

*Shinji*

*Human beings, who live by their unmei-jittai (their kokoro), become healthy both in mind and body the more they elevate their jittai.*

*To the Shinja*

*To achieve physical health, there is only one thing that you must do now—live by the Shinji, the principles.*

*Learn the teachings, gain awareness from the principles, and strive to live by them.*

*The movement of your kokoro will gradually anchor and it will not be consumed by the words of people and the changes in the environment.*

*Your kokoro and body will increasingly harmonize, and you will live a life guided by your unmei.*

*Do not be impatient, know your place and position, and your attitude and actions to go off the path will disappear.*

*Your encounters with people and all things will grow, deepen, and you will perceive the truths of the spiritual world.*

*The more human beings revere and accept Kami and hotoke, their character is raised.*

*The kokoro that hopes for the happiness of family members increasingly grows as the principles of the path sustain your life.*

*This is the kokoro of human beings who correct their jittai and raise their character.*

*To achieve true health, you must strive to hone and elevate your character.*

*The more strongly this is adhered to, human beings are able to live by the principles and live out their natural lifespan.*