



# IZUNOME NEWS

Izunome Kyodan United Kingdom

Issue 07 - December 2010

## THE SECRET OF HAPPINESS

**T**here are probably very few individuals in society who can be described as actually happy, fortunate people. Most of the people in the world are suffering in some way - from unemployment, sickness, poverty, discord, doubt and frustration. Experiencing these types of failures is like being shackled and in prison.

We may ask ourselves why God, rather than changing this world into a place where there is more happiness than misery, creates human beings yet allows them to suffer? Good and evil have existed since the beginning of the human race. These two forces, completely opposite in nature, have been in constant friction and struggle, and the conflict is still going on. Upon careful consideration, we come to realize it is due to the friction between good and evil that today's civilization has attained its present level of progress.

People often ask me, "If God is Love and Mercy, I can't understand why God allows people to do bad things and commit sinful acts and then punishes them. If God had not created evil, wouldn't people's judgment and punishment be unnecessary?" This logic is quite reasonable, and I myself have sometimes felt the same way. If I were the Creator of the world, I could easily give an answer to this question. But since I, too, am simply one of God's creations, how can I? None of us can know God's true reason. Let us concentrate instead on how we can find the way to happiness, and begin to put it into practice.

The secret to happiness lies in helping others to become happy. This is all that is necessary for us to do. To put it simply, it is to do as much good as possible - to strive to do good deeds whenever one can.

We should all do our best to make others happy. For example, a wife should encourage her husband in his work: a husband should be kind to his wife so she has peace of mind and is happy. It is natural for parents to love their children,

but parents should prepare them for adulthood, provide guidance and be stern when necessary, while respecting their free will. Children should be taught to obey their parents with love and respect, and to do their school work with pleasure.

In all areas of our daily lives, we should do our best to give hope to those with whom we come in contact. Our attitude at work, both toward those who have higher positions and those who have lower positions, should be the same; we should work with love and consideration for all. Government leaders should have the welfare of the people, not their own interests, as their first concern, and act as good examples. Of course, to the extent of their ability, all people should try their best to do as much good as they can, using all the wisdom they have. Virtuous actions lead to happiness and good fortune.

Once individuals who perform good deeds increase, imagine what will happen to our nation and then to all humanity. As a result, unhappy problems will disappear and a Paradise on Earth free from disease, poverty and conflict will become a reality. Everyone will then surely experience boundless happiness.

However, the world today is full of people who act negatively, telling lies, taking advantage of others, and always thinking of their own interests. To make matters worse, most people tend to think that this state of negativity is a natural one, and they do not dream of doing something to change it for the better. There are even those who try to hinder our attempts to change this world of suffering into a paradise. Such people become unfortunate through their own choice. We pray for them to be awakened to the truth and saved by God.

By reflecting deeply on these teachings, we can see that true happiness and fulfillment is not too difficult to attain.

*Meishu-Sama, October 1st, 1949*

# ESTABLISH A CLOSE RELATIONSHIP WITH GOD

**G**reetings to you on today's Risshun (beginning of spring) service. I have a deep sense of awe and respect when I speak about God as being alive. We are individual particles of God's Soul. We have been given the mission to become God's children, in harmony with God's Will. Meishu-sama was newly born as a true child of God so we call him Messiah. We are connected and guided by Meishu-sama so that we can also be newly born. At today's service, I express my gratitude for this and offer my praise to God who is with Meishu-sama. God has His own yardstick to measure things. This yardstick is beyond the concept of "good or evil" as we are in habit of perceiving things with our limited human abilities.

This perception is unimaginable for us humans to grasp; Meishu-sama called it "total freedom without limitations." God also possesses the "absolute power" which can unite opposite forces: positive and negative, yin and yang, right and wrong, good and bad.

Instead, God brings harmony. We are grateful that we are being nurtured and raised to the level of great harmony under God through Meishu-sama.

The Reverend Watanabe said in his New Year's message: "We look up to Meishu-sama as our ideal. With Johrei and his teachings as our guide, we would like to continue the 'Sonen practice of love for others,' and try to help as many people as possible walk the path of happiness." I understand that many of the members of the Izunome Kyodan are trying to put this message into practice.

