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Fortune cookies often contain good words that brighten your life. Like a fortune cookie, always express good, positive words in your daily life, and by the law of the mind, you shall attract a wonderful, happy destiny.

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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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Loving Words

WORDS BLOSSOM

We have a wonderful “weapon.” This weapon does not kill people, nor is it physical strength or a technique that will help win a fight. It is kind, gentle words that are filled with the vibrations of love. Love has the power to heal all and draws out the life, not only in people, but in all animals and plants. Love is also expressed through words and expressions. I’d like to introduce the following article which was in the June 27, 1991, “Letters to the Editor” section, of the *Sankei* newspaper as an example:

The other day, as dusk was quickly approaching, I saw 4 to 5 middle school students smoking in the shadows of a condominium building near the train station.

I passed by once, but because I couldn’t help but feel concerned, I went back and said, “You know, I can understand your wanting to see what smoking cigarettes is like, but did you ever think how your pure white lungs are going to get all black with nicotine? They don’t belong to anyone else. They’re *your* lungs.”

“Humph! What’s up with this old lady?” They said this, but while doing so they threw down their partially smoked cigarettes and stomped them out. I went home and told my family about this, and they said, “It’s best to let sleeping dogs lie,” “I’m surprised you’re safe,” “Mom, you’re great!” But at the time, I hadn’t thought about anything. The words had just come out naturally.

In any case, I’m hoping that my words of caution will stay somewhere in the recesses of their minds. Oh, and at our house, we don’t provide ashtrays for our guests unless asked. (From a Homemaker)

The person who sent in this letter is 57-year old Mrs. Uehara of Takamatsu, Japan. It was probably because she used loving words

when cautioning the middle schools students that, although they grumbled various things, they *did* stop smoking. Some might wonder what happened to those students the next day, but if there is love behind them, words that are heard once have a strange, strong power to stay within one’s mind, and when the time comes, those words shall sprout forth, the trunk shall grow, and flowers shall blossom.



WHEN WE DON’T EXPRESS OUR LOVE

Let me introduce a testimony by Yae Saida of Kyoto who used to live a dark, depressing life. One day, many years ago, when she was in elementary school, her class was having an arithmetic lesson. Although she generally didn’t participate actively in class, this time she knew the answer immediately, so she raised her hand. The teacher said, “Hmm. You raised your hand very quickly, but is your answer correct?” So saying, she called not on Yae but someone else in the class instead. The answer that Yae had come up with was exactly right, but the teacher said, “Your answer was probably wrong,” and didn’t even give her credit for having had the correct answer. After that, Yae’s negative personality got worse and she didn’t enjoy life at all. In this way, the negative properties of words without love are also very powerful.

Yae eventually married Mr. Juuzo Saida, who owned a produce business, and became very busy with her three children. However, it turned out that her husband was very controlling, and as a form of rebellion, Yae maintained a stony silence and began leading a very dark, disharmonious life.

Of course, this naturally led to many family issues. Her son, who was just beginning to attend middle school at the time, said, “I don’t want to come home to a place as dark and depressing as this.” Yae was very shocked to hear this and worried every day. However, she was introduced to Seicho-No-Ie through a neighbor, Mrs. Ichinose, and began attending Early Morning Meditation and Reader’s Meetings. She learned that, in Reality, each person is a



child of God, and as such, is the heir to all the wealth and strength that is God. She also learned about the importance of using loving words.

She was taught to use nothing but loving words to her husband and children. Although she might have shown her children her love, she had been completely negative and constantly critical and resistant to her husband. She regretted this very much. Whether in front of their store or in front of their customers, if her husband was in a bad mood, he’d yell. Yae had been very resistant every time this happened, but as she practiced Shinsokan meditation and revered the wonderful God-nature/Buddha-nature within her husband and visualized his True Image, she gradually began feeling less concerned about his flaws and stopped rebelling against him.

IN THE BATHROOM

Then one day, her husband came home from having gone to the wholesale market where he bought the produce he sold in his store, and he was in a very foul mood. Something must have happened while he was out that made him feel that way. There was no controlling him. He took everything out on Yae. Had it been before she had gotten to know Seicho-No-Ie, she would have fought back and protested, but this time she accepted her husband’s curses quietly and gently and said, “You can yell all you want, but there’s nowhere for me to go but here.” When she said this, her husband quieted and calmed down. After this, the occasions in which her husband got angry grew to be less frequent. The more loving Yae’s mind grew, the more she used calm, gentle, joyful words, and the less she looked at her husband’s faults, the more harmonious her family became. That was because, although she was looking at the same things in the phenomenal sense, she was now looking at them from a positive and happy perspective.



One morning, Yae opened the door to go into the bathroom and was very surprised. Her husband had forgotten to flush the toilet. She could have shouted, “Oh, how gross!” But Yae didn’t think that at all and instead said, “How wonderful! I’m so grateful! My husband is healthy! I’m so grateful!” and she flushed everything down the toilet. The old Yae might have felt disgusted and worried, “Could my husband be getting senile?” But she was now able to accept this situation with bright, warm, loving words, and she couldn’t help but feel happy that she could do this quite naturally.



