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Let your spirit be free and fly like the butterfly. Your spirit—your True Image—is divine, so do not let the worries of the physical world constrain you. Let go and let God guide you to soar on to overcome any challenges in life.

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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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Deeds of Love Entrusting Everything to God

A PROBLEM WITH HIV

A person's true nature is God-nature, Buddha-nature, and this is a shared, true characteristic of all people. Therefore, we possess wisdom and love. If either is lacking, it is because we have been led astray by something or someone and believe in things that are bogus or false. Therefore, what we believe in is important. I cannot help but fervently hope that the firm conviction and belief of the *child-of-God person* spreads, not only throughout Japan, but throughout the world.

From the beginning, true wisdom and love have been the *inherent rights* given to a *child of God*, and do not belong to a child of sin or child of a monkey. The reason that a human being can be human is because he can know God through the instinct of a child of God and live in the love of a child-of-God person. Love and wisdom are one and are the essence of the True Image.

We were very fortunate to have the opportunity to listen to a wonderful testimony of love given by an overseas visitor at the National Convention in 1997. It was like a testament to the teaching of Christ, "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matt. 6:33, NIV). Mrs. Eloisa Elena Gonzalez from Brazil gave the following testimony at the White Dove National Convention.

In February of 1992, Mrs. Gonzalez was shocked to hear about her 26-year-old younger sister from her mother. This sister, who was eight months pregnant, had been hospitalized with a bacterial infection in the brain. Moreover, she had apparently been infected with HIV four years before. Not only that, but they did not know who the father of the baby was.

These things were problematic enough, but when the sister found out that she was pregnant, she had tried various methods

of abortion. Finally, however, she decided to have a legal abortion. She set out for the hospital on the day her surgery was scheduled, but when she got to the front of the hospital, she decided not to go through with it. The child was eventually born prematurely, weighing only 1800 grams (almost 4 pounds). The sister, however, was not able to withstand the difficult delivery and died the day after giving birth.

HOSPITALIZATION AND PRAYER

At that time, there was no one who could look after the newborn child. When they were trying to decide who would take care of the baby, Eloisa's husband said that they should adopt and raise the child. He was a very courageous and loving man to begin with, and although Eloisa had joined Seicho-No-Ie in April 1985, the Seicho-No-Ie teachings had undoubtedly reached her husband, too.

The couple went to the hospital and told the doctors that they would like to take care of the baby. The doctor, however, told them that the child was infected with HIV, and was also seriously anemic. He also warned them that, since the baby had been born prematurely, survival would be very difficult. Hearing this, the husband said very emphatically, "None of that matters. Whether it be for a day or for a week, we will love this child as much as we can as her parents," and insisted that the doctors relinquish the baby to them. In this day and age, when people in society consider personal profit and loss to be first and foremost, this request was, indeed, a rare act of deep love. The doctor then replied, "There is absolutely no medical treatment that we have that can save this child. But, with your tremendous love, I'm sure there will be a miracle."

He said this very kindly and gently and gave his permission for them to take the baby home when it was time to discharge her from the hospital. Mr. and Mrs. Gonzalez said to their family, "God gave life to this child, Ellen, because she has some sort of mission. So, let us pray as a family that God's will be realized."

They also asked the leaders at the Seicho-No-Ie Sorocaba Missionary Branch to pray for Ellen's perfect and harmonious True

Image, and the entire family also began chanting, "*Jisso enman kanzen* ('Our True Image is perfect and harmonious')."

As the Gonzalez family continued to work as one under the Seicho-No-Ie teachings, visualizing and chanting the words of the "perfect and harmonious" True Image of the baby, Ellen's health improved and she was able to go home when she was 23 days old. That was when the constant round-the-clock care began. Even after three months, however, Ellen's anemia had not improved, and each HIV test showed no change in the high level of infection. The baby was still not out of danger.

Then one night, Ellen's hernia ruptured. The family rushed her to the hospital, but because of her HIV situation and the serious anemia, no hospital would admit her. The last hospital they went to, however, told them to wait in the hallway.

Eloisa sat down with little Ellen, who was crying and screaming because of the pain, and cried with her. Not being able to stand it, she cried, "Dr. Masaharu Taniguchi! Dear teacher, where are you? I am your disciple. I need your love now. Please help me! I beg of you!"

GOD'S CHILD

Just then, the door opened and a tall, blue-eyed doctor came out, placed his right hand on Eloisa's head and his left hand on little Ellen and asked, "Why are you crying, Mother?" Eloisa replied, "I'm crying because my daughter, my child here, is about to die. But no one will help us. No one will save her."

The doctor looked into her eyes and said, "This child is not yours. She is God's child. Just simply be grateful."

