

Those Who Believe Shall Be Saved

Infinite Power

We all have infinite power within us, but because many people do not recognize this and do not try to draw it out, this infinite power becomes “a pearl thrown before swine.”

For example, a person who is suffering from an illness, although he has within himself the life-power needed to regain his health, is hiding that power and not drawing it out because of his dark, disputing mind. There are also people who believe, “I am weak. I am suffering from a very serious and difficult illness.” However, God did not create anyone who is weak, sick, or evil. As long as we believe in the perfection of the True-Image self created by God and draw out the infinite power within through a bright and cheerful mind of gratitude, we can become as healthy and as happy as we want. In this way, not only will we become healthy but also our children and our spouse will become wonderful and “dark unhappiness” and disasters will disappear from our family.

Mrs. Kayoko Matsuoka, who was 38 years old at the time, gave the following testimony at a Seicho-No-Ie Public Lecture. Ever since childhood, Kayoko had not gotten along well with her father. She said that, after she got married, she came down with spinal cord decay which paralyzed her from the waist down, making it impossible for her to walk at all.

Crying About Spinal Cord Decay

Many people diagnosed with this type of incurable disease would become very pessimistic and see their situation as being hopeless. Kayoko was also told by the doctor that he could not guarantee that she would be able to walk again, even in 10 or 15 years. In other words, she was told that things were incurable. That was why she was at her wits' end. However, God never created a sick person

with an incurable illness nor would He do anything as cruel as to push a person into unhappiness. These were all merely temporary manifestations of *the reflection of the person's mind* and Kayoko's feelings of hatred and resentment towards her father (in other words, not showing respect to someone she should), which then took the temporary form of paralysis.

However, this was not the way a human being designed by God should be. It was a shadow that had been created by her delusion, so if Kayoko were to change her thinking, things could change in any way.

Fortunately, Kayoko's husband was a member of Seicho-No-Ie even before they got married, so Kayoko heard from him how we are *children of God* and also how we all have infinite potential. Her husband had invited Kayoko to join Seicho-No-Ie as soon as they were married, but she was not yet at a point where she wanted to listen to the teachings, so she led a stubborn life without any religion. However, she found herself in a serious predicament when she, as the mother of a baby and two small children, came down with spinal cord decay and had to be hospitalized.

Not having any other choice, she asked her relatives to look after her youngest child. Seeing her child sobbing as she was taken from her, she felt as though someone was tearing at her heart. Day in and day out, she stayed in her dimly lit hospital room, on a plaster-of-Paris bed, unable to sit up, much less walk. Finally, she couldn't even move any of her toes, and she wept every day, thinking that she, indeed, must be what people referred to as a "living corpse."

Time and time again, Kayoko thought, "If this is how I have to live, I might as well be dead," but even then, her husband would always gently and lovingly encourage her. Despite the fact that her husband had to go to work, he would practice Shinsokan meditation sincerely and pray for his wife's perfect and harmonious healthy body to manifest. Seeing this, Kayoko thought it would be inexcusable for her to not get well again, so she changed her way of thinking and made up her mind to begin a life of faith with her husband.

Believe in God

Kayoko asked a pioneer of the Seicho-No-Ie teachings, Rev. Kobayashi, to come and help her, and she received personal counseling from him. He taught her to be grateful to her parents and husband and also to all people and things. The wonderful, infinite potential of a person's True Image is drawn out through these thoughts of gratitude, while a mind of hatred—being the opposite—covers it up. As Rev. Kobayashi taught her this Truth, the fog of delusion that had covered her mind gradually lifted. And, as she was told repeatedly, "You have a wonderful husband, so things will undoubtedly improve," she was able to be grateful to her husband from the bottom of her heart.

As she began reading the *Holy Sutra, Nectarean Shower of Holy Doctrines* each day and the *Truth of Life* volumes a little at a time, she realized how strong her ego had been until then, and she truly began to feel remorseful. Hope came back to her. As she continued her treatment, Kayoko decided to do as her doctor suggested and have surgery. Strangely enough, although she had been told that it would take five or six years for her to recover, even if things were to progress smoothly, she was able to walk eight months later and was well enough to go home 15 months after being initially hospitalized.

The doctors at the hospital were very surprised and said, "It's very unusual for someone to recover as quickly as this." After hearing this, Mr. and Mrs. Matsuoka deepened their faith even more.

