

December 15, 2023 *Shinja Kokoro no Michi Benkyōkai*

Deepen Your Appreciation and Gratitude

Shinji

Human beings, who live their lives sustained by the Shinji, the principles, are filled with appreciation and gratitude. They are always emotionally generous and positive, and they are given meaning and purpose by their many encounters.

This is the kokoro of human beings who achieve health in both body and mind.

To the Shinja

Having learned the teachings, having gained awareness and understanding and ushered in the month of Aiju (this month), have you given thanks to your many encounters and deepened your sense of gratitude and respect? The more you live by the teachings, the unmei-jittai (kokoro) of the shinja is brought out and honed, and you become an existence (a person) who walks the correct path.

The kokoro of gratitude and to give back increasingly grows, and your character becomes highly elevated.

Your conversations with family members and relatives come together, and the kokoro deepens and your thoughts become one.

The good deeds that you build up grow ever more as this kokoro of gratitude includes friends, acquaintances, and society at large.

Shinji Kyōkai, which Kami opened to the world—this environment raises the life (the kokoro) of human beings.

For the shinja, who visits Shinji Kyōkai often with their family, the family's kokoro becomes one.

The strengths of their unmei are drawn out; and the human being (that person) deepens their gratitude and respect for family members whose jittai is corrected.

Summary of the Shinji

The person, who understands the principles and the way of things based on the *Shinji* and whose *kokoro* is sustained by them, will sincerely give thanks for the various encounters they have each day. They are always cheerful and positive and make the best of any encounter they have.

This is what it means to live with a generous and healthy *kokoro*. It is a *kokoro* devoid of hate, resentment, biases, contempt, and warped ideas—a healthy *kokoro*. It also means that you are living in good physical health.

Kami gave us a theme at the beginning of this year, which was to learn the teachings with family members and to create a family that lives by the principles. How successful have your continued efforts been throughout the year? Have your conversations with family members and relatives grown and has the will to live in support of one another strengthened? If you have the love of your family, you have not been the source of worries or troubles and have probably lived an enlightened way of life to be useful in the world.

If your family members have not adequately lived up to this theme, it is not your place to be critical. Rather, it is to look to yourself. Because the more you live by the teachings, your *kokoro* is honed, your character elevates, and you become an existence that everyone accepts and likes. When this happens, we become grateful for all the encounters that we have had. Our respect and sympathy for others and our *kokoro* to give back deepen.

When you gain this kind of character, you are accepted, loved, and sought out not only by your family, but by your colleagues at work and neighbors in your community. You are able to use your strengths to the best of your abilities; and as a result, your achievements grow.

The *Shinji Kyōkai* that *Kami* created in this world corrects the way each of us lives, builds the human character that allows *Kibō no Michi* to manifest, and provides an environment that allows *kaiun* to be achieved. The more the family visits and makes use of this environment brings about a deepening awareness and understanding. The way each person sees people, things, and situations, the way they feel and think—their *jittai*—is corrected and their *unmei*'s strengths are brought out.

The *kokoro* of family members come together to become one. The *kokoro* of gratitude, courtesy, and respect deepens, *etoku* is achieved, and the family will walk the path of *kaiun*.

The *kokoro* of courtesy and respect is the gratitude that is basis of *Kami*'s teachings. It is from this *kokoro* that the *kokoro* to give back and the *kokoro* of love grows. This is the culmination of the theme that *Kami* gave us.