

A Healing Brought by Bright, Cheerful Laughter and Gratitude

THE POWER OF GRATEFUL WORDS

At a Spiritual Training Seminar held on September 18, 1999 at the Seicho-No-Ie Main Temple in Nagasaki, Japan, Masashi Nishimoto gave the following testimony. He had had blood in his urine for several months, so much so that the toilet bowl would be all red. In April of 1992, the doctors at the hospital told him, “Over the last eight months, we’ve tried various treatments for your bladder problems and even operated, but there is nothing more that we can do. This is the final treatment. If this doesn’t go well and we find that you have cancer, we will excise your entire bladder immediately. This is because if the cancer cells rupture, the cancer will spread throughout your entire body.”

So saying, the attending physician gave him a three-day leave from the hospital. Masashi then went home and talked to his wife, Chiyo, and his mother about the situation. His mother and wife both had known Seicho-No-Ie before then and were members of the Holy Mission Fellowship. Masashi, however, did not believe in anything at all. As the three of them were talking, his mother and wife both implored, “If they are going to operate anyway, please listen to the Seicho-No-Ie teachings.” So, Masashi went to a Seicho-No-Ie lecturer and listened to the various things the lecturer had to say. Despite this, though, there were a lot of things he couldn’t understand. The three-day leave ended and Masashi went back to the hospital. The Seicho-No-Ie lecturer came to visit and talk with him there and encouraged him to attend a Spiritual Training Seminar. He reluctantly went to a three-day seminar where he learned to be grateful. But he had never before been grateful in his life. What’s more, after the Seminar was over and he returned to the hospital, he soon came down with a high fever and terrible diarrhea that wouldn’t stop. He had tests done, but they couldn’t find the reason for his fever. Because he couldn’t eat, he quickly became thinner and thinner.

“This is awful,” he thought, but thanks to the three-day seminar he had attended, there was something he understood just a little. He had previously done nothing but complain whenever the doctors or nurses gave him an injection, but the night he came back from the seminar he began saying, “Thank you.” The doctors and nurses thought something was strange. Here this person who had always been so negative was expressing his gratitude, so they thought something strange had come over him. One of the nurses even said, “It gives me the creeps.”

Masashi decided to ask the doctor for permission to leave the hospital. “Please let me go home for a while. Once I get my strength back, I’ll come back again.”

The doctor discharged him from the hospital temporarily, saying that he would operate if something were to happen and prescribed a lot of medication for Masashi to take while he was home. At the seminar, Masashi had learned to release everything to God, so he decided to put this into practice and threw all of the medication into the trash once he got home.

“Releasing everything to God” is not directly related to “throwing medication away.” Granted, some hospitals nowadays have a tendency to over-prescribe medication, but this is not the case with all hospitals, and there are instances when the medication is appropriate. God does not ignore the work of doctors and nurses. Because His love showers down abundantly through all people and things, when we decide to release everything to Him, appropriate medical treatment will naturally be given.

For example, someone who is always grateful to the entire universe may not have any accidents, and even if he does, the injury or illness turns out to be minor. But in Masashi’s case, he was a beginner and just learning how to be grateful so that is why he threw away the large amount of medicine he was prescribed.

Additionally, when one has a high, continuous fever, one’s immune system is strengthened and it is possible that virulent bacteria or viruses are being killed, so running a fever is not entirely meaningless.

WHAT ARE YOU DOING?

When he got home, Masashi began a last ditch effort. He knew that he had to be grateful, but he had never once said, “Thank you,” to his wife of 30 years. However, he had been taught at the Spiritual Training Seminar to put his hands together and say, “Thank you very much.” He wanted to do this but found it very difficult. He needed tremendous courage. So, he stood behind the door and secretly said, “Thank you.” After two or three days, though, his wife saw him doing this.

“What are you doing, dear?” she asked.

He answered, “I was taught to be grateful and say, ‘thank you’ to you.” After that, beginning the next day, he decided there was no use trying to hide since she had already seen what he was doing so he began to say, “Good morning; thank you,” quite earnestly. As he did, he gradually truly began to feel grateful. That’s why he was able to say, “Thank you very much,” quite sincerely.

