



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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When each person pitches in and lends a helping hand, any task gets done faster. When each person does this with gratitude and love, the task will be done in bright harmony. Let us all help one another with this thought in mind.

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**Correction:** In the October 2007 issue, page 3, the title, "Prayer for September," should have read, "Prayer for October." We regret the error.



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### NOT EARNING ENOUGH

Getting along with each other is the most wonderful thing a married couple could hope for. It would be terrible to have to put up with constant quarreling with someone you always have to see. It is like the positive and negative in electricity that make it possible for the TV or stereo to work. The connection between the positive and negative needs to be correct and steady.

What happens to a couple in disharmony? One thing is that they may get sick. Their child's health is often affected as well. In many instances, a child becomes sick because of the conflict between parents. It doesn't matter what the doctor does or how much medication the child might receive—it will not do any good. However, once the parents develop a close relationship and are grateful to each other, there is amazing improvement in the child's health.

The above occurs because children and their parents are actually one in mind even though they are physically separate. A child and his mother have a strong connection because the baby was once inside the mother's womb. Therefore, even after the child is born, he is still strongly connected with his mother, particularly in mind. That is why a mother's worries and concerns are manifested physically in her children.

Asako Arai who lives in Nagano, Japan experienced this Truth. Some time after she and her husband Mitsuo got married, for some reason, they ceased to get along. Although they

had loved each other when they first married, they both now began to show headstrong tendencies. They eventually had a son, whom they named Chikara, and this took time away from Asako's part-time work at home. When this happened, her husband began to chastise her for not bringing in enough income.

By the time Chikara was a year old, he would stand in the corner of the room sucking his thumb and watch as his parents argued. He was probably very frightened to see his parents quarreling. This type of stress eventually always manifests physically in the child.

### BLOCKAGE OF THE MIND

When Chikara was six years old, his younger brother Yutaka was born. Then the Arais bought some property and built a house, which made things financially difficult. As a salaried worker, it was all Mr. Arai could do to keep up with the payments, and because of this, he became totally absorbed in money matters. He began thinking about starting his own business so they might actually save some money.

This is wonderful for those who believe in hard work. Mr. Arai was probably a very strong and aggressive person. In order to start his own factory, however, he had to take out loan after loan. He and his wife worked day and night but they also started quarreling endlessly because of differences in opinion. They continued to work together although they hated each other.

Soon, Chikara started having bowel problems. Something was wrong with his intestines and he could not have a normal bowel movement. He'd have a mouthful to eat and would immediately have a bowel movement. As a result, he was constantly soiling himself. At every doctor or clinic he'd visit, the diagnosis was autonomic ataxia. His parents were told that any child that had a case as bad as Chikara's had no hope for recovery.

Yutaka also had a bed wetting problem. So now both sons had problems with their bowels and/or urinating. Asako blamed it all on her husband, but what she didn't realize was that she also

was partially responsible. The children were not able to relieve themselves normally and smoothly, reflecting the communication between the parents not going smoothly. Granted, the husband was stubborn and short-tempered, but the wife, too, could not get herself to simply try to understand what her husband was saying. This made the atmosphere at home very depressing and she thought that the only way out was either to get divorced or to commit suicide with her children. Brooding over the situation, Asako decided to take her children and go back to her parents' home.

### A LIVING HELL

Fortunately, her family was very understanding and her parents welcomed Asako and the children into their home. About ten days after they arrived, Chikara, who was then in the 4<sup>th</sup> grade, said, "I want to go back home. I don't care if no one is there. As long as you send me money, I can buy some bread to eat and I can make instant ramen, too. But...Mom, let's go back home together." Saying this, he began to cry.

Chikara couldn't stand living in the country and doing nothing. Asako realized how selfish she had been thinking only of herself and not about her children. Despite being sick, Chikara still wanted to go to school. He didn't want to die either. Asako made up her mind to go back, do whatever she had to do to make a living and, at the very least, help her children to graduate from high school. Paying no attention to the people who tried to stop her, Asako went back to her husband.

