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Cover Description:

The "sundial way of life" is when one records only the hours of sunshine in their daily life. We can all live brilliant, successful lives when we see only the positive things in life, always have cheerful expressions, and spread loving thoughts throughout our environment.

TRUTH OF LIFE is published monthly by Seicho-No-Ie United States Missionary Headquarters, 14527 South Vermont Avenue, Gardena, CA 90247, a non-profit California religious and educational corporation. Copyright © 2008 by Seicho-No-Ie, Inc. Subscription: \$15.00 yearly, \$1.50 per copy. Third class postage paid at Gardena, CA. Printed in the U.S.A.

SEICHO-NO-IE

MARCH 2008, VOLUME 57, NO. 3

Truth of Life

SEICHO-NO-IE (say-choh no ee-yay) 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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PRINTED ON RECYCLED PAPER

As Though Guided by God

ALLERGIES

Akiko Senou gave the following testimony at a Spiritual Training Seminar at the Seicho-No-Ie Main Temple. Akiko has a daughter named Kana who just recently turned three years old. When Kana was about a month old, she came down with an allergy, the cause of which was unknown. Akiko took her daughter to a clinic in Kyoto and was told that, according to the results of the patch tests, her daughter showed adverse reactions to milk, eggs, and oil, and she was cautioned not to give her daughter any of these products. Since there was a danger of it affecting her breast milk, Akiko was told to avoid those products herself as well. After that, she and her daughter did not eat or drink any of those things but her daughter's health still did not improve. They visited various clinics for the next six months but Kana still did not get any better.

An allergy is a transformed immune reaction in the human body. Immunoreactions are a very healthy way that the body has of getting rid of things foreign to the system. Through this, the body can rid itself of germs, viruses, parasites, and other foreign objects, and it is a natural healing process through which the body returns to its normal, healthy self. All illnesses go through this process in order to heal, so it is quite problematic if this function begins to deteriorate.

Everyone has the genetic make-up that enables these immunoreactions, but at the same time, we also have genes that suppress immunity. In other words, these two different genes act as the accelerator and brakes for the immune system. If the reaction is too strong, it *causes* various illnesses, and the brake needs to be applied. However, if the brake doesn't work properly, there is a violent adverse reaction. And recently it has become gradually clearer that one's mind greatly affects how well the accelerator and brake work.

In Mrs. Senou's daughter's case, it was a food allergy. There are a countless number of these allergens, and there are also an infinite number of symptoms. In extreme cases, people go into shock. However, allergies are not incurable. People who are extremely high strung, incompatible with others, and fastidious develop allergies easily and those allergies are difficult to heal.

Kana had allergies, so Akiko took her to many different places trying to find a cure but there was no improvement in her daughter's condition. She then decided to ask her husband to let her go to the Spiritual Training Seminar at Uji Temple. Her husband, however, was against Seicho-No-Ie and would not let her go. She begged, cried, and pleaded until her husband finally ended up allowing her to attend.

REBELLION AND REPENTANCE

The reason Akiko wanted to attend this Spiritual Training Seminar was because she had lived in Osaka when she was single and had been active in the Youth and Young Adult Association activities there. At the Women's Spiritual Training Seminar that she first attended, a Seicho-No-Ie teacher said, "Be grateful to your father and mother who gave you life." As the oldest of three children, Akiko felt she had been treated unfairly. She was constantly being told, "Since you're the oldest . . ." and was brought up in a very strict way. When she received a grade of 95 points on her tests, she was told, "Why weren't you able to get another 5 points? You dummy!" She felt angry, wondering why she had to be called a dummy despite the fact that she had gotten such a high score. Because her mother was so strict, Akiko couldn't help but feel rebellious and these feelings wouldn't go away. This is a very important point in bringing up children. If children are not treated fairly, it will throw off the balance in their mind and they will become rebellious. There are also instances in which children refuse to go to school altogether and develop all types of allergies. In other words, the body begins to manifest the parents' rejection physically and symptoms can even be transmitted to the person's children.

