

February 15, 2021 *Shinja Kokoro no Michi Benkyōkai*

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

### *Shinji*

*All things are connected and happen according to the basics of how things should be.*

*Mutual support through the unmei-jittai—this is the principle of this world.*

*But the world (society) today (now) that moves without knowing this principle is dependent on knowledge without principles as society increasingly goes off and against the path, suffers, and loses its way.*

*To the Shinja*

*Learn the teachings as a family and build a family (home) where the kokoro is one with the principles.*

*This mindset will raise the kokoro (jittai) of your family members and the unmei will guide and protect the life of each family member.*

*Do you know why society will separate into those (people) who live and experience happiness and those (people) who suffer and have no dreams?*

*Life will always be (an era) filled with meaning and purpose if the basic principle of life is understood.*

*The state that society seeks is a mixture of truths and falsehoods.*

*People (humanity) attain salvation when their awareness deepens through the teachings and they (humanity) gain understanding about the principle of life.*

### **Summary of the Shinji**

Everything in this world moves based on the basics of how things should be. If you feel that each day of your life is one of happiness, it is because you are living a way of life that brings about happiness every day. If you are suffering, it is because you are living a way of life that brings about suffering. If the management of your company is going well, it is because of the way you manage the company. People, who have good health, live a healthy lifestyle. Everything moves according to the basics of how things should be.

The workings of this world is supported by the *unmei-jittai* and revolves when the *unmei-jittai* comes together. We are able to make the best of our *unmei* when we understand this truth and strive to raise our *jittai* through the teachings.

However today, many people live a self-centered way of life without ever knowing this truth. And because they rely solely on knowledge that is not based on the principles and they live selfishly, they choose to go against the path, create suffering and lose their way.

To live in this kind of society, it is vital that we learn the *Shinji* as a family and create a home that abides by the teachings. Subsequently, our *jittai* is elevated, our *unmei* is drawn out, and our life is protected.

Society today is divided between people, who experience happiness and the joys of living, and people who worry, suffer, and are unable to have dreams. If we live and abide by the basic principle of life, we will always live out our days with meaning and purpose.

The basic principle of life is about the framework created by the six elements of happiness—health, work, livelihood, and hope that are rooted in the fundamental relationship between husband and wife and the relationship between parent and child. When we live and abide by this principle, the future opens up.

People, who are active, sought out by others, and make the best of their strengths, usually come from homes with a strong foundation. They are not homes with wealth or education, but they are families that support one another and where the innate goodness and strengths of each family member are drawn out.

Both truths and falsehoods, fact and fiction exist in society. Learn the *Shinji* and the teachings repeatedly to deepen your awareness and gain the ability to see what is the truth and what is not.

When the teachings become a part of you, you will be someone who makes the right decisions and you will no longer be misled by others. You will know what you should do; and you will live according to your *unmei*.