Saying this he disappeared somewhere unnoticed. They were to find out later on that there was no tall, blue-eyed doctor working at that hospital. Eloisa was convinced that it had been Dr. Masaharu Taniguchi who had appeared as that doctor to teach her, "Even when things look hopeless, you must not forget to be grateful." People tend to think of their own children, or other people's children, or their husband or wife as human offspring, and forget that a human is a *child of God*. The "blue-eyed doctor," though, taught her that

the child is not hers but is a child of God and that doing away with selfish attachment to one's child is true wisdom and love.

Thankfully, the surgery performed at the hospital was a success and nothing serious happened to Ellen from this ruptured hernia. At her 9-month HIV testing, the doctor said, "She is completely healed." In many cases of those affected with the HIV virus, it becomes full-blown AIDS, and one's immune system is seriously affected. In other words, the person comes down with the disease and the result is death. But there are other instances when the patient is infected but does not get AIDS. Even then, however, HIV is detected. The fact that it had disappeared in Ellen meant that the natural immune system had been restored, and we can say that this is an example of HIV, which modern-day medicine says is difficult to treat, being cured.

After that, Ellen had check-ups every 6 months and she continued to have no symptoms of the infection of the virus. It soon became clear that she had been completely healed.

The following outline from an article in the May 20, 1997 *Japan Times* illustrates just how difficult AIDS is to treat.

President Bill Clinton set a national goal Sunday to discover a vaccine in the next 10 years that will protect against AIDS and vowed that the Federal Government would begin new efforts in that direction. In his speech Sunday morning, Clinton stated that he wanted to create a vaccine that would immunize against the HIV and said that he wanted to do something as great as the late President John F. Kennedy who had announced plans to send a man to the moon. Three million people all over the world are at risk for HIV each year. And at least 2.9 million are infected. Currently, although there are drugs available that can slow down the progress of the disease that eventually leads to death, vaccine research began only recently...

Even when Ellen was two years old, court approval to adopt her had still not been received. In 1994, Eloisa was elected President of the Sorocaba Missionary Branch White Dove Association. However,

she declined the presidency saying that she had a child that needed her undivided attention. She thought about it later, though, and accepted the position, believing that this was her mission as one chosen by God, and that He knew everything that was happening and would take care of things. Twenty-one days after being elected President of the White Dove Association, she received a special delivery letter with "Approval of Adoption" documents for Ellen.

At the White Dove National Convention in 1997, Eloisa talked about how Ellen, who was then five years old, was the source of joy for the Gonzalez family and the pride and joy of the Missionary Branch. She also attended the Brotherhood Association-Prosperity Club Combined National Convention, as well as the Youth and Young Adult National Convention, shook hands with me and went home very happy. This was truly a testimony illustrating God's wisdom, love, life and infinite abundance and grand harmony. At the end of her testimony, she said in Japanese, "Everyone in Japan, I love you!"

From *Akarui Mirai no Tameni*, "For a Bright Future," pp. 47-54



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Freeing Yourself From Self Constraints

MASAHARU TANIGUCHI

Why Are There So Many People Who Fail in This World?

It is unfortunate that there are people who cannot control their own minds. It's really a shame that there are so many who cannot approach things with determination and conviction of certain victory. It is sadder yet that there are so many who start things and then are apt to lose their courage and determination to win, worry that they will lose, and are able only to draw forth 10% of the 100% of power that they have within, and as a result, just as they predicted, they fail.

The cause for these failures is because people don't believe in themselves. If they only realized that they themselves are *children of God* and have within themselves twice the strength, appropriate to the condition and the person, to overcome the difficulty, there would be no reason for them to panic when they can't come up with a good solution which only ends up in their making a half-hearted decision leading to the failure of the situation.

Do Not Disparage Yourself

Each person is given life from the Universal Life principle and has also been given the ultimate wisdom and ability of all living things. If we were to call this Universal Life principle, "God," each person is, indeed, a *child of God*. There is nothing more ridiculous than for you, being a child of God, to disparage yourself saying,

"It is impossible for me to do it." For you to disparage yourself as a child of God means that you are disparaging the Creator that is the Universal Life principle (God). You must never disparage yourself.

Have the Complete Realization of A Child of God

There are many people who have read the *Truth of Life* books and realized that everyone is a *child of God*, but very few realize thoroughly enough that, "Since I am a child of God, I am omniscient and omnipotent just as God is." That is why they are unable to fully utilize the infinite power that they have within, and while knowing the Truth of Life in part, still end up making mistakes.

Do Not Allow Your Mind to Dwell on Your Weaknesses

A person will not grow or progress if, though he knows that everyone is a child of God, believes that in part but looks at his physical self, focuses on his weaknesses, and grasps on and does not release them thinking, "I have these bad points. I have these faults." We need to find our weak points, reflect on and correct them. However, as long as we cling to these weak points and do not release them, we cannot rid ourselves of them. Things that we hang on to will not go away, and as long as we do, we will not be able to transcend them. When we release what we perceive to be our weak points, they will flee. As long as we hang on to barriers, we will be restricted by them. When we release them, we will be able to transcend them.