However, having participated quite sincerely in the Mind Purification Service at the Spiritual Training Seminar in Uji, Akiko was able to recognize that her parents loved her, their eldest daughter, very much and had high expectations for her. She even realized how wrong it had been for her to mistakenly think that she alone had been treated strictly. She wrote an essay of repentance on how difficult it must have been for her mother who had actually loved her very much but had been the target of Akiko's rebellion.

Her mother was with her at the Spiritual Training Seminar, looking after Kana, and the lecturer asked Akiko to read this essay on the last day of the seminar. At first she thought about declining the request, since her mother was there and would be listening, but she finally decided to go through with it. She repented and was able to thank her from the bottom of her heart. When she went back to her seat afterwards, she found her mother holding Kana, her back towards her and crying. Seeing this, Akiko began to cry too.

In this way, both mother and child were able to reconcile and give thanks to each other at the Spiritual Training Seminar. Shortly after this, Kana's allergies disappeared entirely. Although she had broken out in a severe rash whenever she ate eggs before, she was able to eat them without anything happening. Kana is now three years old and has grown to be a normal, healthy child with no allergies whatsoever.

EVERYTHING IMPROVES

I think we can say that Kana's allergies disappeared because Akiko went from a mind of rejection to one of gratitude. Moreover, through her efforts to try and find a cure for her daughter's illness, Akiko's mind awakened to even more gratitude and love. Her family became more harmonious and the relationship she had with her husband turned to an even more loving one.

When Akiko got married, her husband had insisted that she give up Seicho-No-Ie. So, although she continued being a member in the Holy Mission Fellowship, she stopped going to any of the activities for a year and a half. She continued to pray that she

might someday be able to participate in Seicho-No-Ie meetings again, but then her daughter came down with the atopic dermatitis. Through a chemicalization process (a self-destruction of delusion), her husband's way of thinking changed and Akiko was once again able to attend Seicho-No-Ie meetings.

After that, she continued her life of faith, and as she did so, her husband gradually became religious as well. Later, Akiko was finally able to attend a Spiritual Training Seminar held at the Main Temple as a member of the group from Osaka. Akiko came to the Main Temple and participated in all the sessions of the Seminar and was moved to tears. She went home with the firm belief that only the True Image exists.

She eventually became a Mother's Study Class leader and an Enlightenment Leader, and she distributed Seicho-No-Ie magazines for propagation as deeds of love. When this happened, her husband really changed and he started to drive Akiko to and from the Spiritual Training Seminars. He became very warm and kind, and before anyone knew it, he gave up smoking, which he had begun as a student. Previously he had stayed out drinking five nights a week, but he significantly cut down his drinking and came home early. His work was productive and they moved to Hiroshima because he received a promotion. As a way of showing her gratitude for all the positive changes in her life, Akiko came to the Spiritual Training Seminar in February 1998 and gave the aforementioned testimony.

The Sundial Way of Life

MASAHARU TANIGUCHI

All people are living for their own goodness and happiness. When they cease to seek their own happiness they no longer seem to be alive. Human beings seem to be unable to envision a life unrelated to their desire for their own happiness. To live means to strive for what will bring happiness to all people. This is what it means to live.

—Tolstoy

As long as we are alive and living as human beings, we desire to live in happiness. This is an instinctive desire of human beings. The fact of the matter is that this world is not filled by only happy people. What is the reason for this? Many among them do not know the *law of the mind*. For human beings to live happily they must know the *law of the mind*. They must come to know this law and manifest it in their actual lives.

The way to realize the law of the mind in daily life is the *Seicho-No-Ie* way of life. I shall write about this way of life in every issue of the *Seicho-No-Ie* magazine. I wish that all of your homes and the homes of all of our brothers and sisters throughout the nation,

each become a Seicho-No-Ie (Home of Infinite Growth). I believe this can be done. It surely will be done.

