



SEICHO-NO-IE

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Fresh herbs often are helpful in enhancing flavors and in remedying some physical ailments.

However, your True Image has the ultimate power to manifest your infinite potential and life. When you truly know and practice this, you have the power to heal yourself.

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SEICHO-NO-IE

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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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PRINTED ON RECYCLED PAPER

That Which Transcends Birth, Aging, Illnesses, Death, and Poverty

THE TRUE FORM OF AN APPARITION

Why is it said that illness disappears when people join Seicho-No-Ie? It's not that we chant any sort of incantation, give anyone any medication, or practice palm healing or spiritualism. We simply teach that *disease essentially does not exist*. When people really understand this principle, it is through that enlightenment that illness suddenly disappears. It's like someone who believes something is a ghost but is told, "It's not a ghost. It's just a hanging sponge gourd." When the person finds out the truth, his fear disappears, and the apparition that he thought to be a ghost also disappears. In the same way, imperfections such as illness, which are not God's creations, disappear when one knows the truth of the situation. Illness disappears because it essentially does not exist.

Kiyoko Taniguchi (no relation) had a weak heart, and this caused her to be so fearful that she came close to having a nervous breakdown. For example, she imagined that she would fall deep down into the depths of hell when she was in an elevator. However, enthusiastic Seicho-No-Ie members nearby encouraged her to participate in a Grand Lecture in Nanao City, Japan, that I would be giving. She couldn't believe, though, that someone could be cured of an illness simply from listening to a lecture. She declined to go because she had already gone to many doctors up until then and had been given many injections. She also believed that her heart problem came from having done farm work that she was not used to doing. In short, she thought that it would be impossible for her to be cured.

A short time later, however, another friend told her that there was going to be a Seicho-No-Ie Grand Lecture that day and invited her to go.

**THERE IS NOTHING WRONG WITH THE PHYSICAL BODY—
THE PROBLEM LIES IN THE MIND**

Since she had been invited so many times, she decided to go just once and went with her friend to the inn in Nanao where the Seicho-No-Ie Grand Lecture was being given. When she arrived, she was surprised to see at the reception desk that the love offering was ¥100 (approximately \$1 USD in those days). She thought it was wrong for her to have to pay money to listen to a talk when she was only there as a favor to her friend, but since she felt obligated, she begrudgingly paid, went in, and sat in the back. However, she couldn't get the ¥100 out of her mind and wasn't listening to the talk. It just so happened that at that time, the members were giving testimonies. A person who had had a bad heart came up to give a testimony and said, "I had always thought that I had a bad heart, but it was actually my mind that was the problem. My mind was bad, and my heart problem was a reflection of my ugly mind."

Kiyoko immediately leaned forward and listened to what the person was saying. Before she knew it, she had made her way from the back to the middle of the room and was listening very intently. After this testimony, I gave my lecture which had to do with gratitude. Each person is *a child of God* and has already been given all divine virtues and blessings, so if one becomes meek and accepts the kindness and love of all people, he will find happiness. However, if he is not grateful and does not recognize the blessings from others, imperfection may appear, but that imperfection actually does not exist in the True-Image World. God never created an imperfect world—that is a false existence. These are the things about which I talked.

As she listened to my talk, Kiyoko gradually realized that she had hardly expressed any gratitude all her life—she had been filled with discontent and complaint. The lecture ended, and it concluded with a Shinsokan meditation. She practiced Shinsokan as she had been taught, and she really began to recognize how she had lacked gratitude and the realization of her already having God's wonderful blessings. She had instead closed her eyes to them. Soon she found herself repeating, "Thank you very much. Thank you very much."

HEART CONDITION DISAPPEARS

When the Shinsokan session and lecture ended, the heart pain that she'd felt was gone and she felt good. She felt so good that she thought she'd walk home by herself. She walked outside on her own, and when she ran into a bus driver, who was also her neighbor, he encouraged her to ride back home on his bus. Her friend cautioned her against it since the ride was sure to be shaky, but she got on anyway because she felt that it would be fine. Just as predicted, the ride was very bumpy. When she finally got home, everyone in her family was outside, waiting for her, looking very concerned. They were worried because Kiyoko, a sick person, took so long to get home, and they thought she'd had a heart attack somewhere. Kiyoko, who hadn't had anything to eat for a week, got off the bus shakily and everyone took her by the arm and helped her in. Her 18-year-old daughter said, "Mother, we have your bedding prepared upstairs. Please go to bed immediately." So saying, her daughter helped her upstairs. Her dinner had already been prepared and had been placed by her pillow, but she felt nauseated and had no desire to eat at all. Just as she was about to go to sleep, she suddenly recalled practicing the Shinsokan meditation.