However when she got back home, her husband began to act even more violently. It was literally a living hell.

Then one day, the PTA President of Chikara's school, Mrs. Kayoko Mihashi, paid Asako an unexpected visit and began talking to her about Seicho-No-Ie. She said, "You know, *you* are actually the one responsible for your dark and depressing family life. Children are a reflection of their parents. Anything can change if the parents do."

## REFLECTION OF THE MIND

Asako had always blamed her husband for the negative atmosphere they had to live in because he was always getting angry and yelling. However, when you think about it, no spouse would just get angry and yell if the other were listening to what he or she was saying. For example, a husband might get upset if his wife is openly defiant, or if she *does* listen but does things reluctantly and begrudgingly. This would irritate him and he would begin yelling. It may be because of the wife's dark, depressing expression that the husband feels unhappy and frustrated. Asako realized that if she changed and was happy, bright, cheerful, and thoughtful, then her husband would certainly change and their life as a family would improve.

Things will be difficult and will not proceed well as long as a person blames others. This is living life like a slave as everything would depend on the other person changing. However, this isn't true because we always have our own free will. We can change anything if we change the way we think. We can discover a wonderful world of freedom the minute we realize that a spouse and children can and will change when we change our thinking. In this way, Asako began to reflect on herself.

When she did this, her older son started feeling better and was soon well enough to take kendo lessons. Moreover, the autonomic ataxia that the doctors said would never be cured gradually improved and he was eventually able to defecate normally. And that wasn't all. Her husband stopped his constant yelling and became a wonderful husband.

Then one day, Asako took her children on an outing. After a day of fun, Chikara said worriedly, "We've been out playing all day. Do you think Dad will be mad?"

Asako was also concerned that her husband might be upset, but she said in a cheerful, positive manner, "Everything will be fine. Dad has been very nice lately." She was trying to convince herself by saying this as well.

That night, her husband said, "Chikara, come here and sit down." Chikara turned pale when he heard his father say this. Granted, his father had been nice recently, but the fear he felt from the many years of having been yelled at had not disappeared entirely.

## WHICH IS THE REAL PERSON?

Chikara's father called his son over and said, "You know, I've been running the factory with your mom's help until now, but at around 10:00 this morning, I began thinking about your late grandfather. My father had six children but he died suddenly leaving us all alone. I was taken in by a foster family and I had a very difficult and lonely childhood. That's why I resented my father throughout my life. But you know, I've come to realize that God gave me that training early on in life so that I may be able to rebuild the Arai family. You may be having a hard time now with your illness and everything, but God chose you to be a member of the Arai family. Don't give up. You and I both have to try even harder, otherwise we won't be able to become fine Arai family heirs. I'm not asking you to try by yourself. Let's try hard together. Let's set an example for Yutaka so he can say with pride, 'My father does this... My big brother does this...'. My father is your grandfather. I really should have been grateful and not resentful of your grandfather..."

Holding Chikara's hand, he talked very sincerely and earnestly with tears in his eyes. Chikara seemed to understand what his father was saying. Trying to hold back his own tears, he gave his father an enthusiastic nod. Asako never dreamed she would ever see her husband and son interacting in this way. It was totally unexpected. *This* was her real husband. His true self had only been hidden until that moment. That night, their younger son, who had wet his bed every night until then, stopped doing so.

Asako then understood what Mrs. Mihashi meant when she had said, "Your husband doesn't have to change. It's just you

that needs to change.” She understood that things all had to do with how you looked at the other person. She realized clearly that unless you look at the other person as a child of God, the wonderful True Image will not appear. Her husband hadn’t been short-tempered, irritable, or violent. He was a strong man and a wonderful husband who had wanted to restore and rebuild the Arai family name. That was why he had been working so hard.