It is a precious fact that man possesses a *mind*. (The truth is that man does not *possess a mind* but is in fact himself a *mind*.) And one can achieve happiness through the *mind*. It can probably be said that this simple happy life is more beneficial to humankind than any other discovery or invention. No matter what the sacrifice on my part, I wish at the very least to convey to my brothers and sisters in this world the happy Seicho-No-Ie way of life. And then I look forward to the day when we can all join hands and laugh out loud joyfully.

I shall now explain the Seicho-No-Ie way of life—the secret to a happy life.

1. In Seicho-No-Ie we live laughing merrily.

We must be lively and happy as cheerful little birds. A home that is filled with good cheer will be sure to grow and prosper. Such a home is indeed a *Seicho-No-Ie* (Home of Infinite Growth). Isn't it true that this world will not lack sadness because we refused to sorrow? Although forsaken by physicians, the founder of Kurozumikyō healed his serious illness through good cheer. Be happy and speak about good things. Laugh loudly! Smile! But forced smiles and scornful laughter are unwanted.

Marden wrote about a certain woman in California. Having met with a tragedy, she was in the depths of despair. The woman was unable to sleep at night. Her meals were tasteless and her food seemed to catch in her throat. Being unable to shake off her despondency she resolved that at least three times each day she would laugh loudly from the bottom of her heart. And when speaking to people she would use every chance to laugh merrily. When in her room she would face the mirror and laugh. Before long, she had made a considerable recovery and her personality changed to a bright and cheerful one. When this woman became cheerful her home also became a happy home filled with brightness and merriment. Whether a home is a bright one or a dark one depends to a great extent upon the amount of the wife's laughter.

Laughter does not only bring health and merriment to the person who laughs. A cheerful person scatters happiness and health upon those around him. Those who receive his bright, cheerful, and kind smiles cannot help but become happy. If the cheerful person is a physician, patients will improve by simply looking at his face.

The time will come when the therapeutic value of laughter will be recognized by the public. When the value of laughter comes to be recognized and practiced at large, a good number of ailments will be healed without physicians and their medicines. During my middle school days there was a physician at our school by the name of Shozen Bessho. This physician had given up his medical work to disseminate the medicinal value of laughter. He publicized many cases of actual healing. It is regrettable that the fees he charged were expensive. Yet no matter how expensive, the medicine from God of bright laughter was more effective than the unreliable medicines chosen by physicians. As a matter of fact, bright and cheerful laughter is the most excellent health tonic given to us by nature. Through a burst of good laughter our physiological functions that had been disordered and suppressed are instantly energized. Blood circulation improves and the function of the white blood corpuscles to ward off bacteria increases, bringing about an increase in the natural healing capacities. For this reason the ogre called "illness" cannot find its way into a home that lives the Seicho-No-Ie way of life.

Let's say that you are employed in the office of a certain company and are faced with a continuous amount of monotonous work that stretches on like a limitless desert. If at a pause between tasks someone makes a humorous remark or tells a funny joke that results in a roar of laughter, you would feel as if you had arrived at an oasis in the vast desert of work. Refreshed in spirit, you could easily devote yourself to your work once again. A wise supervisor would be sure to let loose a funny story. A person of action who seeks good results must know about the effectiveness of laughter. An experienced educator will intersperse his instruction with humor. The pleasure experienced by the students will lead to an improvement in their marks. Such is the *Seicho-No-Ie* way of life.

Abraham Lincoln kept a book of the most recent humor on the corner of his desk. When he was tired or depressed, it is said that he opened the book and read a line from it. Tasteful humor, witty remarks, funny stories, and innocent humor—these are all natural good medicines given to us from heaven. They are the lubricant to reduce the friction between mind and mind that enables us to take a short rest while passing through the bitter roads in human life. Friends, when exhausted from the battles in life, drink deeply from the good medicine of humor.

