



SEICHO-NO-IE

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SEICHO-NO-IE

TRUTH OF LIFE

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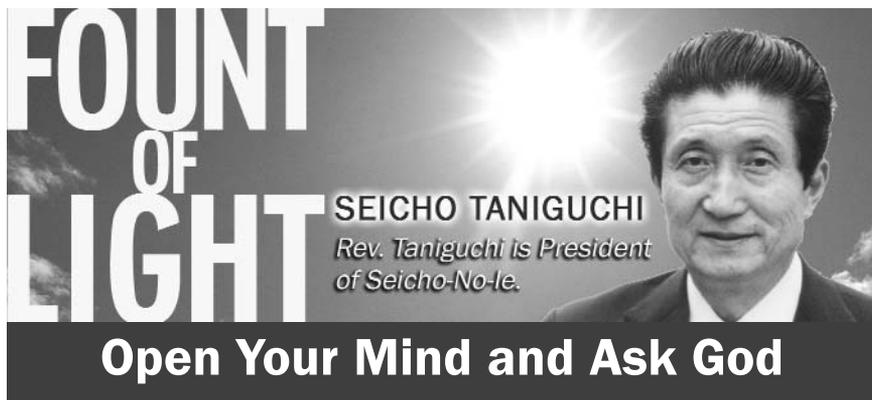
COVER DESCRIPTION:

After snowfall, the landscape is blessed with a beautiful blanket of pure white. In the distance a place of worship, warm, loving, and holy, is a blissful sight. Let us bless each person in this same way as children of God and express our gratitude.

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IT IS NOT MERE CHANCE

When Yukari Zettsu was a young child, she was always told by her Seicho-No-Ie member mother, “Go to Seicho-No-Ie. It’s wonderful.”

But Yukari never paid attention to what her mother said and behaved very selfishly and rebelliously towards her. However, in 1994, she was involved in a big accident. As she was driving and just about to turn a sharp curve near her house, a car coming from the opposite direction ran head-on into Yukari’s car.

As a result, Yukari broke her neck and suffered a very serious spinal cord injury. She was conscious when she was taken to the hospital, but she couldn’t move her arms or legs. The doctor in charge told her that, even with surgery, there was no hope for a complete recovery and that she may have to spend the rest of her life in a wheelchair. Although this crisis may seem like a chance happening, it was actually derived from a precise cause. In other words, had Yukari been driving a minute earlier or later, she would not have had the accident, and if the other car had been there a minute earlier or later, it wouldn’t have been at that particular place and there would not have been an accident. The accident then would have involved only one car and the result would have been completely different. If she had left the house a little later or earlier or depending on where she was, if she had stepped on the brakes to slow down or stepped on the accelerator to go a little faster, the collision would not have happened. Why is it that this very subtle

time element was controlled in this way? If it were coincidence, it would mean that the accident was the same as haphazardly shooting a gun and just happening to hit a target. I think we can conclude that there is some reason that goes beyond coincidence.

In cases such as Yukari's, the experience is a concrete expression of an irritated, upset mind in conflict. Afterwards, when I asked Yukari, "Why couldn't you be grateful to your parents?" she replied, "Because my parents weren't getting along very well at the time and were constantly quarreling." In this way, the mind creates the phenomenal world and the misfortune encountered.

However, this doesn't mean that the mind creates the same results for everyone. That is because we have a countless number of thoughts and there are other variables, such as material phenomena (road conditions, etc.), one's driving ability, and even previous interpersonal relationships that affect what happens to us. The law of cause and effect is another way of referring to the law of the mind. It is impossible for everyone to be in the same mental state and have the exact same thoughts, so the results are complex and different for each person.

Yukari was admitted to the hospital for surgery and fell into a deep depression, feeling desperate at the thought of being destined to live a life confined to bed. But her mother tried to cheer her up saying, "Seicho-No-Ie will heal you." Believing what her mother was telling her, Yukari focused on her physical therapy.

BEING GRATEFUL TO EVERYTHING

Her mother read the *Holy Sutra, Nectarean Shower of Holy Doctrines* for her and began writing it out as well. She also went to the Tobitakyu Spiritual Training Center and asked for healing prayers. Through the faith of both mother and daughter, Yukari was able to walk in three months and was discharged from the hospital seven months after having been admitted.

However, Yukari's whole body was still numb. At her mother's urging, she attended a Spiritual Training Seminar at Tobitakyu Spiritual Training Center. Throughout her time there, she prayed, "I want to get well; I want to get well," and listened to the talks by the various teachers and focused on practicing Shinsokan meditation and reading the *Holy Sutra*. She even decided to join the trainee program and not only stayed for the short-term Spiritual Training Seminar, but also for a longer term in order to study the teachings in depth.