**ANGEL OF LOVE**

When Asako realized this, she decided to confess something to her husband. “Dear, I didn’t mean to keep this from you, but I have been studying the Seicho-No-Ie teachings to which Mrs. Mihashi introduced me. I learned that though all doors may seem closed, the window to heaven is always open. Therefore I believed that things would turn out positively in the end.”

Asako’s husband replied, “I’d like to learn about Seicho-No-Ie, too.” This was an expression of her husband’s true self that she had never expected. As it turned out, Asako and her family began a wonderful, joyful, happy life together. Every day was unbelievably fun and enjoyable. She and her husband were filled with gratitude as they worked, so they never grew tired.

After this, their children were perfectly healthy. Asako had once thought about dying every day but now each day was like a dream. They went to the seaside in the summer, to the mountains to pick mushrooms in the fall, and fishing for pond smelt in the winter.

Asako now lives a very happy life. She found happiness when she made the decision to completely change her way of thinking. She decided to look only at her husband’s True Image and focus only on his good points. This is a change in thinking that anyone can do if one puts one’s mind to it.

The reason that made Asako want to change was her child’s illness. Mothers who are filled with deep love for their children cannot bear to see them sick and they want to do whatever they can to help them. However, it may be that they don’t know

exactly what to do. Someone then shares the teachings of the Truth with them. Someone like this *has to be* somewhere. If not, people will not be saved.

Therefore, let’s definitely try to help others. Let’s not simply think about ourselves being saved. Let’s become “angels of love” and share the teachings of the Truth with the troubled and the confused, and those seeking help and assistance. Is this not the highest form of happiness and joy that one could possibly hope for?

—From *Katei wo Tanoshiku*, “Creating a Happy Home,” pp. 22-32

**DO YOU NEED divine healing?**

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14527 South Vermont Avenue, Gardena, CA 90247

divine healing request

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Brief description of your problem: \_\_\_\_\_

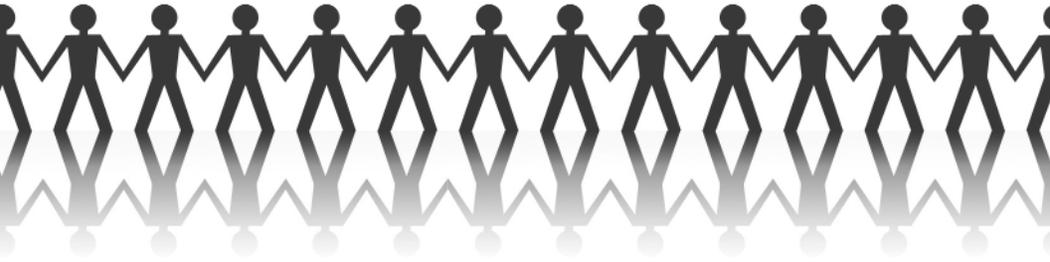
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# Helping Each Other

MASAHARU TANIGUCHI



## A Cooperative Prayer for the Love of Humanity

Where do you think your negative vibrations go when you get angry, hate, fight, curse, resent, or have any feelings of negativity? These destructive waves of emotion definitely do not disappear but are scattered throughout the universe. It's similar to how steam is dispersed but never really disappears. The power of the mind is a type of energy, so according to the principle of conservation of energy, it will not completely disappear. Similar to steam, vibrations from anger, hatred, jealousy, animosity, malediction, etc., may disperse temporarily, but in the same way that vapor becomes a cloud when it gets to a certain level in the atmosphere, the harmful and destructive waves of negativity come together and become a large cloud. The world we live in follows a certain orbit and draws gradually closer to those harmful and destructive clouds of strife, and those clouds become torrential rain that pours over the earth. When these destructive clouds of emotion come to a certain saturation point of malediction, it becomes a concrete form of destruction and falls upon the earth. For example, it can appear in form as an atomic or hydrogen bomb. Both the atomic and hydrogen bombs are man-made scientific inventions, but they become destructive and are directed to humankind when the people who decide to use them become completely enveloped in destruction. To avoid this, we