In this way, a human being definitely has infinite potential, and although there is life power, wisdom, and love within, many people cover them up and hide this life power and their own power of love and gratitude and suffer as they manifest unhappiness instead.

Therefore, no matter how difficult or challenging a situation or incident might appear, we must never give up hope, curse God, talk exaggeratedly about one's unhappiness, or grieve and lament. It is when things are the most challenging that we should think only about the source of absolute power—God—rely on Him, and resolutely believe, "There is no evil in the world created by God!"

Hardships Overlap

However, there are ups and downs in a religious life, and because there are also ups and downs in the way our mind works, after a while, there may be instances where we lose the initial deep emotion and inspiration we had when first entering the faith, life goes back to what it was, and negative mindsets from the past rear their ugly heads. It could also be possible that past karma (an accumulation of thoughts) collapses and an unfortunate incident of some sort appears. Even in those instances, however, one must never become pessimistic.

Instead, believe, “I’ve now had the opportunity to thoroughly cleanse my mind. Everything is going to be fine now!” Deepen your faith even further and keep a bright and positive mindset.

In fact, more troubles did actually occur for Kayoko. Six months after Kayoko was hospitalized, the infant daughter whom she had entrusted to her relatives developed miliary tuberculosis—all her lymph glands became swollen, her face became distorted, and her stomach swelled with the water she was retaining. She also came down with meningitis, and the doctors even gave her a death sentence by saying, “There is absolutely no hope of her getting well.”

When something as tragic as this happens, most people with no faith would be at a total loss, but Mr. and Mrs. Matsuoka were members of Seicho-No-Ie, so they united as one and read the *Holy Sutra, Nectarean Shower of Holy Doctrines* to their ancestors. As they prayed and believed strongly in the perfect and harmonious life within their child every day, the illness disappeared with no after-effects at all.

*Deepen your faith even further
and keep a bright and positive
mindset.*

That wasn’t all that happened. One day, their daughter, who was going to kindergarten, came home and said, “Mommy, my legs hurt.” At first, Kayoko thought it was some muscle pain and didn’t give it much thought, but the next day, when she checked, she saw that her daughter’s left knee joint was swollen. Startled, Kayoko took her daughter to the doctor.

The doctor said, “This is tubercular arthritis. We must operate immediately. At the very least, it will take her two to three years to recover, and even if she does, she will be disabled.” When they heard this, the Matsuokas, who had previously surmounted many hardships, were plunged into darkness, but they recalled the Seicho-No-Ie teaching that *the physical body and the environment are shadows of the mind*, reflected on themselves, and resolved to practice the teachings sincerely. They began attending early morning meditation and continued reading the *Holy Sutra, Nectarean Shower of Holy Doctrines*, once in the morning in front of the Buddhist altar and once in the evening as they sat by their daughter’s bed.

Rather than improving, however, their daughter’s condition gradually worsened, and her legs remained bent. She would sadly say, “I want to walk; I want to walk.” Under these circumstances our faith might understandably waver regardless of how much we might have been taught that the True Image is perfect and that if we visualize that True Image, things will definitely get better. If it does waver, how then could we be saved? The only way is to rely on God. So, the Matsuokas continued to visualize their daughter’s True Image as *a child of God* and meditated on

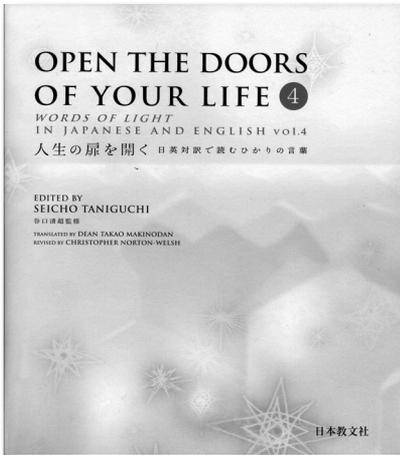
*Our physical body
and our environment are
shadows of our mind.*

the fact that these were past negative thoughts taking form and also disappearing.

The Seicho-No-Ie members in their neighborhood also prayed with them with warm love. As they continued in this way with their firm faith, one day, six months after she had fallen ill, their daughter cried, “Mommy, look! I can walk!” and gleefully began to walk, albeit with a limp, around the room. At that moment, Kayoko could not keep back her tears of happiness. The leg that they thought would be deformed is now totally healed, without having had surgery, simply from their having meditated and focused on its perfect and harmonious True Image. Their daughter is now going to school, brimming with health.