"Oh, that's right! I'm going to practice Shinsokan." She sat up immediately and began to practice Shinsokan in the way that she remembered having been taught that day. She meditated for about 40 minutes saying, "Thank you very much. Thank you very much," and when she opened her eyes, the pounding in her heart was gone, her chest had cleared, and she wanted to eat. Her father and everyone else shouted joyfully when she said, "I'm going to eat dinner downstairs with everyone else." That day, Kiyoko ate two bowls of rice for the first time ever. She practiced Shinsokan the next day as well and deepened her conviction that she was a child of God. After a while, the wife of the doctor nearby to whom she went every day came to see her since she hadn't been there that day or the day before. Kiyoko said to the doctor's wife, "I'm not sick. It was only that I had an ugly mind. I'm not ill at all."

From that day forward, Kiyoko was able to let go of the illness she had been suffering from for many years and became perfectly healthy as she went from a life of complaints to one of gratitude and harmony.

THE PROTAGONIST OF THE PHYSICAL BODY: LIFE

Why did illness disappear in this way? It is because illness essentially does not exist. Not only does illness not exist, but neither does the physical body. Although it may appear as though the physical body exists, it is not something that truly exists and it is only manifesting temporarily. Therefore, the sufferings of birth, aging, illnesses, and death do not exist.

It is *eternal life* itself that exists within all people and all living things that God created, and it is the True-Image life that transcends the physical body and phenomena. This is not simply life that exits physiologically. It is the *eternal life* that is the protagonist of the physical body. It is important that we realize that this *life* is, indeed, oneself.

From *Ai wa Subete wo Iyasu*, "Love Heals All," pp. 42-49



DO YOU NEED DIVINE HEALING?

GOD IS LOVE—LOVE HEALS ALL. Let us help you by praying for you. We consider it a privilege to pray for anyone seeking divine healing. 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

Name _____

Address _____

City/State/Zip _____

Brief description of your problem: _____

Lighting the Way to Happiness for the World

The Seicho-No-Ie International Spiritual Training Seminars

In our May and June 2008 issues, we introduced the Seicho-No-Ie Spiritual Training Seminar (STS) and a brief overview of its history, as we commemorated the 60th Anniversary of the first STS held under the guidance of the founder of Seicho-No-Ie, Dr. Masaharu Taniguchi. Now, let us look at the Seicho-No-Ie International Spiritual Training Seminars and the International Leadership Training Seminars held in the United States under the auspices of the International Spiritual Training Center.

—Editor

With the publishing of the first issue of the *Seicho-No-Ie* magazine in 1930 by Dr. Masaharu Taniguchi, the lives of countless people were changed simply by touching upon the words of the Truth. It was through this one magazine that people were cured of chronic illnesses that had plagued them for years, and businesses that were on the verge of bankruptcy began to thrive. Failing marriages became loving ones and students who previously had barely been able to keep up with their studies began to excel academically. Those whose lives were changed so dramatically in this way shared their happiness with others, and the Seicho-No-Ie Humanity Enlightenment Movement grew and flourished, with an ever-increasing number of people wanting to deepen their understanding of the Truth and attend the Spiritual Training Seminars. First held at the Tobitakyu Spiritual Training Center, the increasing popularity of these seminars led to the subsequent establishment of other similar centers throughout Japan.

The Seicho-No-Ie teachings first reached the United States around 1934 and people began gathering at Readers' Meetings to study them. In 1938, a systematic missionary activity system was initiated when the International Headquarters in Tokyo dispatched a Minister to Honolulu, San Francisco, Los Angeles, Seattle, Vancouver, and other cities for a seven-month lecture tour. Spiritual Training Seminars were also implemented in the Hawaii Missionary Center, followed by seminars held at what is now known as the United States Missionary Headquarters in Los Angeles in Japanese and ultimately in English.



Trainees, full of spirit at the historical First International Spiritual Training Seminar in August 1995

Through the years, these Spiritual Training Seminars as well as the community-based seminars in Japanese and English continued to add even more momentum to the Humanity Enlightenment Movement in North America. In 1993, Seicho-No-Ie launched the International Peace by Faith Movement which expanded Seicho-No-Ie's original objective of individual salvation. This was for the achievement of eternal world peace through faith. Being *the* most influential country in the world in terms of socio-economic and political power, the United States was recognized for its importance in propagation by the Seicho-No-Ie leaders, and at the May 1995 then-Board of Directors meeting of the Religious Juridical Person, "Seicho-No-Ie," the following was decided as the concept guidelines for what was to be known as the International Spiritual Training Seminars:

1. As a general rule, develop the program towards newcomers to Seicho-No-Ie.
2. Focus on providing a thorough learning experience of the Seicho-No-Ie teachings that only the God-created True Image exists and the Truth that each person is a child of God and essentially without sin.
3. Teach the essence of the oneness of all religions and that there is no need to give up one's family religion.