masaharu taniguchi

must neutralize the destructive characteristics of these emotional clouds—which are like a nebula or galaxy that we cannot see—and ensure that people do not get caught up in its destructive vibrations. In other words, we need to have feelings that are the opposite of hatred, anger, resentment, ostracism, and malediction—that is, feelings of love. In order to feel that love, we need to set aside a certain time, get together with our colleagues, and pray quietly, “God’s love permeates the entire earth, and all thoughts and feelings that are the opposite of love are erased. All humanity, all nations receive God’s love and all people love each other. From this moment on, no anger, hatred, or strife exist.” I recommend that all Seicho-No-Ie members pray in this way every morning and evening after practicing Shinsokan meditation. Even if you are not a Seicho-No-Ie member, I recommend members of all religions pray in this way during the last five minutes of prayer or religious service.

## Shinsokan Meditation That Can Be Done Anywhere at Any Time

Whenever you take a short break, close your eyes, quiet your mind, and pray, “I open my heart and humbly accept Your will. O God, thank you very much for guiding me to manifest Your will.” Pray quietly in this way a couple of times and listen carefully for the divine will of God with all your heart. What is important is that you open your heart. If you have a problem and pray, “God, please tell me what I should do about this problem. Please show me what I should do,” you are dealing with your own egotistical feelings. At times, your feelings of wanting things to be a certain way will then come forth, masked as though they were God’s will. Personal feelings of wanting a certain way that manifest as though they were God’s revelations are not His will but are only one’s subconscious desires being manifested, so there are times when things go wrong. Therefore, when praying sincerely, do not desire anything. Pray, “I open my heart and humbly accept Your will. O God, please show me Your will,” and

then really listen for His voice. Becoming “zero” or “nothing” and listening to God’s will is the true and correct way to pray. Pray for even a minute, ten or twenty times a day. When you do, you are able to practice Shinsokan meditation, even when you’re tired or simply standing in the kitchen. The important thing is to not clutter your mind with other thoughts but quietly and closely listen to the will of God who exists within you. Short Shinsokan meditations are not tiring so you will not be plagued with worldly thoughts. If you practice this egoless Shinsokan which leaves everything in the hands of God daily, even if it’s for only short periods of time, you will just naturally be led by His will and you will stop stumbling and making mistakes. Your thoughts and ideas will all be aligned with His will and His thoughts and wishes will be manifested as yours.

Perfect and complete prayers do not ask God to do something in order for you to solve a certain problem. In a certain stage of religious faith, this may be the way to pray but it isn’t the way to pray for those who have attained an advanced religious faith. There is no evil or unhappiness in the mind of God, so asking Him to do something for your own personal convenience is something you do when you have not yet attained a mature faith in God. We must have more faith in God’s perfection and harmony.

Those who pray fervently regarding something they wish or hope for because they feel, “If I don’t ask God for this, He may forget to give it to me, so I have to tell Him exactly what it is that I want,” think of God as being imperfect. God is definitely not imperfect. He is omnipotent and omniscient, and has already given us all we need in the True-Image World. So we must clean the lens of our mind; in other words, make sure it is not clouded with our own personal desires and ego. If you pray, “I open my heart and humbly accept Your will. O God, please show me Your will,” do not sully the will of God with your own personal thoughts but make it a point to listen closely for His will, then live life according to His guidance and you will surely live a life of happiness.

## The Reasons and Ways to Pray

Among the many different types of prayers there are, the most important are those which don’t ask for one’s own happiness. God is love, and love does not ask or hope for one’s own happiness but rather puts that aside and hopes instead for the happiness of others. This is true prayer. Therein is the reason why we should recite the Prayer for World Peace each morning and evening.

For example, Mr. Tadao Tanaka told the following story at a Special Conference in Fukuoka, Japan. It seems that he got some ink on his hands, and when he tried to wash out the ink stains with soap, he discovered that he couldn’t. He then noticed that his handkerchief was also dirty, so he washed it, trying to get it as clean as possible. When he was about to hang it on the line to dry, he noticed that the ink stains that he previously hadn’t been able to get off his hands no matter how many times he had tried, had now come out quite nicely.