A SONG OF LOVE

In this way, Yae lived each day filled with love and gratitude, but in January of this year, she began having stomach pains. There were days when she couldn’t eat anything at all. However, as Branch President of the White Dove Association and as a Regional Lecturer, Yae was very busy at that time promoting attendance at the Grand Lecture to be held on March 19th.

She thought of the pain as a part of the healing process, and she continued promoting the event for three days, although she felt dizzy and light-headed from not being able to eat anything. She kept telling herself, “I am practicing these deeds of love with God.” She also continued to go to Early Morning Meditation everyday. She was exhausted by the time she got home, but even then, her husband did not blame her, and let her do whatever she wanted to do freely. Yae was very happy and grateful for this.

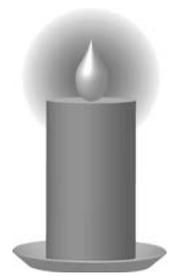
“I am what I am today thanks to my husband.” She was filled with gratitude each day. She read the *Truth of Life* volumes every day. Yae was very happy when she was finally able to keep food down. She realized that she needed to be even more grateful for being able to eat every day without any problem. She also realized she needed to be grateful to the normal, ordinary things in life. There was no longer any sign of the person who once was so introverted that she could never say anything to a stranger. She could now practice deeds of love and distribute the Seicho-No-Ie magazines for



propagation, go from house to house, bless and praise the residents, and hand the magazine to them. She attended the Grand Lecture along with the 30 people she’d invited.

In this way, love heals all, and there is infinite power within loving words. All we need to do in order to make the world and our families better, is to make sure that loving expressions and loving words and praise permeate everywhere. There is absolutely no need whatsoever to enumerate all the illness, unhappiness, disasters, etc. in the world. However, sadness, accidents, and tragic, sad war stories are emphasized in the news every day. Though we may ask the media to stop this, since they are providing what the consumer wants, they will only continue to give those sad reports and be even more eager to broadcast the sorrowful words and tears of people.

So we must increase the words of light and love that are more than those words of negativity and darkness. The more dark and depressing phenomena there are, the greater the need for loving words. When darkness spreads, all we need to do is to increase the number of lighted candles in the world. No matter how vast and deep the darkness may seem, one candle has the same strength. If we use it to then pass that light to another candle, it will be twice as bright. If we light three candles, it will be three times as bright. Darkness does not have the power to pass darkness around, but light has infinite power to increase. We must not be afraid or pessimistic that the one candle is too small. There is no power so great, not even that of an atomic or hydrogen bomb, that it can extinguish the small but sincere words of love of a small lighted candle. Correct faith, indeed, is the everlasting act of sharing the power of loving words and is a rousing chorus of a song of joyful praise.



From *Mina Kami no Ko de Subarashii*, “Everyone Is a Child of God and Is Wonderful,” pp. 78-91

Your Words Determine Your Life

MASAHARU TANIGUCHI

Things Will Be Manifested Exactly As They Are Named

At the end of Chapter One of Genesis, it is written, “God saw all that he had made, and it was very good” (Gen. 1:31, NIV). God Himself is saying that everything that He created is good, but because people repeat mistaken words in their minds such as that children of sin exist, or that illness exists, mistaken negative forms appear by the misuse of the creative power of words.

God created Adam and Eve as ancestors of human beings and allowed Adam to name all living things. It is written that all things developed in the way Adam named them. Adam is used as a representation of man, and, in the way that all living things developed to be exactly as they were named, so did man who is included in all living things.

Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. (Gen. 2:19, NIV)

Man was created as the lord of creation and was allowed to name each living creature. If man names a person “a bad man,” that person will become a bad man. If the person is named “a sinner,” he will become one. On the other hand, if one is told, “You are a child of God,” that person will become a child of God.

In the Book of Exodus in the Old Testament, it tells of how Moses led the Hebrews out of bondage in Egypt and of their wandering. Moses thought that there was a bush on fire and that flames were in the distance. It was not that a physical bush was burning but it was the appearance of God’s light.

There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

When the LORD saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!” (Ex. 3: 2-4, NIV)

Moses asked God what His name is and God replied, “I am that I am. . . .” “I am” refers to the *subject of true existence*. That is God and God becomes what He has said, “I am that I am . . .”—that is, the *name* by which he is called. Names are words and are the *essence*. The essence of God is formless, and the essence of that formlessness manifests in the form of the name that it was given.

Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?” God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’” (Ex. 3:13-14, NIV)

Because God is the life that is the *subject of true existence* that lies within a person, if that subject says, “I am a sinner,” that person becomes a sinner. This is how the formless subject that appears through words is God—this is how God answered Moses’ question.

Therefore, if you keep saying to yourself, “I am rich,” that is exactly how things will be. There is not one rich person who repeatedly says, “I am poor. I am poor.” There are no healthy people who say, “I am a sick person. This illness is very painful.” God answered Moses’ question by saying, “The ‘I AM WHO I AM’ that resides in each person is God.”

