



SEICHO-NO-IE

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Hiking up a mountain to see the sunrise is certainly uplifting and gratifying. When one attends a Seicho-No-Ie Spiritual Training Seminar, he or she can take a similar journey, experiencing spiritual enlightenment and awakening to a life of harmony.

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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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The Soul's Elevation

Spiritual Training Seminars Bring Out Your Life

It was 60 years ago, in May 1948, when the Spiritual Training Seminar, a unique method of salvation for the human mind and body based upon the teachings of Seicho-No-Ie, began. During this time these seminars have brought forth divine healing and spiritual enlightenment for a countless number of people throughout the world in all phases of human life on earth.

The articles in this issue will show you how the Seicho-No-Ie Spiritual Training Seminars started and why they continue to infuse people with new life-giving power. As you will see, it is because they cultivate the infinite potential of your inner self for education, health, prosperity, love and gratitude and finally lead you to the eternal peace and spiritual joy of Grand Harmony.

—Editor

Preface

Spiritual Training Seminars and Spiritual Training Centers are all run according to the basic teachings outlined in *Inochi wo Hikidasu Renseikai*, “Spiritual Training Seminars That Bring Out Your Life,” and the primary purpose of the seminars is for participants to achieve the realization that “you are a child of God.” I believe that you will definitely experience the joy and understand the significance of having been born at any Spiritual Training Center you may visit.

No matter how delicious a food—such as a fruit—might be, you cannot know how it tastes simply by looking at it from the outside. There is no other way to enjoy the real taste than to actually eat and savor it. There are those who think an old banana with brown spots is rotten and eat green ones instead, but there is nothing quite as delicious as fruit that is very ripe and on the verge of spoiling. In other words, it's what's inside, not the outside, which is important.

Similarly, simply because a Spiritual Training Center is almost brand-new and looks magnificent on the outside doesn't necessarily mean that it's a good place, nor does bigger necessarily mean better. While the outside might be slightly rundown, it's possible that the inside might be splendid and full of nutrients for the soul, so I would like to ask that you try and visit as many different Spiritual Training Centers as you can and enjoy the words of the Truth as thoroughly as possible.

People often pay careful attention to the actual meals they eat, and like gourmets and epicures, pay attention to the food, but they tend to neglect nourishment for their soul. They never get tired of eating the same bread and butter or rice day in and day out, but may think that "once is enough" as far as their mind or soul is concerned. However, the truth is that the more one takes in spiritual food, the deeper the realization will be and the greater and more infinitely one's joy and happiness will swell and increase.

When this happens, one will become grateful to everything he sees, hears, and touches, and will be able to live a life full of happiness and joy. One will even be able to face the death of the physical body peacefully as though it were the approaching of a quiet nightfall, and in the morning of the next life, will be able to live life in a world that shines even more brilliantly and radiantly.

Learning From a Good Teacher

Although one may be taught that *each person is a child of God*, if this remains a mere concept in the mind, the True Image—the child of God person—will not manifest in this world. Religion is not simply a theology or ideology—it must be daily life in which it is actually put into practice. Moreover, that practice requires a certain amount of training. Spiritual Training Seminars provide that training.

One of my children used to study the violin. I also practiced the violin when I was young, but I was self-taught and never studied with a teacher. Because of this, although I thought I was practicing a lot, I did not improve much. I took great pains to try and play the

masterpieces with the violin only to make harsh, squeaky sounds. Things did not improve even after three or four years. My child, however, began studying the violin as a grade school student, and because he had a good teacher, he made amazing progress. He was easily able to do in six months what I couldn't do in three years.

This is because, unlike my child who had a good teacher, I didn't have a teacher and didn't formally study the violin. If you study with a teacher, you have frequent opportunities to participate in recitals, play with different people, and you put that much more effort into practicing at home. If you study on your own, you don't understand what's happening, and as a result you go through a lot of hardships and end up with very little.