Love is like this. If you work, not for your own happiness but for that of others, happiness will come to you. If you always recite the Prayer for World Peace, and envelope yourself with the “spiritual light of love,” it purifies you, similar to the way in which soap foams and cleanses your hands when you wash a handkerchief. The reason why people do not get the results they want, despite the fact that they are praying to be cured of an illness, is because their prayer is egoistic; and because the person is praying only for his own interests, it is difficult to resonate with the spiritual vibrations of God’s altruistic love. At the same time, it is also because the person is attached to his illness and does not release illness from his mind.

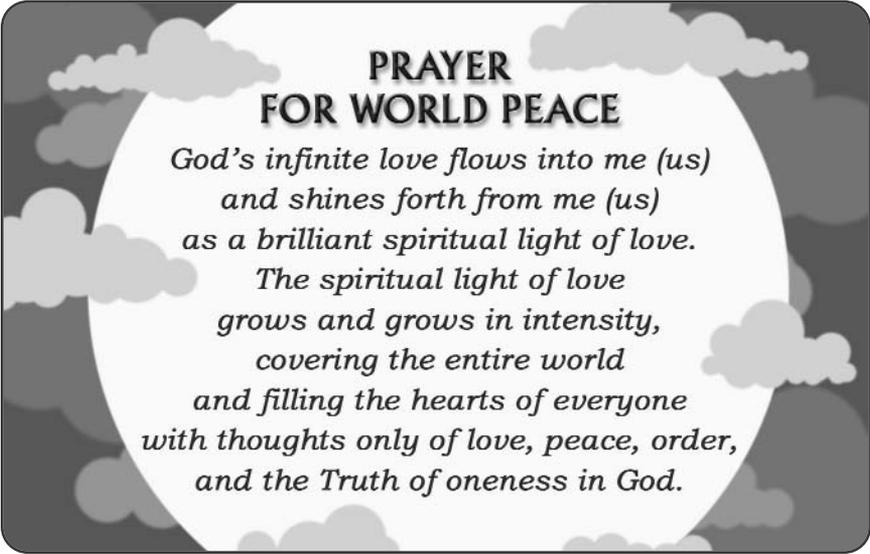
A prayer is a proclamation of life. It is not throwing oneself on the mercy of another. Therefore, making appeals about the pain and suffering of illness or the pain of poverty and making entreaties for pity, are not true prayers. Since what we visualize in our mind manifests concretely as form, if you emphasize and cry in your mind about poverty and sickness, you will experience more related suffering. That is why Seicho-No-Ie teaches to not

## helping each other

be misled by the phenomenal. Although they may appear in the phenomenal world, poverty and illness do not exist. Seicho-No-Ie also teaches that the True Image is the only reality, so visualize the perfection of the True Image in your mind. 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).

“Ask” means to knock at the gate, open it, and call forth with the power of the word that which has already been given to us. It definitely does not mean to beg. If we beg God through the Prayer for World Peace to bring peace, we are thinking of Him as being so unkind and obstinate that He would not bring peace unless asked. God has already given us peace but we are creating strife in our minds, and because of this delusion, creating a world of conflict around us. What we need to do is to rid ourselves of this delusion and through the power of the word “knock” on the divine world of peace, love, and harmony that already exists, and it shall come forth.

—From *Jinsei wo Mitsumete*, “Gazing at Human Life,” pp. 35-42



### PRAYER FOR WORLD PEACE

*God's infinite love flows into me (us)  
and shines forth from me (us)  
as a brilliant spiritual light of love.*

*The spiritual light of love  
grows and grows in intensity,  
covering the entire world  
and filling the hearts of everyone  
with thoughts only of love, peace, order,  
and the Truth of oneness in God.*