So can you name yourself, “I am such-and-such”? If I were to answer, I would say, “I am a son of God.” This goes not only for me

but all of you who are members of Seicho-No-Ie can answer in this way. If you give yourself the name “child of God,” the “life of God” that lies in you shall manifest in the perfect form of a *child of God*.

What Is Authentic Correct Religion?

We believe in the correctness of the conclusion that God made as follows, “God saw all that he had made, and it was very good” (Gen. 1:31, NIV), therefore we believe that a religion which accepts that “all things are good; there is no evil” is a religion which trusts most meekly in God’s words.

It is written in the Bible that, despite the fact that people were created perfect and harmonious as children of God, the reason they became a “child of sin” is because man was deceived by the serpent and ate the fruit of the tree of the knowledge of good and evil. The serpent’s wisdom is the wisdom of materialism. A snake lives by crawling along the ground. In this case, the ground is a symbol of material things and materialistic wisdom is the thinking and outlook on life of living through gluing one’s entire body and soul to material things and living through them.

God created all things and said they were all good, but it is written in Genesis that the reason the thinking that there is evil as well as good is because, through materialistic wisdom, man ate the fruit of the tree of the knowledge of good and evil. Man who was deceived by the serpent’s knowledge—in other words, materialism—began to consider all that God had created with spirit as its true substance and through good, positive words, as having been created from material things, and despite the fact that God Himself said that He had “created all that was good” man began thinking that evil exists as well as good.

As Adam and Eve began eating the fruit from the tree of wisdom, God approached and said to Adam, “What are you doing? What is that stuck in your throat? You ate from the materialistic tree

of the knowledge of good and evil, didn’t you? Then you cannot live in the Garden of Eden which is eternal Heaven.” So saying, he banished Adam and his wife from the Garden of Eden. The place in Adam’s throat where the fruit got stuck and caused it to swell is known as the “Adam’s apple” and comes from this myth.

This sin of Adam, who is the ancestor of humankind, of having eaten the “forbidden fruit” is referred to in Christianity as the “original sin.”

This fundamental or basic sin is, as you can understand from what I’ve just told you, to mistakenly think that the physical body, which is made from matter, is a human being, despite the fact that he was created by God’s spirit, and to look at all things in the world from that materialistic standpoint and think that, while we are told that God created everything as good, there is also evil in the world. In other words, the mind taking and eating from the tree of the knowledge of good and evil is actually the *original sin*.

The Way to Return to Paradise

The problem is how man, who was banished from the Garden of Eden, can return there once again.

In the next section of Genesis, it is written that God, after having banished man from the Garden of Eden, blocked the way to the tree of life by placing cherubim and a flaming sword to guard the way and prevent anyone from being able to return.

And the LORD God said, “The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever.” So the LORD

The mind taking and eating from the tree of the knowledge of good and evil is the **original sin.**

The serpent’s wisdom is the wisdom of **materialism.**

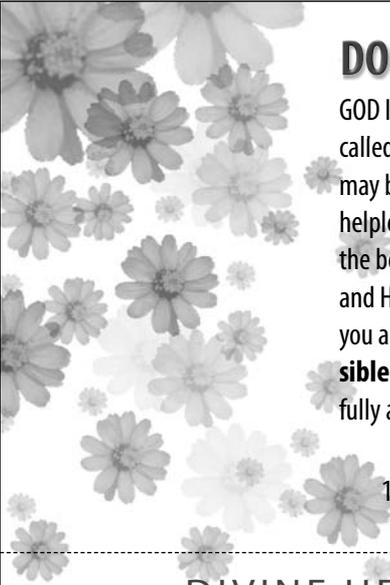
The way to return to paradise is . . . bite into and firmly digest the **True Image of life** in your mind.

YOUR WORDS DETERMINE YOUR LIFE

God banished him from the Garden of Eden to work the ground from which he had been taken. After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.” (Gen. 3:22-24, NIV)

This infers that it is possible to return to the Garden of Eden by eating the fruit of the tree of life. This means that it is possible to return to the Garden of Eden when you bite into and firmly digest the True Image of life in your mind.

From *Kiseki wo Shouzuru Jisso Tetsugaku*, “The True-Image Philosophy That Gives Rise to Miracles,” pp. 36-45



DO YOU NEED DIVINE HEALING?

GOD IS LOVE—LOVE HEALS ALL. A prayerful meditation called *Shinsokan* will be conducted for you. Although you may be surrounded by circumstances that make you feel helpless, **do not lose hope!** Place yourself completely in the benevolent hands of Almighty God. God is omniscient, and He is living within you at this very moment. He guides you and protects you. **With God, all things are possible!** Term of prayer: One month. Freewill offering gratefully accepted. Please cut out the form below and mail to:

SEICHO-NO-IE TRUTH OF LIFE CENTER
14527 South Vermont Avenue, Gardena, CA 90247

DIVINE HEALING REQUEST

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Brief description of your problem: _____