

*Shinji*

*There is one thing that you must do to attain a life without regrets in this age of Shinkon.*

*It is to learn the teachings with family members and to strive to create a family that lives by the principles.*

*To the Shinja*

*See the state (the truth) of society today—people are fearful and deepen their troubles of their own accord.*

*Human beings are able to live out their lives guided by their unmei when the principles are their mainstay in their life.*

*This is the condition (the truth) of human beings who have achieved a life without regrets.*

*Let me teach you the basic foundation of living the path of the shinja with the correct kokoro.*

*First, grasp the principles from the teachings and strive to make them your conviction.*

*Kigan and make them a part of yourself.*

*Second, strive to maintain your emotions based on the teachings.*

*The teachings show the way to live correctly.*

*Third, strive to accept that the changes in the environment is an inevitable flow.*

*All things change constantly to maintain harmony and balance.*

*Practice daily these three forms of awareness so that they may become spiritual understanding.*

*The more the teachings become a part of you as principles, human beings will accept change and suffering does not arise.*