As she participated in each event, Yukari went from thinking only about getting well to forgetting about her own physical situation and volunteering to work in the fields during the day. She began to feel less concerned about her own health and felt welling up from within the urge to help others. Yukari was moved at the depth and wonderfulness of the teachings of the Truth. This was a very important step in her progress and development. People do not live by themselves alone. They are sustained by many people, animals, plants, the air, and water. As we open our minds' eye to the way in which we live, the power we have to live and our resilience are restored even more strongly.

Yukari eventually realized that she had hated and hurt others because she had not understood the teachings of the Truth. Furthermore, instead of being grateful to her parents and siblings, she had been very selfish. Yukari repented and cried every day, asking for their forgiveness. In order to repent, she repeatedly participated in the Mind Purification Ceremony.

In this way, she became grateful to her parents and everyone around her. She realized that everyone she had met in the past, and even the automobile accident, had been working as the "Goddess of Mercy" in her life. People involved and seriously injured in auto accidents tend to think the cause lies in the other person and hate and resent that person. However, when that mind of hatred and resentment disappears, one's resilience comes forth. This is because as long as one has feelings of hatred, the subconscious mind will try to retain the

fount of light

physical disharmony as evidence or proof of that hatred and this will impede the body's ability to recover (natural healing).

Yukari released all feelings of hatred and resentment toward the young man who had caused her accident. When she awakened to a far-reaching love of being grateful to all people, including to her parents, something happened in her physical being. The blood in her hands began to circulate normally again and her previously cold hands began to feel warm. She also regained feeling in her previously numb body. This was a physical manifestation of her having opened her mind's eye to all people, things, and circumstances and her being filled with love and gratitude.

Yukari was soon able to move her arms and legs freely and became well enough to work at the Tobitakyu Spiritual Training Center. When she became grateful to her parents and siblings from the bottom of her heart, her family became very bright and cheerful, and they were in grand harmony. Her older sister and brother and her father manifested their True Image as kind, loving people and joined Yukari and her mother in becoming followers of Seicho-No-Ie.

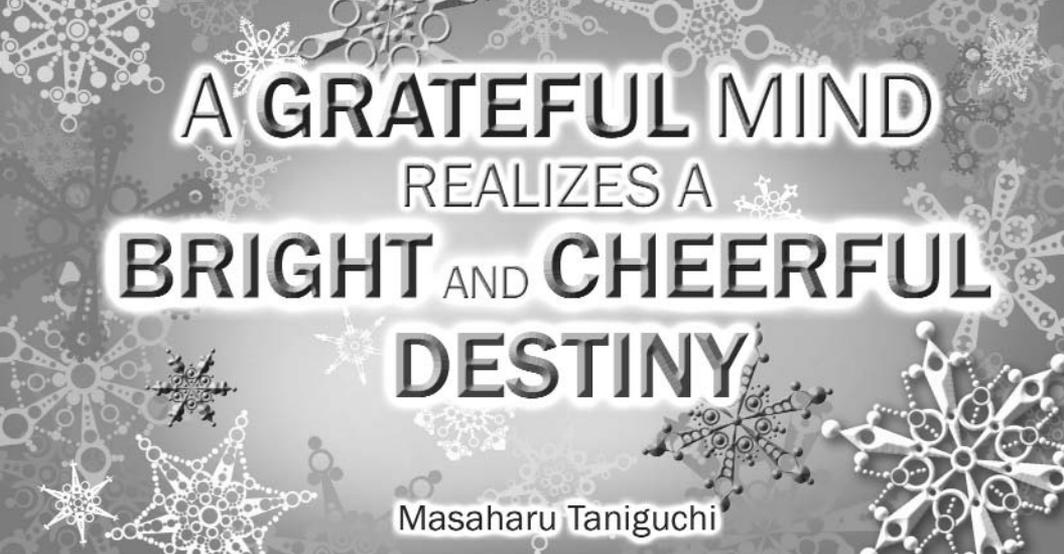
—From *Kagirinaku Utsukushii*, “Exceedingly Beautiful,” pp. 75-80



G L O S S A R Y

SHINSOKAN (shin-SOH-kahn): a prayerful meditation to visualize God. For detailed information, see *Truth of Life*, Volume 8 by Masaharu Taniguchi, and/or *Shinsokan Is Wonderful* by Seicho Taniguchi.

TRUE IMAGE: the perfect and harmonious essence of all things—the ultimate reality; a child of God, one's divine essence, the true self.



