

Worry Not

HEAVEN IS NOW

Those who can feel that *now* is, as is, heaven are very happy. However, if a person thinks of that word *now* as his current status, salary, house, or health, it does not mean that that happiness will necessarily be long-lasting. The reason is that the *now* in that instance has to do with various phenomenal things such as status, salary, house, and lot, etc., and if those things disappear, decrease, or break, the person may feel this is no longer heaven but rather hell.

However, the “now is, as is, heaven” to which Seicho-No-Ie refers is not talking about phenomenal things such as now. It means “I am being allowed to live now, as is, in the True-Image World.” For example, I am writing this article in my study, located on the second floor of my home in Shibuya Ward in Tokyo, but here, as is, is the country of Japan. No matter how beautiful my study may be, or, at times, no matter how messy it may be with papers from my articles, it is still Japan here. *Heaven* is the equivalent of the *Japan* to which I am referring, and since heaven is the True-Image World, no matter how the phenomena may change (in other words, status, salary, etc.), it still remains, “*now* is, as is, heaven.”

That is why we must not think of the word *now* as referring to phenomenal things. If we live with a mindset that transcends the phenomenal things that happen and live with gratitude each day, no matter what sort of unhappy or tragic things happen temporarily in the phenomenal sense, they will eventually disappear and a wonderful heaven-like world shall appear before us.

That is because the *True Image* is, in other words, originally heaven and perfect and harmonious, and as long as we do not cloud that over with our mind’s lens, it only makes sense that wonderful scenery will just naturally appear.

CHEMICALIZATION

As I mentioned before, the different things that happen in this world are like the True Image being projected with the “lens” of our mind. While it wouldn’t be confusing if things in the phenomenal world were to change instantly as soon as our mind changes, the fact is that there are many instances in which things and circumstances take a while to change after our mind changes. It’s like a pumpkin seed that is planted but does not sprout immediately. Even when it does sprout, it takes a while for it to bear fruit. It does so only after a considerable amount of time has passed.

In the same sense, there are occasions in which the mind improves, but the results of the reflections of past thoughts continue to appear for a while and life remains the same. In those instances, it is particularly important not to get caught up in phenomena but instead confirm the *perfection and harmony* of the *True Image*, believe that “*now is, as is, heaven,*” and be able to live our lives brightly and happily.

For example, there is the following testimony from Mikiko Yamazaki, who was a little over 30 years old at the time. She joined Seicho-No-Ie shortly after she got married. At the time, Mr. and Mrs. Yamazaki were running a modest business, but they didn’t have the money to stock enough goods and were having a very difficult time raising money. Despite this, they continued to work together as one, but just as their life was improving a little, for some reason, their bicycle was stolen.



Mr. and Mrs. Yamazaki were very devoted people of faith, always taking the *Holy Sutra, Nectarean Shower of Holy Doctrines* and their Buddhist rosary with them, even when they went out to sell their merchandise, so they wondered why something like this could happen. They went to one of the long-time members for guidance, and they were told that they weren’t grateful enough to their ancestors and parents and that Mrs. Yamazaki had to show more love to her husband. Mrs. Yamazaki, with her spirit renewed, then decided to attend Shinsokan meditation at a Seicho-No-Ie Center.

However, despite the fact that the Yamazakis were dedicating themselves so sincerely to their faith, in December of that year, Mr. Yamazaki lost his eyesight. It was like a membrane was covering his eyes. Not only that, he also came down with jaundice. The reason why these unhappy things happened is not *because* they began their faith but it is as written in the *Holy Sutra for Spiritual Healing*:

Do not be alarmed should drastic changes occur in your body after hearing these Truths.
 When a tall building comes crashing down,
 It is accompanied by a thunderous roar.
 The changes in your disease that resemble the thunderous crash are the vibrations you feel when your tall stack of past delusions crumble and disappear.
 The lower the stack of delusions, the smaller the crash.
 The higher the stack, the more violent the crash.
 Therefore, do not fear these changes in your disease.
 What crumbles is not you, but your “delusions.”
 “Delusions” crumble, but the *real you* will never crumble.
 “Delusions” suffer, but the *real you* will never suffer.



In other words, it was nothing more than a “chemicalization” that was taking place and was a prologue to an even more beautiful True Image beginning to shine.

DO NOT WORRY

Therefore, no matter what a thunderous roar a tall building makes when it comes crashing down, we must not be afraid. It is *especially* at those times that we must revere the divinity in the wonderfulness of the *True Image* that lies beyond the phenomena, and as we live our lives in gratitude, we will surely have positive results. In the Yamazakis’ case, Mr. Yamazaki decided to switch places with his wife and go to Early Morning Meditation. As he did, a yellow, greasy sweat soaked through his undergarments and even through his pants. Moreover, it was like a strange smelling glob of oil. Shocked, Mikiko went to speak to Mrs. Kusaba, a leader and teacher of Seicho-No-Ie.

