

*Shinji*

*Having learned the teachings, the kokoro (life) of the human being that is supported by the principles is good health personified.*

*Be aware that through the arbitrariness of knowledge, it is called an illness, a name of a disease.*

*To the Shinja*

*Bodily changes occur daily.*

*Before calling it an illness, adjust the balance of your kokoro.*

*The more an awareness is gained from the teachings, human beings willingly adjust their emotions to the environment and live.*

*They accept the changes of an era with their kokoro, adapt to the environment and live.*

*This is the kokoro that is truly healthy.*

*Accept the changes in your physical condition and strive each day to take care of the kokoro.*

*Do not forget the morning and evening kigan; the kokoro (life) of the human being who entrusts their thoughts and feelings (life) to Kami is able to cope with the changes.*

*Learn the teachings with family members; the kokoro (life) of the human being is protected in a home where the kokoro (unmei) come together through the principles.*

*When your physical condition deteriorates and the name of a disease is given, understand that this is the time to attain true health and reflect on the life you have lived.*

*The teachings will draw out your life (the will to live) and with the support of your family, medical care and treatment will be effective.*