A GRATEFUL MIND REALIZES A BRIGHT AND CHEERFUL DESTINY

Masaharu Taniguchi

A Beautiful Snowflake Is the Idea of God. This world is filled with ideas.

I'd like to tell you about something that happened the year after World War II ended. I was asked to speak at a Seicho-No-Ie event in a town in Kyushu, Japan. It was in the winter and thus very cold, but in those days they didn't have express trains or anything of that sort. They were all locals. I got on the Third Class car of one of those locals, and since there wasn't enough fuel, there was no heat. In order to get to the tip of Kyushu, I had to take the overnight train. When I awoke at daybreak, a little before we were to reach our destination, I noticed that the windows of the train were clouded. The breath that had come from our noses and mouths as we passengers were sleeping contained vapor, and that vapor had fogged up the windows.

However, the temperature outside was below zero so the tiny droplets of the fog that had adhered on the window did not remain in a liquid form but instead had gradually begun to frost.

I awoke to find that the vapor created by our breath had formed beautiful cryptogrammic plant-like designs that looked like ferns on every window of the train. They all looked like the same design at first, but actually each formed various, very different patterns on each window.

For example, when steam freezes in the air, it falls from the sky as snowflakes. Mr. Ukichiro Nakaya is an expert in this field who did a lot of research on snowflakes, even publishing books on this subject. According to Mr. Nakaya, snow crystals are shaped like hexagons, but the intricate designs within that shape are each very different. He also included microscopic photo images of these snowflakes in his book along with his findings.

When steam freezes in the air, since there is nothing for it to collide with, its particles become beautiful hexagonal-shaped crystals.

On the ground, however, although the molecules in a water droplet try to spread into a hexagon and become a beautiful blossoming flower, they collide with the molecules next to them and solidify. That's why, instead of a beautiful, uniform shape, although the volume of snow has increased, it becomes harder and appears as a different shape.

However, what crystallized on the train window is really partially autonomous. The crystal does not have the freedom to spread as it would in the air. In other words, the window is a level surface, and while it has a little freedom on the sides, the crystal cannot expand in thickness. It is like a postcard placed on top of a piece of paper making a design. In this way, God's idea made a design that looked like beautiful cryptogrammic ferns on all the windows of the train I was in. I saw them crystallized on the windows at daybreak, before the sun came out.

Ideas in the Mind Crystallize and Create Our Destiny. Dr. Glenn Clark was a literature professor at the University of Illinois who wrote a story entitled, "The Feet of the Hind," which figuratively explains a philosophy of life. Through a chance meeting, Dr. Clark touched upon a New Thought philosophy similar to that of Seicho-No-Ie. He himself organized a New Thought group and eventually began working with us in the Humanity Enlightenment Movement.

The story of "The Feet of the Hind" was brought to my attention by a commissioned officer of the Occupation Forces who came to Japan immediately after World War II. This officer was originally

from Hawaii, and he typed up an excerpt from Dr. Clark's writings and sent it to me asking that I look it over. I decided to translate the story and introduce it in the *Seicho-No-Ie* magazine.

In another of his writings, Dr. Clark states, "when steam freezes on the surface of a piece of glass, if it freezes in the darkness, it will form fern-like designs. However, if it is in the light, and the temperature is deliberately turned down to freezing, the crystallized steam will form beautiful floral designs like roses or peonies. In other words, it will not form cryptogrammic plant-like designs but instead beautiful floral ones."

When we read this, while there are a countless number of ideas in the world, depending on the environment, place, and conditions, we can understand how that idea will take the form of a cryptogrammic plant, a blossoming plant, a fern-like plant, or a beautiful rose. Although we may not be able to see it, when the idea manifests, it may be like a beautiful rose. When it unfolds like our destiny, our mind begins to work, and those with a positive mind create a bright and positive destiny, and that in turn manifests in the person's life.

Each person manifests ideas in his/her mind from among the countless number of ideas in the world and makes them his/her destiny. Some people lament, "I'm unlucky. That's why negative things are always happening to me." The reason for this is because their mind is dark and negative, and in the same way that steam that crystallizes in the darkness forms fern-like, cryptogrammic plant-like designs, if their mind is negative, their destiny is going to take a similar form.

A Mind Filled With Gratitude Creates a Bright, Positive Destiny. This is why we must always be bright and positive. The brightest and most positive mind is one that is filled with gratitude. A person has given a testimony where he was told to say, "Thank you very much," 10,000 times a day and read the *Holy Sutra, Nectarean Shower of Holy Doctrines* every day. His illness, which would ordinarily not have been healed, did actually heal.