About 10 days after being discharged from the hospital, the Seicho-No-Ie lecturer invited him to participate in a Spiritual Training Seminar at the Main Temple. However, he still was not strong enough and was merely skin and bones. Therefore his wife hesitated to let him go for fear of inconveniencing or troubling others. Masashi then said, “I’m the one who’s going. Please take me to the Seminar!” In this way, Masashi went to the Main Temple and devoted himself sincerely to deeds of labor,¹ listened to various lectures, practiced Shinsokan meditation, and read the *Holy Sutra*. Participating in the Seminar, he was also able to eat and really enjoyed the food. As the Seminar was about to come to an end, he received the “wish-granting jewel” (a pill-typed small ball to be tasted as a symbol of one’s enlightened mind)² and as he did, he was so moved that he felt as though light had filled his entire being.

He was just so grateful that he couldn’t stop his tears. When he returned home and practiced Shinsokan, he repeated, “Thank you, thank you very much,” with all his heart.

ONLY THINGS ABOUT WHICH TO BE GRATEFUL

In December, one of Masashi's friends said, "The doctor was worried about your condition and asked that you come for a check-up."

So, Masashi went with his friend to the prefectural hospital and had an exam. He was then told that the inside of his bladder was bright red. The doctor also said, "I don't know if you're well or not. So I'm going to take some sample specimens and send them to Tokyo for tests." The doctor took the sample cells and sent them to Tokyo for thorough tests. In December of 1993, Masashi went to the hospital to get the test results. The doctor said, "It's benign. There is no cancer."

No doubt, when Masashi's mind became grateful and he was able to say the words, "Thank you," every day, the immune cells in his system increased their healing power.

Since then, Masashi has learned the words to Shinsokan meditation, has continued to memorialize his ancestors, and has never missed a day practicing deeds of gratitude. He wanted to try the 1000 *Holy Sutra* readings but didn't know how much "one reading" was. We generally refer to one reading as the reading of any of the Holy Sutras once, but he thought that it meant reading all of the four Holy Sutras, so he read the *Prayerful Song to Praise and Bless the Holy Missioners*,³ *Holy Sutra-Nectarean Shower of Holy Doctrines*, *Holy Sutra-Song of the Angel*,⁴ and the *Holy Sutra for Spiritual Healing*⁵ as "one reading" and was able to carry out the 1000 *Holy Sutra* readings over a period of many, many days.

He also began attending the monthly spiritual training seminars, successfully passed the Regional Lecturer's examination, and became very active in Seicho-No-Ie. Masashi concluded his testimony in the following way: "I am trying very hard to share this teaching with friends and acquaintances—as many people as possible—because I don't think it's right that I keep this faith only to myself. Thank you very much."

¹ Deeds of labor—A religious activity, such as cleaning and doing light work outdoors while filled with gratitude.

² Wish-granting jewel—A symbol in Buddhism which is said to grant one's wishes. A small, amber-colored bead is given as a symbol of the "wish-granting jewel" to participants of the Group Spiritual Training Seminar to taste.

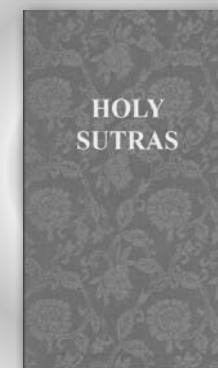
³ *Prayerful Song to Praise and Bless the Holy Missioners*—One of the Seicho-No-Ie sutras, read to deepen the realization of a Bodhisattva and when sending out waves of positive vibrations.

⁴ *Holy Sutra, Song of the Angel*—One of the Seicho-No-Ie sutras, suitable for funerals, ancestral memorial services, etc.

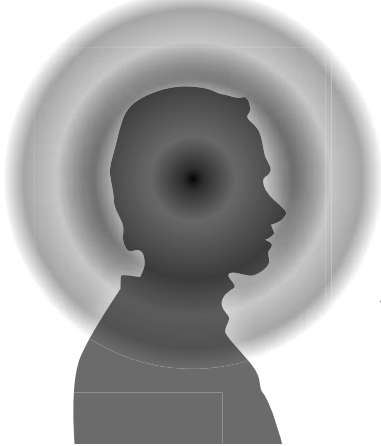
⁵ *Holy Sutra for Spiritual Healing*—Seicho-No-Ie sutra with miraculous virtues of divine healing; explains, in an easy-to-understand way, the Truth that a human being is a child of God, and in Reality, disease does not exist.

From *Sei to Shi no Oshie*, "Teachings of Life and Death," pp. 219-227

Recite the *Holy Sutra* every day and you will create a brighter world for yourself and your surroundings!



