

The Perfect Formula to Happiness

What is it that moves the world we live in? Is it politics? Is it the economy? It is the *kokoro*.

Politics, the economy, education, medical care—everything involves the human *kokoro* and coalesces with our thoughts, emotions, beliefs, and moves the world we live in.

It is our *kokoro* that decides whether we live a life of happiness or misfortune. When our *kokoro* changes for better or for worse, our entire life changes for better or for worse.

Kokoro no Tabiji, which means the journey of the *kokoro*, was first compiled as a collection of the personal experiences of *shinja* in their relationship with *Kami*. This published collection of stories of *shinja* who lived their lives with *Ōyamanezunomikoto*, the *Kami* who protects and guides the movement of our *kokoro* to happiness, has reached over 100 volumes in Japanese.

Why are there so many miracles? It is because the formula to happiness is found in *Kami's* teachings, the *Shinji*. The personal experiences that are introduced here are not the stories of people who are especially blessed. There is only one condition to living a life of miracles. It is to make the teachings of *Kami* a part of our everyday life. When we fulfill just this one condition, all of us will experience “true” happiness without fail.

We would like as many people as possible to know about the existence of this perfect formula to happiness and to live a life filled with joy. This is the single, foremost wish of *Shinji Kyōkai*.

We hope that as you read the stories in this book, you will gain insight to what is true happiness.

Special Interview

Kyōshu Seishisha *Tomomaruukō Sensei*



Tomomaruukō Sensei who receives the *Shinji*, the word of *Kami*, talks about what it is to live with *Kami* and what it truly means to have a strong belief in a *Kami* that guides us through life.

What It Means

to Live a Life with *Kami*

There used to be a large Buddhist altar at our house, and I was raised in an environment to respect my ancestors. When *Tomomaruhime Sensei*, who was my older sister, became very ill and we were told that there was no cure for her illness, I prayed to *Kami* without any question. My prayers made me realize how much I was protected by *Kami* and I knew that my sister would be all right.

One day, as the family prayed beside her as she lay in bed, we sensed something appear. We opened our eyes and saw a shining light. It was not an illusion. This light radiated in all directions just like the church pin that represents *Kami's* light.

That was when I realized and understood that this world was filled with phenomenal things and a world beyond human understanding existed. When we think of the miraculous and the mysterious, we tend to fear them at times, but in that moment, I realized that it was natural for such things to exist.

That room in which

Tomomaruhime Sensei slept, later became the site of the main altar until she returned to the world of *Kami*; and today the site is *Nozomi no Yakata* (the main administrative building).

I knew that even after

Tomomaruhime Sensei's life came to an end, she would continue to protect us as *Shinkon*. But my tears would not stop when I thought of all that I could have done to become an even better human being to support and to give back while she was still with us. My heart aches even to this day when I think about this. That's why I am still in the process of evolving. We need to perceive and understand the principles on a much deeper level. This is what it means to live with *Kami*.

To Be Involved with

All That Exists

I strongly believe that every single person feels the existence of *Kami* in their own way. It is like our relationship to air, water, and sunlight. Human beings instinctively absorb

these elements in our daily life. However, we become more aware of them when we take a deep breath, when we draw back the curtains and enjoy the sunshine. We feel these elements much more strongly when we are aware of them. In the same way, we feel the existence of *Kami* much more strongly based on our interaction with *Kami*.

Tomomarusai Sensei, the founder of *Shinji Kyōkai*, used to describe our relationship to *Kami* using a metaphor about the drum. He would say a drum is just a silent instrument until someone hits it; and the stronger one hits it, the louder is the sound that reverberates. Our relationship to *Kami* is the same he would say.

To Always Feel the Presence of *Kami* and *Hotoke* (our ancestors)

The number of people who claimed to be agnostic increased after WWII. This trend stemmed from Japan's political environment at the time. From time immemorial, the

Japanese people, who lived their lives through seasonal changes, would periodically experience nature's fury and violence. They learned there was a world where humanity had no control and because they felt this constantly, they began to pray in thanks for the food on the table. They began to cherish the festivals that celebrated the seasons; and these practices took root in their *kokoro*.

It may sound religious when we talk about "living with *Kami*." But just like the air and the water that surrounds us, *Kami* is always near us. Our ancestors also exist. If you are aware of this, you will not be able to live freely as you like and you will know that you must live a way of life that does not shame *Kami* or your ancestors.

It is at such times that the strength to live, the *unmei*, that was given to each of us becomes our support. It is to do what we can with a positive mindset without seeking to get something back in return. When you do this, your *unmei* shines and it becomes your mainstay in life.

You will gain without fail, a sense of living with *Kami*.

Learn the *Shinji* Daily and Enhance Your Intuition

To establish the right relationships with people, you must read the *Shinji*, the teachings, every day. Just like we need air and water to live, I always feel the need to read the *Shinji*. Each time I read the *Shinji*, my awareness deepens. My intuition grows and I become aware of things that I need to be aware of at that point in time. We are protected from the moment-to-moment movement of our *kokoro*. For example, you suddenly come to a standstill and a falling rock misses you by inches. In this way, we are protected from accidents, disasters, and sickness. If we do fall ill or are involved in an accident, we will always be able to overcome the situation.

Our ability to sense things around us also grows. We don't need to worry that we're being manipulated or that there's a catch behind what people are saying. We are able to

accept people and situations without bias and respond in kind. We're able to live in a way that does not make things complicated. This is exactly how *Tomomaru-hime Sensei* lived her life.

Live Life with *Kami* and Let Your *Kokoro* Be Fulfilled

I hope that this edition of *Kokoro no Tabiji* will help you enhance your intuition. *Kami* does exist. To live with *Kami* is to sense *Kami's* existence. To achieve this requires an opportunity or place that triggers this intuitive awareness. Thus it is important to be actively involved with people and things as much as possible. Feel the existence of *Kami* at all times and in all places and live a long life of fulfillment.