Meishu-sama must be very happy to see your sincere attitude when you do "Sonen practice of love for others" and also train yourself to live the motto of "practicing a little more love for others each day." Through these practices and trainings, you can come closer, even one step or half a step, to being a "person living in paradise."

## RESIDENT OF HEAVEN

Meishu-sama used the expression: "a person living in paradise" or "a resident of heaven." What kind of person is a resident of Heaven? I believe that residents of Heaven are persons who have freed themselves from their lower, baser nature and elevated to godliness. Meishu-sama said that human beings exist somewhere between the divine and the beasts. We humans possess both the divine and the animalistic natures. He said



*Message by Kyoshu-sama  
(Fourth Spiritual Leader, Yoichi Okada)  
Risshun Service, February 4<sup>th</sup>, 2010.  
Hall of Worship, Atami Sacred Grounds, Japan.*

that "the progress of civilization depends on the elevation of human beings from the level of vice to the level of virtue," and that "Paradise on Earth is a place where only individuals who have reached such a level reside." (140, "Good and Evil")

God placed mind—our consciousness—within each one of us, in order to guide us to become this divine person. Therefore, our minds are not our own. But God allows us to use it as if they were ours. This consciousness is a very precious thing created by God. It is filled with God's limitless love. Without consciousness, we would not sense the joy of God in accomplishing His Work of creation as our joy; we would not feel any inspiration or gratitude; we would not have any love or compassion for others.

Through this consciousness within us, I believe that God is trying to express His equanimity, harmony, and abundance to humanity. In this sense, our consciousness is an important foothold on which God manifests Himself on this earth. Because of this mind or consciousness, God can accomplish His plan of creation, that is, to let each one of us be newly born as a true child of God. For that purpose, in order to nurture us and raise us, God is making us feel that this mind, this consciousness, is our own. I believe that this is the deep love of God, who is the parent of our life.

## DIVINE CONSCIOUSNESS SHINES BRIGHTLY WITHIN US

We and our ancestors and parents, have regarded our mind or consciousness as ours, and therefore, we thought of good and evil as a constant conflict within our minds, and we have had to struggle to survive in this world. In such a situation, Meishu-sama taught us that at the center of our mind there is a consciousness called heaven, our inner divinity. Meishu-sama is guiding us, with patience and forgiveness, so we can awaken to this divine consciousness shining brightly within us and be able to serve in the divine work of reflecting heavenly activities to the Earth.

For this reason, Meishu-sama gave us the





*Kyoshu-sama, Fourth Spiritual Leader of Izunome Kyodan*

teachings “Control Your Ego” (58) and “Ego and Attachment” (59). He advised us to “release” and “discard” any undue ego and attachment. What did Meishu-sama mean by this? Through these teachings, Meishu-sama is advising us that, although we regard our minds as our own, they are really God’s creation, and we must not put too much confidence in our limited human power and wisdom. We must leave our egos and our attachments in God’s hands instead of being too self-indulgent and arrogant, blaming others for our problems, and leading self-centered lives.

Our essence exists primarily in the divine nature within our minds. This divine nature comes from God.

We need to recognize and believe that there is this divine essence at the center of our mind. Meishu-sama lives within us and sees everything that is happening in our mind and listens to all our appeals.

We do not have to distance ourselves from our human mind and then try to discard it as something troublesome and dirty, which is bound by ego and attachment, in the midst of ignorance and doubts. Since all actions and thoughts are already forgiven and accepted, we need to acknowledge this and ask that everything be forgiven, purified, saved and revived in God’s light. We should leave everything in God’s hands, through Meishu-sama, and ask that our mind be used as His,



by Him.

We have been entrusted with this mind, which is a precious gift from God and we are allowed to grow through this mind. We can be grateful for this fact and wish to serve God that He may manifest within us. In the past, we may have used our mind as our own, but if our mind becomes one with the divine nature which exists within all of us, we can find true fulfillment of God’s relationship to humans.