It is this gratitude that creates one's destiny. In the Divine Message at the beginning of the *Holy Sutra, Nectarean Shower of Holy Doctrines*, it says, "Be reconciled with the whole universe." Towards the end of the Divine Message, the words of God say, "Within those thoughts of gratitude you will find me and receive my salvation." People who are unhappy forget to be grateful or may think that they can't be grateful even if they want to, but God shall appear when our mind becomes grateful. That is what "Within those thoughts of gratitude you will find me and receive my salvation" means.

As children of God, we have all been given happiness by God. When we complain, are dissatisfied, are filled with sadness, and curse the world and the people in it, we give up the right of "Within those thoughts of gratitude you will find me and receive my salvation."

Some people may think that repeating "Thank you very much" 10,000 times is very difficult. The story I'm about to share with you is rather old, but it is a testimony that someone gave when I was speaking at a Grand Lecture in Nara Prefecture.

Japan was on the side of the Allied Nations during World War I. At that time, Germany had leasehold land in Qingdao, and since Japan was the enemy of Germany then, Japan attacked Qingdao. It happened that an enemy bullet exploded near the person who gave this testimony, and a small fragment of that bullet hit his hand, piercing and slicing the flesh off the surface of his finger. Although it was dangling loose, the ligaments were somehow holding the finger together. A doctor performed surgery, grafting skin from other parts of his body, and was able to reconstruct the finger but no one could distinguish the front from the back. Of course, he couldn't bend the joints in his hand either.

At that time, Mr. Hatsuzo Hirano, President of the Seicho-No-Ie Nara Prefecture Federation, was publicizing the Grand Lecture at which I was scheduled to speak.

Mr. Hirano visited various towns in Nara advertising the event, inviting people to attend. He gave people some background information regarding Seicho-No-Ie and said, "If there is

anyone who would like guidance on life, please ask me. I'll help in any way that I can." He traveled throughout Nara in this way, effectively publicizing the Seicho-No-Ie Grand Lecture.

After giving his talk, Mr. Hirano provided individual counseling, and his answer to a question someone posed was, "Repeat 'thank you very much, thank you very much' 10,000 times a day."

Someone there was very moved to hear Mr. Hirano's lecture.

Saying "Thank You Very Much" 10,000 Times A Day.

That was the person with the injured finger, and he came to the lecture wearing a white glove. He heard Mr. Hirano say, "Try repeating, 'Thank you very much,' 10,000 times a day," and he realized, "The reason why I'm so unlucky is because I am not grateful enough." This gentleman then decided to say, 'Thank you very much,' 10,000 times a day.

He tried to think of *how* he was going to do this. He thought about how they counted the ballots during an election. They tallied them in five's, and when those five's were added together, the result would be the total. So as he repeated, "Thank you very much," he tallied them in a notebook, and he said that he was able to say, "Thank you very much," several thousand times in the morning. He then had lunch and continued saying, "Thank you very much," for about 3,000 or 4,000 times. He'd climb into bed after dinner and continued saying, "Thank you very much," before he went to sleep. But since he couldn't tally it in his notebook, he put his hands together in prayer and recited, "Thank you very much."

As he was doing this, the finger that he couldn't bend began to feel itchy, so he tried closing his hand and making a fist. He found that he could, so next he tried to open his hand and he was able to do that, too. He made a fist again. At that moment, he found that the hand that he thought would never be of any use and would always be stiff opened and worked again.

It is very important that we hear or read these testimonies, not simply as stories others tell, but as examples of things we should try ourselves. People with problems should repeat, "Thank you

a grateful mind realizes a bright and cheerful destiny

very much, thank you very much,” and be grateful to those problems. What happens then is that problems that were complicated, tangled, and immobile just begin to unravel very smoothly.

This happens because God’s wisdom is being expressed. In short, that which is written in the Divine Message at the beginning of the *Holy Sutra, Nectarean Shower of Holy Doctrines*, “Within those thoughts of gratitude you will find me and receive my salvation”—that spirit is being expressed.

—From *Yuishin Jisso no Sekai wo Toku*,
“Expounding the World of Only God,” pp. 58-69



HOLY SUTRA, NECTAREAN SHOWER OF HOLY DOCTRINES

This *Holy Sutra* is the heart of Seicho-No-Ie. The words are God’s words which came to Dr. Masaharu Taniguchi through divine inspiration. This beautiful Sutra contains the essence of the Truth of Life. When read over and over, the Sutra will raise your spiritual vibration and tune your mind to the frequency of God’s world.

And you will find God’s divine power here. Many have read the *Holy Sutra* more than 1,000 times and in doing so have found their lives healed and become filled with joy and peace.

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