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Daily Life Filled With Spiritual Light

Masaharu Taniguchi

The Difference Between a Mere Wish and Sincere Desire

There was a talk given at a New Thought public lecture held on a lakeside in the United States that explained that desires that come from deep within the soul are always answered, but a mere wish is not. A young man who had attended the event asked the lecturer afterwards how to differentiate between a sincere desire and a mere wish. The lecturer then took the young man to the shallow end of the lake and suddenly dunked the young man's head into the water and pulled him up again. After the young man got his breath back, the lecturer asked, "What was it you wanted the most when your head was dunked into the water?" Without hesitating, the young man replied, "Air." The lecturer answered, "In the same way that you sincerely wanted air at that time, if you truly desire something, *that* is the soul's sincere desire." Air is something indispensable and is something that has already been given to us. Because it is something that has already been given to us, we have a sincere desire for it.

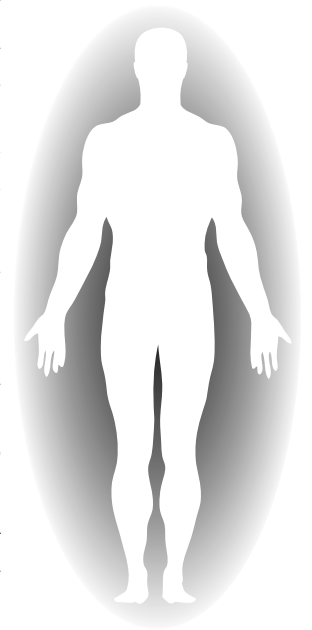
The Merits of a Bright and Cheerful Mind

A person with a bright and cheerful mind always thinks of things constructively. A person with a dark, negative mind always thinks destructively and conservatively. The former can draw out 100% of the potential within, but the latter cannot express even 10% of

that potential. Because a person who is bright and cheerful has confidence, he/she will never get upset even though he/she may be criticized. If Helen Keller, who had the triple handicap of being deaf, blind and mute had been dark and negative and had always reflected upon her misfortune with a negative mind, she would never have become the spokesperson for the physically challenged and the saint of light and hope that she was. Simply having a bright and cheerful mind is a treasure that releases light and becomes a beacon to light the way, even in the most difficult of life's paths. Wherever that light may shine, all difficulties and darkness disappear and we are promised a safe voyage.

A Bright, Cheerful, and Healthy Mind Creates a Healthy Physical Body

One who looks at a person's faults, tries to find the dark, negative traits of a person, always makes those things an issue, and criticizes others attracts a dark and negative destiny. One who looks only at the bright, positive aspects of people has a very calm mind, without any friction, but one who looks at the negative aspects is always attacking and criticizing in his/her mind and is constantly furious and in friction with someone. The friction then makes the person's mind even darker and more negative, and there are many instances in which that causes the person to experience ill health. Recent psychoanalytic studies have reported that when one has a mind that attacks others, that mindset is reversed and redirected back and ends up hurting the person who originally had those thoughts. If one replaces the mind that attacks and criticizes others with a mind that sympathizes and "puts himself/herself in the other person's shoes," begins to truly feel love, and moreover calls forth feelings of gratitude, friction within the mind shall disappear entirely, love shall take its place, and as a reflection, illness shall soon disappear.



The Healing Power of a Bright and Cheerful Mind

Always encourage and motivate yourself with a bright and cheerful mind. Unlike stimulation that comes from chemicals, there are no side-effects, and unlike stimuli that come from machines or exercise, there is no depletion of energy or resulting fatigue. A bright and cheerful mind is the most harmless health drug and energy stimulant there is. It works not only for just one particular organ, or one part of the body, but is distributed equally to all organs and all tissues of the body. That is why it is effective in all instances, not only just for some. Laughter and gratitude are two expressions or products of a bright and cheerful mind. If we really put this into practice, all systems and tissues of our physical body shall be energized and almost all illnesses can be healed. Rid yourself of a mind that worries; do away with a mind that worries about the future and frets over the past, and feel the great joy of life that allows you to live the *now*. It is from this joy of life that sustains you now that your health and business shall dramatically improve.

Free Your Mind from the Restraints of Worry

Release all the worrisome things and matters in your mind, interpret all things that happen as a staircase towards better, improved things and train yourself to always keep a bright and cheerful attitude. This is not only something that will make you happy, but it is a responsibility that you must carry out for the sake of all humankind because, in the same way that a dark, negative mind is contagious, a bright and cheerful mind shall surely go from one to the other in an infectious way. Do not take the damage, blows and financial losses that occur in the phenomenal world too seriously



because they are only reflections of thought. It is important that we correct and replace the dark, negative thoughts that have existed within the phenomenal mind until now with bright, positive ones. Changing to bright and positive thoughts and feelings releases one from past abnormal tension and liberates the life that was constrained and without freedom. Since it gives freedom to one's life, it is good for the health, and it also helps in making renewed plans for the future.