4. Teach that life is eternal.
5. Teach the truths of natural circulation, co-existence and co-prosperity, and grand harmony.
6. Teach about the International Peace by Faith Movement that is a religious movement that transcends race and ethnicity.



The 1st ISTS, practicing the Shinsokan Meditation for Mutual Prayers.

The not-for-profit organization, the Seicho-No-Ie International Spiritual Training Center, Inc. (ISTC), was established shortly thereafter and with it came the Seicho-No-Ie International Spiritual Training Seminars (ISTS) that would provide the opportunity for those throughout the North American continent, as well as in Europe, etc., to study the Seicho-No-Ie teachings in English.

Prior to that, however, Seicho-No-Ie Ministers and leaders from throughout the United States and Canada met in the spring of 1995 to develop a manual for the ceremonies and rituals to be incorporated into the seminars. This exchange of ideas and the discussions that were to follow would help unify the way the Shinto and Buddhist-based Seicho-No-Ie ceremonies and rituals were performed and to make them as palatable as possible for English-speaking attendees.

In August of 1995, the First International Spiritual Training Seminar



The 3rd ISTS trainees return to their dorms after a session by walking along a snowy path.

was held at the Phoenicia Pathwork Retreat Center in Phoenicia, New York. Located about three-and-a-half hours from Manhattan and surrounded by lush greenery, the ISTC staff greeted the 28 enthusiastic participants who came from the United States, Canada, Brazil, and Japan for this historic event. Everyone was filled with spiritual joy as they studied the fundamental

teachings of Seicho-No-Ie in this beautiful setting, spending time during the day to walk, and enjoy the blessings of nature. Early Morning Services were held with the sounds of birds chirping and nature awakening to a brand new day. Deer and squirrels scampered about during the day, and bears could be heard wandering around at night. In this way, the participants lived in oneness with one another and with all of nature around them—a true hands-on experience of putting the Seicho-No-Ie teachings into practice.

It just so happened that that particular weekend was the hottest of the summer. There was no air conditioning, but not one of the participants complained. Everyone was basking and totally immersed in the spirituality and synergy of the time they were spending together.

Having experienced this sweltering heat, who would have imagined that two seminars later, at the 3rd ISTS, the entire grounds of the same venue would be covered in 17 inches of snow? The extremes in the New York seasons and weather were a source of concern, and responding to the wish of making it easier for people throughout North America to participate in the seminars, the ISTC has since held these events in various points throughout the United States and Canada, such as California, Colorado, Florida, Hawaii, Toronto, and Vancouver. Through the seminars, both newcomers to Seicho-No-Ie as well as long-time members have expanded their understanding of the teachings that we are all children of God, all religions emanate from one universal God, and that our physical self and the environment around us are all reflections of our mind.



44th ISTS at Hawaii held in February 2008

To focus further on the development of Seicho-No-Ie leaders, the First International Leadership Training Seminar (ILTS) was held in March of 2002 at the Passionist Spiritual Training Center in New York. The attendees went home

buoyant and eager to share all that they had learned from their intensive three days of study and fellowship.

In this way, the ISTC continues to carry out its mission to nurture leaders with an international perspective who will contribute to and shoulder the Seicho-No-Ie movement throughout the 21st Century. It is in that spirit that the Vice President of Seicho-No-Ie, Rev. Masanobu Taniguchi, has traveled to the United States, beginning in 2003, for the Special Conferences for World Peace that have been held under his guidance. The ILTS have used the information from these events as a major source of study content to ensure that as many people as possible have the opportunity to learn about the very critical topics discussed at the Special Conferences.

Improvements and refinements have been made to the seminar programs, and thanks to the generosity of Rev. and Mrs. Masanobu Taniguchi and many others, the leadership of the past and current Chairpersons and Directors of the ISTC, and the guidance provided by the Ordained and Assistant Ministers, both the International Spiritual Training Seminars and the International Leadership Training Seminars have continued to this day to share the message of Seicho-No-Ie and light the way to happiness for countless people. The most recent ISTS was the 44th held in February of this year at the Jisso Center in Hawaii, and the 7th ILTS will be held in July where it all started—in New York.

For more information on future seminars, please contact the ISTC office at (212)371-4606 or visit their website: <http://www.sniists.org>.

Awaken to your divine spirit! This seminar is for Regional Lecturers, Enlightenment Leaders, Propagators, and those recommended by the Bishop of Seicho-No-Ie U.S. Missionary Headquarters, Chiefs of Missionary Areas, or resident ministers. For more information, please call the International Spiritual Training Center, 247 East 53rd Street, New York, NY 10022. Phone: (212) 371-4606; Fax: (212) 371-4630; Web: [sniists.org](http://www.sniists.org)

**7th
INTERNATIONAL
LEADERSHIP
TRAINING
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**Riverdale, NEW YORK
July 18-20, 2008**