

*Shinji*

*Health is the movement of the kokoro that is one with the unmei.*

*But because there are many people who live relying on knowledge where there are no principles and lower their jittai on their own, they have withered away their kokoro's health.*

*To the Shinja*

*If you live a life sustained by the Shinji—the principles—the movement of your kokoro will anchor and thoughts that go against the path will not occur.*

*The movement of the kokoro that is guided by the unmei is drawn out, and your health will also be protected.*

*When the body and kokoro harmonize and gratitude deepens, health is experienced by the kokoro.*

*A healthy kokoro cannot be fostered under the conditions of today's society.*

*When you do not make the best of your encounters with others, when your kokoro is consumed by greed, when your opinions and causes are in contention with others, when you go against and off the path—this is when you lower your jittai.*

*Gain awareness from the teachings, live by the principles, and make the effort to create a supportive family.*

*This is the environment that fosters a generous kokoro, and human beings return to a healthy kokoro.*