

February 1, 2021 *Shinja Kokoro no Michi Benkyōkai*

Understand the principles and your *kokoro* will not be overwhelmed.

### *Shinji*

*The flow of time does not stand still—this is the way (fate) of the world and the truth of an era.*

*Every person (human beings) who has perceived this truth (principle) about life, moves and lives with the flow (the times).*

*The existence of all people and things moves with the flow of an era, lives and is allowed to live.*

*Endeavor does not come first; endeavor (existence) is successful and is allowed to be successful when the unmei of people and things is drawn to the power (unmei) of an era.*

### *To the Shinja*

*Strive to be the person (human beings) who deepens their understanding of life from awareness gained from the teachings.*

*The more you strive, your existence (unmei) will receive the power (unmei) of an era and awaken.*

*People and the environment become the strength that invigorates your life.*

*Know your jittai; the effort to correct it hones your unmei and the power (unmei) of an era will be your ally.*

*The more the principles are perceived, the kokoro (emotions) of a person (human beings) looks toward making the best of a life that is finite.*

*The meaning and worth of life lie in deepening understanding about the truth of an era and leaving behind good elements in your Kokoro no Michi.*

*Human beings leave behind evidence of having lived within an era when they know the truth (principle) about the spiritual world.*

*This is (the truth) history.*

### **Summary of the Shinji**

Society is undergoing fierce changes. However, regardless of the environment around us, if we live by the principles and the natural way of things, we will not be overwhelmed by these changes.

The flow of time does not stop and each day, the era moves forward. The same is true for the life of each person. If you want to have good results, strive to live a good way of life.

When people and things move with the flow of the times and they interact with each other correctly, their existence takes on meaning. They become useful in the world. Therefore, interact with others correctly so that your existence is allowed to take on meaning.

What is most important is the kind of *kokoro* that we should have as we live each day. The *kokoro* is special and wonderful. It can be used freely and infinitely; and it intensifies in strength the more it is used. Our *kokoro* is what determines our life.

Endeavor is necessary in life. But, what produces results is the effort we make to become one with our *unmei*. If we live by the teachings, we are able to make the best of the many encounters that we have. If we are generous in our interactions with others, our existence takes on meaning.

Learn the teachings, be aware of your faults and strive to elevate your way of life. The more you are able to achieve this, your *unmei*, the *unmei* of others, and the *unmei* of the times will come together.

The effort to correct your *jittai* based on the teachings will increasingly draw out the strengths of your *unmei*. You will be able to adapt to the changes in your life and to live and move with the flow.

Every moment in life is precious. If your life is spent in criticism, in denial of others, and in discontentment, you will waste away your life. Make the teachings a part of you and use your *kokoro* in a way that makes your finite period of life significant.

Since we were born as human beings, we should make the best of the strengths that were given to each of us and be useful in society. What we gain in return is meaning and purpose, a good way of life, and good elements that we leave behind in our *Kokoro no Michi*.

Form and appearance do not determine the value of life. It is the spiritual world. How we use our *kokoro* determines the good elements we leave behind and this affirmation of our life connects to the next generation.

Society will continue to steadily change. But, there is nothing to worry about if we live by the teachings *Kami* has given us.