

February 1, 2024 *Shinja Kokoro no Michi Benkyōkai*

Live by the principles and elevate your *jittai*.

Shinji

There are truly very few principles in the knowledge and information that inundates society.

*People are taken in and at the mercy of knowledge without principles and lower their *jittai*.*

This is the reason why people attract sickness, accidents, and disasters.

To the Shinja

*Gain awareness of the truth that life moves based on the *unmei-jittai* (the *kokoro*).*

All human beings, who find meaning and purpose in their work, are healthy both in mind and body; they are cheerful, positive and cherish their relationships with others.

The principles of life are revealed in Kami's teachings.

*The principles foster a generous *kokoro* and the more you live by the principles, your ties to people and things deepen.*

*The *jittai* is increasingly elevated; and a life that is guided and protected by your *unmei* begins.*

Why is it that your personal relationships do not deepen?

Why are you unable to find meaning and purpose in your life?

*The reason lies in the lowness of your *jittai*.*

*When human beings live in a family that follows the principles, they gradually raise one another's *jittai*, share their joys, and achieve a life of meaning and purpose.*

Summary of the *Shinji*

Each of us has been given an *unmei* to be useful in this world. But to live a life where our *unmei*'s strengths surface, our *jittai* must be corrected and elevated. And it is important to fully understand how to go about doing this.

The reality is that there are very few principles in the knowledge and information that inundates society. However presently, there are many people whose *kokoro* has been consumed by this knowledge and are left floundering.

For example, if people don't feel well, they'll ask themselves what medication should they take? Which hospital is better? They'll search the internet for the information they want. But how many people will look to the fundamental cause of their condition—their *kokoro*?

When importance is placed on knowledge and information, people are vulnerable and lower their *jittai* on their own. *Kami* has pointed out that this is the reason why people attract sickness, accidents, and disasters to them.

We must learn to be deeply aware of the truth that our life revolves around our *kokoro* and our *unmei-jittai*. To make the best of our *unmei*'s strengths, it's important to actively be involved with many people.

This is what work is all about. It is not simply to provide the necessary labor, but to give back your strengths to the people around you. It is to treat people with warmth and care. This is what gives life meaning and purpose. This is what allows us to be healthy both in mind and body and to live our days in happiness.

What we need to do to achieve this is to learn *Kami*'s teachings. The *Shinji* reveals the principles of life and shows us the correct way to live as a human being.

The more *Kami*'s teachings become a part of us, and we apply them in our day-to-day life, we become generous of heart. We begin to see that it's not about appearance and things and we start to cherish the *kokoro*. The desire to give back grows and our ties to many people and things deepen. Our *unmei* comes together and we live an enjoyable life of many joys.

Presently, there are countless people who feel isolated and alone because their relationships do not deepen. They are unable to make the best of their ties to others, hence they are unable to bring out their strengths and experience meaning and purpose in their life.

It is the family that fosters the *kokoro* of each person. Thus learn the teachings together with your family and create a warm and loving environment. This is how family members deepen their love and raise their *jittai*. This is how a life filled with meaning and purpose is achieved.