Do This In Order to Release Your Weak Points

What must we do to release our weak points? It does not mean to try and fool yourself by thinking you don't

We need to find
our weak points,
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correct them.

have them when you actually do. Clearly know your weak points. But, consider them to be opportunities to transcend. It is like the vaulting horse in gymnastics. If you do not recognize that the vaulting horse is there and simply walk up to it, you will either trip over or run into it and not progress at all. In the same way, if you do not recognize that you have weak points when you do, you will trip on those points and fall. You must first recognize that they exist. This is like saying, “My weak points are here,” and touching them with your hand. Touching them, however, does not mean to grab on to them. It is the same as touching the vaulting horse with your hand. You do so not to hold on to it, but to jump over it. The vaulting horse is an opportunity for the person to jump over it and increase his ability to jump. When the person makes the “vaulting horse” an “opportunity,” it becomes neither a weak point nor a difficulty. He touches the vaulting horse for a moment and then jumps over it. He takes his hand off it once he has jumped. This timing is important.

Those who realize that they have the ability to jump over the vaulting horse, can do so. Those who are not confident in their physical strength and believe they cannot will get their foot stuck in it and fall.

Jumping over one’s weak points and the ability to jump over a vaulting horse are one in the same. First recognize the existence of “weak points.” But with trust and conviction in yourself and the abilities you have within, touch those weak points slightly with your “mind’s hands,” then release and don’t look at them anymore ... This is how you can transcend your weak points and difficulties.



Do Not Blow Your Weak Points and Difficulties Out of Proportion

In order to jump over the vaulting horse, do not think of it as being something huge. The same goes for Japanese fencing. If you take the bamboo fencing stick, stand up, face your opponent, and think that he looks gigantic, you have already lost in spirit. You must not think of your weak points or difficulties as being gigantic either. The reason many people cannot correct their own weak points and overcome difficulties is because they exaggerate them and believe the situation to be hopeless when it really is not. Many people exaggerate their own weaknesses, increase and over-emphasize disadvantages, and block the outlet to discovering merits and abilities. And because they don’t let go of the vaulting horse called “weaknesses,” they remain unable to jump over it forever.

We Will Become Exactly as We Visualize Ourselves to Be

Everything happens as we imagine it will. If we continue to think of ourselves as being incompetent, the self will manifest in that way. If you want to unfold the infinite power that you have within perfectly and completely, you must not continue to visualize yourself with faults and weak points. If you realize that you do have faults and weak points, release them from your mind and visualize an *excellent self* and focus on that excellence. For example, if you find that math is a weak point, in order to transcend that, don’t hang on to it and keep thinking, “I’m not good at math.” On the contrary, you should think, “I am a child of God, so I can do anything well. I’m good at math, too. I am particularly good at math; I am particularly good at math.” In order to continue thinking in this way, visualize



this when you are practicing Shinsokan meditation and your mind is calm, quiet, and focused, and that thought will be impressed upon your subconscious and you will become good at math, just as you visualized. This is the way to overcome weak points.

Believe That You Are a Child of God and a Sacred Existence

The aforementioned example was simply a way to transcend being weak in math, but when trying to transcend other weak points and manifesting the True Image of a child of God that we have within, when thinking about yourself, always visualize and pray, “I am a child of God, a sublime, sacred existence, perfect and harmonious, skillful, healthy, intelligent, and a beautiful and pure existence both mentally and physically.” Although we often complain that we don’t have enough time or don’t have free time, we still spend a lot of time thinking absent-mindedly about things. And when thinking absent-mindedly in this way, we are, more often than not, thinking about truly silly, meaningless, and rather dark, negative things such as how “that guy made that mistake,” or “the teacher plays favorites,” or “It’s unfair that I was yelled at for that,” or “The next test is going to be really difficult.” From the standpoint of the law that people become the way they think, if we keep visualizing these dark, negative things in our minds, it becomes difficult for the bright, healthy self to appear fully. So when you find yourself absent-mindedly thinking about silly,

meaningless things, think instead, “I am a child of God, and a lofty, sacred existence. Because I am a child of God, I am perfect, able, healthy, and intelligent and a beautiful and pure existence both mentally and physically.” That will become a suggestion to yourself and be impressed in your subconscious, and through the creative ability of your subconscious mind, that “brilliant you” will be realized.

Conviction Must Be Put Into Action

However, this does not mean that you should limit yourself only to prayer. Two young boys went to school together every day, but one day, when they were about 300 yards from the school, the one-minute bell rang before classes started. One of the boys then knelt down and began to pray, “Dear God, please keep me from being tardy.” The other boy, while thinking, “I won’t be late,” ran all the way to school. This boy wasn’t late, but the boy who simply knelt down and prayed did not have the confidence that he would be on time, did not put that confidence into action, and ended up being tardy. In this way, if you want to realize your hopes, along with deepening your confidence through prayer or visualization, you need to put things into action.

From *Han’ei to Kenkou*, “Prosperity and Health,” pp. 130-136



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