This goes for life as well; nothing is more important than finding a good teacher. There are those who believe that self-realization comes without a teacher, but in such cases, the person either has to be quite gifted or deeply involved in a self-righteous religion which has some imperfections. Fortunately, I believe you have all chosen and are living a life of faith daily under the guidance of a good teacher. However, when it comes to a daily life of faith in the family or within the community, things tend to become isolated, and done in one's own style. That is why we need to attend a Spiritual Training Seminar once or twice a year and immerse ourselves in study, understand what the correct attitude of faith is and make it truly our own.

Correspondence courses are often made available to those who work, but even in these instances, people should receive training through interacting directly and living together with different people at these seminars once or twice a year. In this way, through lodging and training together, we can receive intangible treasures. It may not be something that we can see, but it is more precious than anything in the world.

The difference between one who has participated in a Spiritual Training Seminar and one who has not becomes clearer the more seminars one has attended. There are very important things that can be gained only at the Seminar, through listening to the different

testimonies there and/or at Grand Lecture meetings, intermingling with others and listening to the talks given by the lecturers.

Special Delivery With Love

In Mrs. Shizue Yazawa's case, it was her husband who first attended a Spiritual Training Seminar at Uji Temple in 1963 after he read the *Truth of Life* volumes. He became very passionate about Seicho-No-Ie and began neglecting their business. He'd go out on an errand and wouldn't come back for quite a while. What he was doing was going to different places and telling people about Seicho-No-Ie. Mrs. Yazawa, who had gotten along well with her husband until then, felt abandoned and began feeling resentful whenever her husband smilingly talked with others about Seicho-No-Ie. Whenever her husband came home and saw her looking out of sorts, he would say, "Thank you very much, dear Goddess of Mercy."

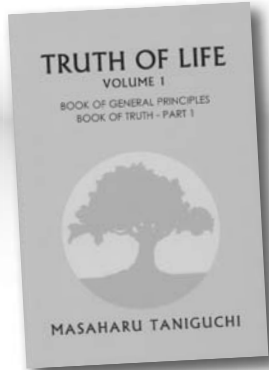
She thought he was making fun of her, so their relationship got even worse.

Eventually, her husband encouraged her to go to Uji to attend a Spiritual Training Seminar. Since Shizue by nature was a cooperative person, she reluctantly decided to go to Uji and the Spiritual Training Seminar. When she got there, she was completely moved and inspired and realized that she had misunderstood Seicho-No-Ie until then. She sent her husband a special delivery

letter every day telling him how much she loved him. Her husband, in turn, also sent her daily special delivery letters. In this way, the Yazawas became a model couple, and their family became truly wonderful when Mr. and Mrs. Yazawa attended seminars together. Now, Mrs. Yazawa is even more dedicated and enthusiastic about Seicho-No-Ie than her husband, and because of this, she looks 5 to 10 years younger than before and they are both living a wonderful, loving life.

Mrs. Yazawa's sister-in-law participated in a Spiritual Training Seminar at Lake Kawaguchi and received great blessings, being cured of her neuroses. Mrs. Yazawa also sent six neighborhood elementary school students to a seminar at Uji and they have started to come to her house to practice Shinsokan meditation with her. In this way, we are blessed with things that go beyond reason through these Spiritual Training Seminars. The more this happens, there's no telling how much our souls will develop and grow. That is why it is our divine mission, not only to participate in these seminars for our own souls, but also to invite as many people as possible and provide them with the opportunity to develop the wonderful God-nature they have within.

From *Inochi wo Hikidasu Renseikai*, "Spiritual Training Seminars That Bring Out Your Life" pp. 2-4, 81-85



Truth of Life, Volume 1

(Second Edition)


MASAHARU TANIGUCHI

The first of 40 volumes of the *Truth of Life* series explains the basic principles of Seicho-No-Ie. Awaken to the Truth and realize the true meaning of life. **\$11.00**

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EXPERIENCE

the most spiritually uplifting moment of your life and join the next Spiritual Training Seminar! Check your local or nearest Seicho-No-Ie Center or the International Spiritual Training Center for more information on the next Seminar event. For Seicho-No-Ie Center listings, please see page 35.