## PRACTICING LOVE FOR OTHERS A LITTLE MORE

Everybody wishes to attain happiness and good fortune. At the service this morning, we listened to Meishu-sama’s teaching titled: “Fate Can be Changed at Will” (120). In this teaching, Meishu-sama tells us that a sure method by which good fortune could be truly attained is to “sow the seeds of virtue.”

*“The seeds of virtue all come from love for others, expressed in deeds that bring happiness or are beneficial to them.” He says, “We should work to help develop in everyone’s mind a firm belief in love for others and the strength to adhere to this belief. Only a spiritual path rooted in truth is capable of achieving such a goal.”*

On this matter of faith, Meishu-sama explained in a talk to members in 1953 that when we request for God to help or save someone or to be saved ourselves, we must be vigilant that the request not be too strong and fervent. Our strong attachment is a hindrance in receiving God’s blessing and produces the reverse effect of what we desire. Meishu-sama advised us to trust God’s profound love and leave the outcome in God’s hands.

He also said we need to change our way of thinking about our relationship with God. He said that there is a fundamental difference in attitude of those who want to go to heaven themselves, and those who want to help others to go to heaven. He said that those who want to raise people to heaven would surely go to heaven. We have been connected to Meishu-sama and are being guided by him even today so we can move one step ahead from this previous attitude of expecting reward and payback in return for our faith and service.

You are now trying to “practice a little more love for others.” The purpose of this practice is not for you to be satisfied only but to make God and Meishu-sama happy. You will eventually be pleased with that knowledge. I believe that such a faith would become stronger within yourself if you work on this practice earnestly. Through this practice, you can grow more

spiritually, as a follower of Meishu-sama, and that would be a path to find happiness and good fortune.

## SERVE IN THE VERTICAL CURRENT BETWEEN HEAVEN AND EARTH

We are permitted to have communication with God through our words and thoughts because they come from God. We can be thankful for this relationship and report to Meishu-sama whatever happens to us and whatever thoughts we have and leave them in God's hands. Thus, we can share the blessings of heaven to many others. And then, we can report our blessings and thoughts to Meishu-sama. If we constantly report our everyday practice to Meishu-sama as part of God's work, this process will become our habit and will give us more joy.

In this manner, we become the vertical current between



heaven and the earth with the breath of life and the living words and thoughts of God. This might be our primary mission as someone whose principal residence is heaven. Any human activity can be likened to rotation. When a person's vertical axis is firmly established, the rotation of his activities goes around smoothly and vigorously. Working on this practice of love for others earnestly, we can come closer to Meishu-sama, and establish firmly the vertical axis of faith that never wavers within ourselves.

In concluding my message for today's service, I pray that, just as Mother Nature revives in the fresh breeze of spring, everything will be revived in the constant flow of energy from God who is with the Messiah Meishu-sama. I also pray that all of humanity, in unity with all the other creatures, be used in this reviving work of God. May God's new work of creation flourish and thrive.

Thank you very much.

## PROGRAMME - LONDON JOHREI CENTRE - DECEMBER 2010

Activity	Day - date	Time
General cleaning - Preparation for Monthly Thanksgiving Service	Friday - 3/12/2010	All day long
<b>MONTHLY THANKSGIVING SERVICE - All Welcome !</b>	Saturday - 4/12/2010	6 pm
<b>Ikebana Sangetsu Class - All Welcome !</b>	Saturday - 18/12/2010	1 <sup>st</sup> group: 1-3pm/2 <sup>nd</sup> group: 3-5pm
(For more information please ask Deise or Minister Eric)		
<b>Monthly Prayer for Salvation of the Ancestors</b>	Saturday - 18/12/2010	8 pm
General cleaning - Preparation for Special Service	Tuesday & Wednesday - 21 & 22/12/2010	All day long
<b>MEISHU-SAMA'S BIRTHDAY SERVICE</b>	Thursday - 23 <sup>rd</sup> /12/2010	8pm

## OTHER IMPORTANT INFORMATION

Regular opening hours: Monday - Friday 9am - 9:30pm  
Saturdays 9am - 8:30pm

For Johrei Assistance (outside the London Johrei Centre) please contact:

- Mr Flavio Costa (North London) - 07904 640931
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- Min. Eric - 07771722369 / Min. Eduardo - 07791045662

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