**BRIGHT AND
CHEERFUL!**

Let's Wear a Bright, Cheerful Expression

A bright and cheerful expression will increase profits for your business. A newspaper reporter with a bright and cheerful expression will be successful in interviewing famous celebrities and will be privy to exclusive news information before anyone else. If there is someone with a bright and cheerful expression working in an office or factory, efficiency will double, and it follows that the person will be promoted quickly and his/her salary will increase. The bright and cheerful expression of the head of a household will make everyone in the family feel joyful and happy, as well as ensure the health of the entire family. A husband's angry, shouting voice, or a wife's shrill, screeching screams will depress everyone in the family, lower work or study efficiency and adversely affect their health. A complaining mother, while undeniably loving her child, can cause her children to rebel and harm or damage their health. If a mother speaks lovingly and gently to her children only when they are ill and does nothing but complain when they are healthy, the children are apt to constantly become ill in order to receive their mother's love. No matter what happens, we should always try and wear a bright and cheerful expression and improve our overall aura.

That Which Leads to the Land of Hope

The world is filled with suffering, disasters, lamenting, and moaning. Should we then empathize and also wail and moan and groan in pain

and suffering? Definitely not. The world will then be far too dark and negative. With darkness and negativity permeating, and not a trace of light anywhere, the world would be much too depressing. One who has touched upon the teachings of positive thinking should become the ray of light that shines for the world. There are many people who spread sadness and lamentation. However, we cannot say enough about the merits of spreading positive thoughts at times like this. Long ago, when a Spanish ship was heading towards an unknown continent and the entire crew was thrown into despair and hopelessness because all they continued to see was the ocean, with no sight of land anywhere, the only person who encouraged them with positive thoughts of hope was Columbus. In this way, they discovered America.

Let Us Express Our Joy Lightheartedly

Large trees grow where the land is fertile and the sun shines brightly. Small moss-like plants barely manage to live in swampy land with little light. Let us be like the fertile land where the sun shines brightly. People gather where the land is bright and fertile, cities are born, factories are built, and various wonderful things are produced. Let us abundantly broadcast joyful waves of vibration from our mind. When we broadcast joy, joy will return to us. We cannot ever express enough joy. In the home or workplace, expressions of joy will give way to the joy of those around us, brighten and make it a positive place, and, as a result, create a heavenly paradise. Let us not hesitate; let us express our joy lightheartedly and abundantly. If someone does something for us, let us clearly express our feelings of joy by saying, “That makes me so happy! Thank you very much.”

When Destructive Feelings or Thoughts Come Welling Forth

Let us stop hating others. In reality, all people are children of God and there are only wonderful people. So, no matter how bad a person may appear to be, if we put ourselves in that person’s place, we might find that we sympathize with him/her. Feelings of hatred not only hurt the other person, but at the same time, end

up hurting ourselves. Conversely, feelings of love not only draw out the good points of the person’s True Image but also fill our own mind with peace and harmony. Feelings of love also contribute tremendously health-wise in helping to bring forth constructive wisdom from within. Many people hate others, are jealous of or fear them, are suspicious of them, and try to use their force of will on them in vain. As a result, they bring about mistakes and adversely affect their own health. If such destructive feelings or thoughts come welling forth, tell yourself firmly, “This is not me. It is the ‘false self’ within me. False Self, be gone!”

From *Shinpan Shinri*, “The Truth, New Edition,” Volume 10, pp. 258-265

GLOSSARY

GASSHO: hands in prayer.

PHENOMENAL WORLD: the inconstant world of appearance as perceived through our physical and spiritual senses.

SHINSOKAN (shin-SOH-kahn): a prayerful meditation to visualize God. For detailed information, see *Truth of Life*, Volume 8 by Masaharu Taniguchi, and/or *Shinsokan Is Wonderful* by Seicho Taniguchi.

TRUE IMAGE: the perfect and harmonious essence of all things—the ultimate reality; a child of God, one’s divine essence, the true self.

TRUE-IMAGE WORLD: the world of God where your perfect and harmonious True Image, or your child-of-God nature, exists eternally.