Living a Life of Harmony

MASAHARU TANIGUCHI

Divine Message of “Life’s Purification Center”

By “Life’s Purification Center” is meant a place of purification wherein the Truth is manifested. The word “Truth” means the “True Image of life.” To purify means to remove all delusions. Since each person is a child of God, when his True Image is manifested there is no disease, no troubles, no death, and no misfortune of any kind. Since this world of people is a world created by many children of God who have all come together, when their true form is manifested all disputes and fighting between individuals, between classes, and between nations will cease of their own accord. It is because only a few have been enlightened to the Truth that all must suffer. It was pitiful to see everyone suffering because they had mistakenly believed that their temporary form was their True Image; therefore, firstly, I had the holy book, *Truth of Life* series put together in order that delusions may be destroyed by the light of wisdom. Those who are saved simply by reading this series are people who have particularly strong ties with God. Do not neglect such ties but support the movement by spreading the teachings and thereby bring salvation to more and more of your brothers and sisters. People are all brothers and sisters

in God. When you want to save people and teach them the way—that is love, or in other words, the Mind of God. Therefore you are always together with God, and He lets you speak the words of God. Therefore you should not think that you lack the power to speak to others. Instead, speak whatever comes to mind at that moment concerning “Seicho-No-Ie.” Then your words become the seed and your listeners are thus saved. All you have to do is to sow the seeds. It is God who lets fly the seeds of the teachings into the minds of humankind. Therefore simply speak whatever comes to mind and your listeners will be saved. To save even one person is truly a great deed in the eyes of God. This is a vital matter. To allow people to use the light of wisdom reinforced by the warmth of love for the benefit of those who are not yet ready to be enlightened simply by reading a book and for the benefit of those who wish to delve more deeply into Seicho-No-Ie in order to save people—that is, to allow people to weave the mandala* of the cross of wisdom and love—is the purpose of “Life’s Purification Center.” Henceforth, many good people within whom dwell the spirit of angels who save people will gather here at this training center, and they will perform their miracles here. Those who come to this Center with a mind of love will go home with many divine blessings; however, those who come to judge or to ridicule will not. They cannot receive God’s blessings until they correct their attitude because such an attitude does not match the vibration of God’s mind.

(Message from the Spirit of the Lord on March 14, 1932)

*mandala: In Buddhism, a picture depicting a gathering of buddhas and bodhisattvas. When applied to the Seicho-No-Ie training programs, it refers to the center for a gathering of sages and seekers of the Truth, or to the various spiritual training programs of the Seicho-No-Ie Movement.

Lecture Expounding the Divine Message

The pen I hold in my hand wrote the *Truth of Life* volumes, but it was God that had me write them. This is explained in the sentence, “It was pitiful to see everyone suffering because they had mistakenly believed that their temporary form was their True Image; therefore, firstly, I had the holy book, *Truth of Life* series put together in order that delusions may be destroyed by the light of wisdom.” If it was only the physical person of Masaharu Taniguchi who wrote *Truth of Life*, there would not have been people who experienced a total change of attitude and were born anew because of miraculous mental changes caused by a shock deep within their souls after having read the one line, “Be reconciled with the whole universe.” However, it is not that all people can receive deep enlightenment simply from reading this. Those who can receive a shock so deep that it turns them completely around, in reading just this one line, have very strong ties with God.

Having strong ties with God refers to those who are reincarnations of bodhisattvas, Buddhist saints, or disciples who listened to the dharma as given by God during the time when He came to this physical world in the form of Sakyamuni, to those who were born as one of the twelve disciples during the time when Jesus was delivering the Sermon on the Mount, or to a fervent follower of Jesus who listened to his sermons, or even to those who provided Jesus with a place to stay. That is why it is written that those with strong ties to God should “not neglect such ties but support the movement by spreading the teachings and thereby bring salvation to more and more of your brothers and sisters.”



