory. A person who appears to be successful should not boast that his success came from his own power and arrogantly try to have his way, forgetting to be grateful, because he will fall. Each time you meet with success and are grateful to God and those who help you, that goodwill will circulate back to you and you will continue to prosper.

—From *Shinpan Shinri*,  
“The Truth, New Edition,” Volume 8, pp. 253-264