

February 15, 2024 *Shinja Kokoro no Michi Benkyōkai*

Live by the principles and elevate your *jittai*.

*Shinji*

*What should human beings live and rely on to live out a life of no regrets?*

*Your life will not achieve fulfillment by leaving everything to chance.*

*To the Shinja*

*When you know the principles of life and live sustained by the teachings, all human beings will attain *kaiun* when their life comes to an end.*

*But in actuality, many human beings rely on knowledge and information as being absolute and live a life devoid of principles.*

*They strive seeking to fulfill desires that will not bear fruit.*

*They worry and suffer unable to produce results.*

*This is the condition of a life without hopes and dreams, as people go off the path of their own free will.*

*Human beings live out their life guided by their *unmei-jittai*.*

*The *unmei* creates the strengths of all people and all things to live out their life span; the *jittai* is the form that affects the *unmei*.*

*The more the *jittai* is corrected, the strengths of the *unmei* are drawn out and your life is elevated.*

*When human beings gain awareness from the teachings and raise their *jittai*, they achieve a life where hopes and dreams are fulfilled.*

**Summary of the *Shinji***

Everyone born into this world hopes to live a life of happiness. In addition, we are born with an *unmei* that is needed in society and allows us to attain happiness. Despite this, we don't know what to rely on and how to live out a life without regrets.

*Kami* has clearly stated that a life of happiness cannot be created when everything is left to chance and lived willy-nilly—our life withers away. Everyone has a role to play in this life; and we are able to fulfill the responsibilities we inherited only if our endeavors are on target.

To be on target, learn *Kami's* teachings, the principles, and make them the guidelines that support your life. They will affect how you interpret people and situations, how you feel about them; and the way you live becomes one with your *unmei*, which leads to *kaiun*.

But in today's reality, information and knowledge are seen as absolute, and people rely on experience and accepted norms as their guidelines. As a result, their views are no longer based on common sense and the natural way of things. Countless people strive seeking to achieve that which is beyond their *unmei*, place, and capacity. If we try to achieve and go beyond our *unmei*, the outcome is troubles and suffering and not the hoped for success.

Human beings live out their lives guided by their *unmei-jittai*. The *unmei* given by *Kami* is the strength to contribute to society. But the extent to which we can contribute our strengths is greatly affected by the *jittai* inherited from our parents and ancestors for better or for worse.

Hence, first strive to correct your *jittai*. Allow the good elements to grow, live by the teachings and correct the negative elements. This is how our *unmei's* strengths are drawn out and our life greatly improves.

*Kami's* teachings, the *Shinji*, show us how to achieve this. The more the teachings are repeatedly read, we gain an awareness about many things. Put this awareness into practice along with your *kigan* and they become a part of you; and the way you live your life will change.

The negative elements of our *jittai* are suppressed and the good elements are honed, and we live out a life of hopes and dreams. Our aspirations—our given strengths that are our greatest contribution to society lead to a life of fulfillment.