Happy is the person who can laugh cheerfully at any time. When you are unhappy and come to feel that there is nothing in this world to laugh about—at such a time go to your room, and then look into the mirror and laugh! Look at yourself in the mirror. Impress upon yourself that there is still a considerable amount of happiness within you. Then laugh and laugh. Laugh out loud. Professor William James said that our facial expression expresses our mind and at the same time our mind is controlled by our facial expression. When we are unhappy or sad is the very time when we should laugh. Unrestrained laughter will blow away sadness. Why are you sad? If you are saddened by the unkindness of another you must know that there is something cold about you that makes it hard for others to approach you. How then can that cold unapproachableness be driven away? The sole expellant is cheerful laughter.

For the same reason, a cheerful and good disposition will have a good influence on the social standing of a person. Among the talented people who are well studied and diligent but just can't succeed in life, there are many who are just too serious and never smile or laugh. Human beings are not just machines for work. There is a certain air (atmosphere) about a person. That air works separately from the person. Should that air enliven the air about all the other workers, that act in itself would be a considerable job. A person who is skilled in his work but somewhat cold and gloomy can by the constant practice of laughter drive his gloominess away. And his destiny will improve with the change in his mind. When his mental gloom is removed, the person's circumstances will improve and those about him will naturally come to treat him with kindness and sincerity.

2. The way of life of the sundial principle.

Friends, have you ever seen a sundial? The main components of a sundial are a gnomon and a graduated plate. Sunlight shining on the gnomon casts a shadow on the plate which indicates the time. When there is no sunlight it is impossible to tell the time. On a particular sundial I saw the following words inscribed: "I record none but hours of sunshine."

I call these words the *sundial principle*. In Seicho-No-Ie we strive to remember, speak about and think about only the bright and good



times. We apply the power of the words to reproduce our happiness through the creative power of words.

How happy and delightful our world will be when all people in the world practice the sundial principle and drive away from this moment all their unpleasant memories, dark thoughts, and gloomy suggestions.

Nevertheless, why is it that many people make efforts to record and then recall to mind through words the unhappiness, unpleasantness, hatred, jealousy, and derision they have experienced? These people do not know about the *law of the mind*. They do not know about the creative power of words. "What we speak about will appear in form." "Hearsay will cast its shadow." We must know that whatever the unhappiness, it does not exist unless we recall it or speak about it.

Human life is like riding together on a bus to a certain destination. On the bus there are gentlemen of good bearing and fine young women, while on the opposite row there is a drunken man sitting sloppily and with a foul odor. At times a patient covered with boils may also get on the bus. We, however, do not have to focus our attention upon the drunken man or the sickly patient. Wouldn't we feel happier looking at the happy countenance of the young women or the refined appearance of the gentlemen?

Friends, *let us become like a sundial that records none but the hours of sunshine*. What can be gained by continuously storing sadness within one's mind? What gain is there by always recalling

your losses? If you constantly regret your failures and feel dejected, the world around you will never prosper. Such happenings are nothing more than the residue from the developments in human life. Do not be attached to this residue. Throw it away! Like chasing away a burglar, throw it out of your mind! Know that your mind is far more precious than this residue.

When you fall prey to unpleasant thoughts and when you entertain hatred, anger, jealousy, or feelings of revenge against another, you should realize that a thief has found his way into your mind and is about to steal away your diamond of happiness. Wouldn't you chase out a thief who tried to steal even a shoe? If so, why continue to entertain the thief that has crept into your mind to steal your precious diamond of happiness? Let us throw away the residue in our minds. Let us throw out the sadness from our minds in the manner of the small pebble in our shoe. Throw away hatred. Cast aside gloom. Put on the new shoes of joy and walk into a bright world bathed in sunlight. That is the Seicho-No-Ie way of life.

From *Seicho-No-Ie*, "Seicho-No-Ie Truth of Life," March 1930, pp. 15-22