Mrs. Kusaba said, “Things will get better if you continue to be grateful to your ancestors and parents. Until now, the karma of delusion appeared as illness and has disappeared as a condition of that illness, so everything is going to get better from now on.”

Just as she had said, after Mr. Yamazaki went through these circumstances, he improved tremendously, and his eyesight was restored and the jaundice disappeared. Not only that, but the bicycle that had been taken was found, their life became much easier, and now their entire family lives very comfortably, in harmony and good health.

So, no matter how difficult the circumstances may be in the phenomenal sense, or how poor or in want we may be, we must believe that the situation is a “shadow of the mind” of the past, and there is nothing for a shadow to do once it has appeared than to disappear. We should also believe that there is no mistaking that the true world (heaven) will appear next and go on living brightly and joyfully, practicing Shinsokan and reading the *Holy Sutra, Nectarean Shower of Holy Doctrines*.

People have a tendency to get caught up in the evil of phenomena, and worry unnecessarily about the future, or fret over the past. To

those who do, Christ said, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?” (Matt. 6:25-27, NIV) He teaches of a life in which there is no worry.

From *Unmei no Shujinkou*, “The Protagonist of Your Destiny,” pp. 61-67



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:

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14527 South Vermont Avenue, Gardena, CA 90247

DIVINE HEALING REQUEST

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Address _____

City/State/Zip _____

Brief description of your problem: _____

A Mind of Gratitude Brings About Happiness

Let's Grow Beautiful Flowers in the Flower Garden of Our Mind

Masaharu Taniguchi

A Grateful Expression and a Joyful Expression Are Beautiful

Being grateful means to give something more precious than money to those around you. There is nothing more beautiful than a person with hands together in prayer, expressing gratitude.

An angry expression is ugly and a smiling expression is beautiful. Spreading joy is better than anything else.

Our circulation will be purified and cleansed if we are joyful. Thus, our facial coloring will be vibrant and beautiful, we will become healthy and full of energy, and people will love us. There is nothing as beautiful as the expression of a joyful child.

Rejoice in the Joy of Others

If you don't have anything enjoyable and fun but someone else does, be happy for that person. When you are able to rejoice no matter who is enjoying things and having fun, the mind that is envious of others' joy will disappear. Things are always painful and difficult for those who are envious of others' joy, but those who can rejoice in the joy of others enjoy nothing but joy themselves.

The Joy of a Poor Person

Once there was a precious metal dealer. In his store window, there were splendid diamonds, gold rings, and various gems. A pauper stood in front of the window and looked at the things on display. After a while, he went in and said in gratitude, "Thank you very

much for letting me look at the many diamonds and jewels." The store owner was surprised and said, "Why are you grateful for something like that? I haven't given you a single diamond."

The pauper replied, "It's enough just for me to be able to look at them. No matter how rich the person, diamonds are only to look at, so I am the same as a rich man who owns the diamonds. The only thing different is that the rich person needs to worry about their being stolen from him. All I do is look at them and enjoy them. I don't need to worry about their being stolen."

If one can be happy for others having something and not be jealous or envious, one need not be wealthy and still always be happy and have fun.

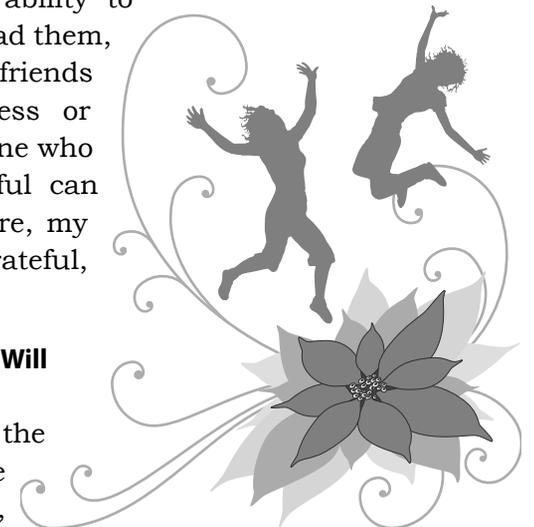
Somehow, a person who is always happy and joyful gives off an air of joy. The feeling of joy that comes from that person gives joy to others and people feel comfortable and friendly towards him. That type of person is popular with others, draws others towards him, becomes a leader amongst people, gains many admirers, and can become great.