From *Kansha no Kiseki*, “Miracles of Gratitude,” pp. 190-198

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A Life of Faith

Establishing a New Outlook on Life

Masaharu Taniguchi



Let us be reborn to a new outlook on life, from a fearful outlook to a peaceful and calm one, from a sad outlook to a joyful one, from a dark, pessimistic outlook to a bright and optimistic one. It is when we are born anew in this way that we can see God's kingdom. Christ said, "I tell you the truth, no one can see the kingdom of God unless he is born again" (John 3:3, NIV). When one faces the Truth, that person is always born again. A poet once wrote, "Each morning is a new beginning, and the world is created new each and every single day." If we make a complete and total change right now, a world of sickness becomes one of health, a world of suffering becomes one of pleasure, and a world of sadness becomes one of joy. In one of his essays, Emerson wrote, "Write it on your heart that every day is the best day of the year." The Buddhist monk, Joshuu, said, "Each day is a good day." When your mind changes completely and faces life brightly and positively, the world also becomes bright and positive. Do away with sad thoughts and feelings. Rid yourself of hatred. Rid yourself of fear.

If, through Shinsokan meditation, you establish the conviction that God's life is flowing throughout your entire body, and that there is no room whatsoever for sickness, then the fear that comes from that sickness has no option but to disappear. "I, now, within the consciousness of being one with God, am filled with joy and

honor and live my life without any fear. Because I am one with God, I am omnipotent. I impress the health which has the glory of God on my entire being. God's healthy life is now flowing swiftly into my entire body. I am now filled with health and joy." These types of thoughts have a remarkable power to remove feelings of fear and sickness, and to fill a person's mind with joy. Generally, the reason a person is ill is because he/she does not have enough joy. Feelings of joy energize the workings of the heart, improve circulation, increase the energy of the cells within the body and make it impossible for there to be any room for sickness. So if a person expels thoughts and feelings of fear, and invites feelings of joy and happiness, there is nothing left other than for that person to become healthy.

Problems Exist to Be Solved

If we are faced with a difficult problem that we need to solve and we make a calm judgment regarding that problem, we can say that we are already halfway to solving it. As far as it being a problem, the solution is already anticipated. There is no problem that cannot be solved. What makes a problem difficult to solve is fear. Because of fear, our mind becomes confused and the path to resolving the problem is obstructed. No matter what the problem that lies before us may be, the most formidable enemy is the dark, negative, pessimistic thoughts and feelings of our mind. Your most formidable enemy lies within you. That is, it is in your mind. As long as you win over the dark ideas and thoughts within you, the sickness, poverty, and grief that are their reflections shall disappear on their own. If you have feelings of fear, change your way of thinking and think of it as being a good opportunity to practice focusing on God. Rather than being impatient to overcome the phenomenal world, *first turn your mind*

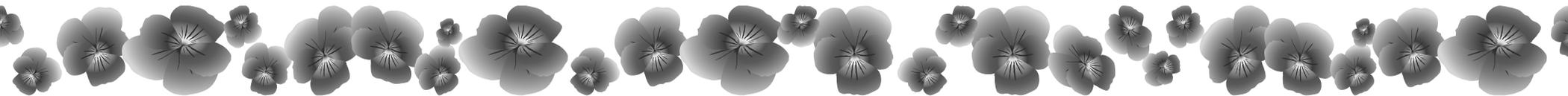
to face God. Say the following to fear: "Satan, be gone! People do not live through the phenomenal world. We are sustained by God's life, love, and wisdom. Therefore, I shall face and focus only on God." When you meditate in this way and direct the negative thoughts that come from fear towards God instead, God's perfect wisdom will guide you to a truly calm and peaceful world.

To Attain Perfect Health

Perfect health is the natural state or condition of a person. By going back to this natural state of being as is, you will be able to become healthy on your own. Do not think that the power of thought cures sickness. Disease does not exist and is only a reflection of anger, hatred, jealousy, anxiety, worrying about the future, fretting over the past, and feelings of fear. Focusing on the words of the Truth calms and quells those mistaken feelings and returns the mind to its natural state. In other words, they are the thoughts that persuade your mind and return it to its original, natural state. If the mind returns to that original, natural condition, the physical body, which is the reflection of the mind, will also return to its original, natural, healthy state. Emergency medical care is not pointless or useless, but unless you return your mind to its original, natural state, that medical care will not truly treat the cause of the problem.

