

*Shinji*

*The kokoro of human beings (a person) that is guided and is one with their unmei is cheerful and strong.*

*Their kokoro is sustained by encounters with all people and all things, and the will to live grows ever stronger.*

*In encounters that are sustained by gratitude, the unmei comes together and is enhanced.*

*This is the kokoro of human beings (the person) that does not experience sickness, accidents, and disasters.*

*To the Shinja*

*Learn the teachings with family members and do not neglect the effort to build a family that interacts with one another based on the principles.*

*What Kami sees is the effort made to achieve what is visible and tangible, but the love (the kokoro) for family members is weak.*

*Hence the Kokoro no Michi does not connect and the cause of sickness, accidents, troubles, and suffering only deepens.*

*Health blossoms in a family that seeks happiness together as they show their love for family members.*

*The more the kokoro is fulfilled, the physical condition becomes balanced, and the body and mind are protected.*

*There is one thing that must be done now—family members must have the strong will to build a family that interacts based on the teachings.*

*The teachings will gradually bring the thoughts of family members together, and a family will be created where all things can be discussed.*

*Now that you know the key to achieving true health, be the shinja (the person) who lives by the principles.*