Become Someone Who Can Draw Others Towards You

A person who is great has a certain something that draws people towards him. He has the ability to draw people towards him, lead them, and as a result, makes good friends and allies and his business or work prospers even more. One who is always grateful and joyful can acquire this power. Therefore, my friends, let us always be grateful, happy, and joyful.

If One's Mind Is Joyful, That Joy Will Appear in Form

All things that appear in the mind appear in form. Those who have a joyful mind will,



without a doubt, have something happy that they can rejoice about happen. If one is joyful, joy shall appear, and if one is sad, that sadness will appear. Therefore, let us always be smiling and joyful.

Be Careful of the Thief in Your Mind

If a thief broke into your house and took your money and clothing, you would undoubtedly be sad. But a thief breaking into your mind and robbing you of your joy is even sadder, isn't it? The joy in your mind is much more valuable than money or clothing. Money and clothing are supposedly things to make you happy, but unless your mind is joyful and happy, it does not matter how much money or clothing you have.

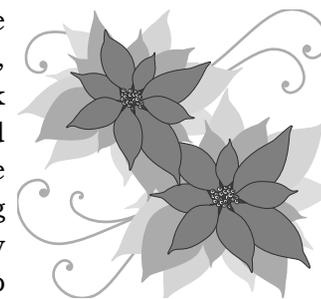
If you are joyful about one thing, that means you are increasing one treasured item in your mind. If you are joyful about two things, it increases the treasured items in your mind by two. If you are joyful about three things, it increases the treasured items in your mind by three. Each time you get angry or cry, those treasured items disappear. Anger and sadness are like thieves who rob your mind of the treasured item that is *joy*, so you should not get angry or cry. If you always smile and are happy and grateful, happy things will undoubtedly come to you.



Likes Attract

For all things in this world, like attracts like. All things are attracted to similar things. So, as the saying goes, "Misfortune seldom comes alone." If one is always crying and sad, there will be all the more things that come about for which one must cry or be sad. If even just one sad thing happens in the morning, things that are somewhat sad occur throughout the day, making

everything dull and uninteresting. If one can get up in the morning, smilingly say, "Good morning, Father and Mother. Thank you very much," and be happy, joyful and happy things will happen throughout the day. Therefore, being happy in the morning makes it easier to continue the entire day with a happy attitude. The idea is not to cry even if there is something sad. "I am a child of God, so there is nothing about which I am sad. I am happy." Try hard to think this. Without fail, you will feel happy.



Dark Things Will Not Enter Into a Bright, Happy Mind

I may be repeating this, but we must make it a point to keep bright hope in our mind. We need to think only about things that will improve and get better. If we think about things that will get better, only good things will appear. If we think only of bright, happy things, we will be unable to think about negative things. A person cannot think of both bright and dark things at the same time. If we always have bright, happy hope in our mind, we won't be able to think of dark, depressing, bad things, so good things will just naturally begin to appear.

There Are More Happy Things Than Sad Things

Don't think of sad things that happened before. They have already passed and are gone. Don't think of those who have hurt or harmed you. That, too, is already over. Think of yourself as being happy now. No matter how sad a thing might happen, that's only one thing, isn't it? Are you saying that there is something else that is sad? Even then, there would only be two things. Moreover, that's not so now, is it? It has to do with something that happened yesterday, an hour ago, or a minute or two ago. It's done and over, isn't it? There isn't only one or two happy things in your life, are there? You have your father, your mother, a house, clothes, shoes, books, and food. . . . There's much, much more, isn't there?

LET'S GROW BEAUTIFUL FLOWERS . . .

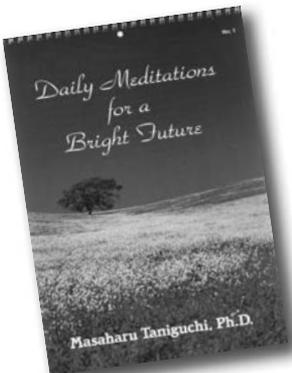
You have all this to be happy about, so there is no need to think only about one or two sad things. Let's throw away the sad, dark things, all the things that make us angry, from our mind, and let us nurture and help only the good, happy things grow in the flower garden of our mind.

Let's plant happy flowers in the garden of our mind. A sad mind is a weed, so let's pull it out and throw it away. Getting angry is also a weed, so let's pull that out and throw it away as well. Let us leave only fun, enjoyable memories. Always think of yourself as being a joyful, happy person. Don't think of yourself as being pitiful or pathetic. One becomes what one thinks, so if one thinks of oneself as being happy, that is the way it will be. No matter what's happened up until now, believe that there is nothing else that can happen other than for you to become happy from your having begun to read this book, "Guide to a Happy Daily Life." Always think of yourself as being happy.

From *Shinpan Seikatsu Tokuhon*, "Guide to a Happy Daily Life," pp. 112-120

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