God is life. So we, as self-manifestations of God, are life itself. Illness is the lack of life. Death is the lack of life. Life does not fall ill; life does not die. However, sickness and death only appear where there is no life, just as when darkness only appears where there is no light. Therefore, the life within us can never meet with illness or death. If you understand this Truth, fear shall vanish on its own.

When fear vanishes, the physiological functions that have been suppressed by that fear will be liberated and orderly physiological



functions will be restored. In this way, all the organs, cells, systems, and tissues will be born again into the natural, perfect, and harmonious condition created by God. As long as God's life flows throughout your entire body, there is no way that you can be sick or imperfect. When you truly believe this, feelings of fear shall naturally disappear.

Fear is a feeling that is accompanied by pain. Most of the pain and suffering in life comes from the feelings of fear that arise, more than the actual pain itself. When there is no fear, most of the pain disappears and even the physical pain that is being reflected as a result of that fear will vanish.

When You Are Faced With a Difficult Situation, Turn Toward the Omniscient

If you are faced with a problem that is difficult to resolve and are fearful of the future, do not try to solve the problem yourself, but rather turn your mind toward God. Communicate directly with God. He has all wisdom. He has all the methods of resolving things. Leave everything to Him. When you achieve this level of release, the way to resolve the problem will suddenly come to you or you will receive someone's help.

Since fear is a manifestation of doubt, as long as you have feelings of fear, you are not in tune with God's waves of salvation. That is why your true resolution comes from a calm and peaceful mindset and by leaving everything up to God. As *a child of God* and as His self-realization, human beings are expressing His perfection, so when they are truly in a natural, as-is state, it is impossible for there to be unhappiness, disasters, illnesses, and problems. Rid yourself of fear. Become your natural self. Declare, "I am *a child of God*." Declare, "I am the self-realization of God."

Say, "I shall realize this in the name of God," and strongly and resolutely emphasize what it is that you want.

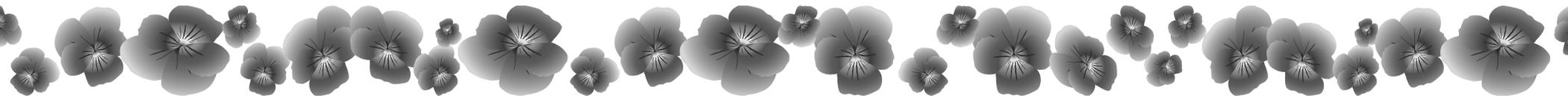
Seek the "Fountain of Life" From That Which Is Infinite

By truly believing only in the existence of goodness, by knowing and truly understanding that only goodness has the power to exist and that only good can come near you, the fear you feel will vanish at once. If feelings of fear disappear, there is nothing other than for the natural state of things to reappear as well as the perfection of the True Image.

Unfortunately, however, there are all too many people who, in the shadow of fear, lose sight of God when they need God the most. Fear hides God far beyond the door, making one lose hope and creating a world of darkness, negativity, unhappiness and catastrophes. And as Job said, "What I feared has come upon me" (Job 3:25, NIV), conditions of suffering and hardship emerge.

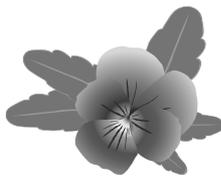
We must never slide down from God's throne and give up that seat to fear and worry. So as long as we protect our seat on the throne firmly and resolutely, fear and worry are only illusions and will both eventually fade away.

Seek the source of your energy and vitality in the fountain of God's eternal life. Always seek guidance in your life from the fountain of God's infinite wisdom. God resides within you. He is in a nearby place where He can always answer if you call Him. "O God, who is at the very bottom of my soul, o infinite power, come bubbling forth." There are students who overcame feelings of fear by reciting these words when taking an exam and recalled answers that they had forgotten. By repeating these same words several times, a factory worker was able to complete an important invention. There is infinite power within you. God resides within you. There is no need for you



ESTABLISHING A NEW OUTLOOK ON LIFE

to look far away. Call upon your own God-nature. Call on the Christ that resides within. Call on the Buddha-nature that resides within. Do not look at your physical being. Look at your True Image. God's great life flows here within you. God's power and strength flow here within you. You have been given all wisdom and power to resolve any situation. Only when you awaken to this fact will you be able to overcome all fear.



From *Shinpan Seikatsu to Ningen no Saiken*, "Reconstruction of Man and His Life, New Edition," pp. 218-227

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