**Bring salvation to more and more
of your brothers and sisters.**

The sentence, “People are all brothers and sisters in God. When you want to save people and teach them the way, that is love, or in other words, the mind of God. Therefore you are always together with God, and He lets you speak the words of God,” comes next. When I held a Grand Lecture meeting in Kawanoe City in Ehime Prefecture, a Christian minister gave the following testimony. He read the *Truth of Life* volumes and realized, “Each person is a child of God and is not one who just barely manages to become His adopted child through Jesus. Because each person is a true child of God, he is in essence perfect and harmonious and illness does not exist. All one needs to do is recognize the *True Image* that is God’s perfect and harmonious true child. It seems that when he used this Truth to help the sick, they would be miraculously cured of their illnesses. For some reason, however, the minister’s own empyema never improved, and his nose was always stuffed up and he felt very uncomfortable—always as though something were covering his head. He would reflect and try to understand why it was that he could cure others of their illnesses but not himself. One day, however, when he was providing a person with guidance, really lovingly, wanting to cure the person, the minister said something very clever, appropriate, and perfect for that person. When he heard himself saying these words he spontaneously praised himself saying, “You’re really saying something good!” These words were coming from him, through his mouth, but he wasn’t thinking about *what to say*. These words came to him from somewhere and he spoke them. He realized where the words were coming from. “They are definitely not my own thoughts and are not coming from my own head, but God wants to save this person and is giving me words of



**Each person is in essence
perfect and harmonious.**

guidance to help him.” At that moment, he realized that up until then he had been somewhat arrogant in thinking that it was because *he* was great that people were miraculously healed of their illnesses. He realized that it was this arrogant and haughty mindset that was obstructing his nose, making it stuffy and his head feel fuzzy. He apologized to God saying, “I’m very sorry to have been so arrogant to have thought that it was me and what I was saying that helped people recover from their illnesses. It was all thanks to the power of God. I am so sorry.” It was at that very moment that he felt his nose and head clear, and he was healed of his empyema. In this way, when one’s heartfelt desire is to help another and show the way, one is attuned to God’s vibrations and will find and be able to speak the appropriate words to help the person. That is why God tells us, “Therefore you should not think that you lack the power to speak to others. Instead, speak whatever comes to mind at that moment concerning ‘Seicho-No-Ie.’ Then your words become the seed and your listeners are thus saved. All you have to do is to sow the seeds. It is God who lets fly the seeds of the teachings into the minds of humankind. Therefore simply speak whatever comes to mind and your listeners will be saved.”

Thinking that it is enough simply for the self to be enlightened or saved is a selfishness of sorts, and one definitely cannot say that one has been enlightened to the True Image. This is because the True Image of one’s life is, “the self and others are one under God,” so there is no way in which one can possibly be saved without being able to save another. Therefore, thinking that only the self has been saved is a kind of delusion.



**All you have to do
is to sow the seeds.**

To save even one person is truly a great deed in the eyes of God. This is a vital matter. To allow people to use the light of wisdom reinforced by the warmth of love for the benefit of those who are not yet ready to be enlightened simply by reading a book and for the benefit of those who wish to delve more deeply into Seicho-No-Ie in order to save people—that is, to allow people to weave the mandala of the cross of wisdom and love—is the purpose of “Life’s Purification Center.” Henceforth, many good people within whom dwell the spirit of angels who save people will gather here at this training center, and they will perform their miracles here. Those who come to this Center with a mind of love will go home with many divine blessings; however, those who come to judge or to ridicule will not. They cannot receive God’s blessings until they correct their attitude because such an attitude does not match the vibration of God’s mind.

When I read this passage of the Divine Message, one thing I feel very keenly is how very deep God’s love is. I believe there are many people among our followers who do not bother to go to someone troubled living nearby to share the teachings because they think of it as being “just one person.” However, God is saying, “To save even one person is truly a great deed in the eyes of God,” and continues even more emphatically, “This is a vital matter.” When we think of things in this way, we cannot remain inactive and indulgent simply because *we* understand that we are *children of God*.

From *Touhigan no Shinji*, “Divine Message of the Paramita,” pp. 167-179



**To save even one person
is truly a great deed . . .**