

..and I with this body hair

Mirror, mirror...

.. Really, I, a common person, full of contradictions, possess Buddhahood? The teachings of Nichiren Dais-honin tell us that we do... but we find it difficult to believe. But we find it even more difficult to believe that we can manifest such a state in this existence, just as we are.

The perfect form

At times, we are not able to recognize the positive changes that take place in our life. We insist in looking outside of ourselves for a happiness that can only come from inside; we beg instead of determining and taking action and we aspire to be what we are not. We can break this impasse when we believe with all our being, that we are a Buddha since the infinite past.

The Dragon King's Daughter

In the 12th chapter of the Lotus Sutra (Devadatta), it is told of how a female dragon was able to attain Buddhahood quickly, when she embraced the Lotus Sutra. This woman, known as the Dragon

King's daughter, had an animal form, was a female and moreover, was very young. On attaining Buddhahood, she proved the principle of becoming a Buddha in one's present form, a principle that denies (refute?) the belief that enlightenment can only be achieved at "a certain time" after having carried out painful practices.

What Buddhahood?

For many people, the word enlightenment seems to be associated with certain mystical powers, such as the ability to remember past lives or to see into the future. But this is not so.(1) There is no difference between a common person and a Buddha, except for the degree to which this person perceives reality: When one changes one's spiritual state or attitude towards things, everything changes."(2)

In this precise moment

What action am I taking at this precise moment to change what is making me suffer and achieve what I wish to achieve?

Tsuneshaburo Makiguchi (3) stated that, in order to have a correct focus on life, we need to embrace wide ideals whilst maintaining a clearly defined sense of purpose, which we put into practice in our daily life. His disciple, Josei Toda (4), stated that we can manifest the same life condition as the universe.

Enjoying fully

Nichiren said: The principle of attaining Buddhahood in one's present form can be found nowhere else in the Buddha's lifetime of teachings. The Great Teacher Dengyo enumerated ten outstanding points in which the Lotus Sutra surpasses all others. One of them is the sutra's superiority in leading people to attain Buddhahood in their present form." (5)

Through daimoku we acquire the strength and the wisdom to transform our life. This way we can fully enjoy this existence.

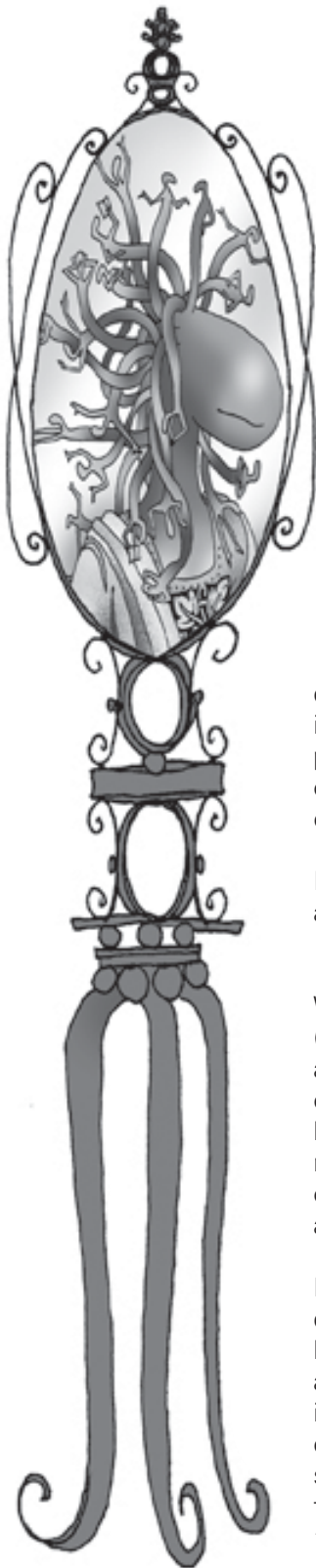
1) The Wisdom of the Lotus Sutra, volume 4 page 176

2) Ibid, page 177

3) Tsuneshaburo Makiguchi (1871-1944), educator and geographer, who founded the Soka Kyoiku Gakkai, precursor of the Soka Gakkai.

4) Josei Toda (1900-1958), educator and second president of the Soka Gakkai.

5) Persecution by sword and staff, by, The Writings of Nichiren Dais-honin, Soka Gakkai, page 962



Doubts?

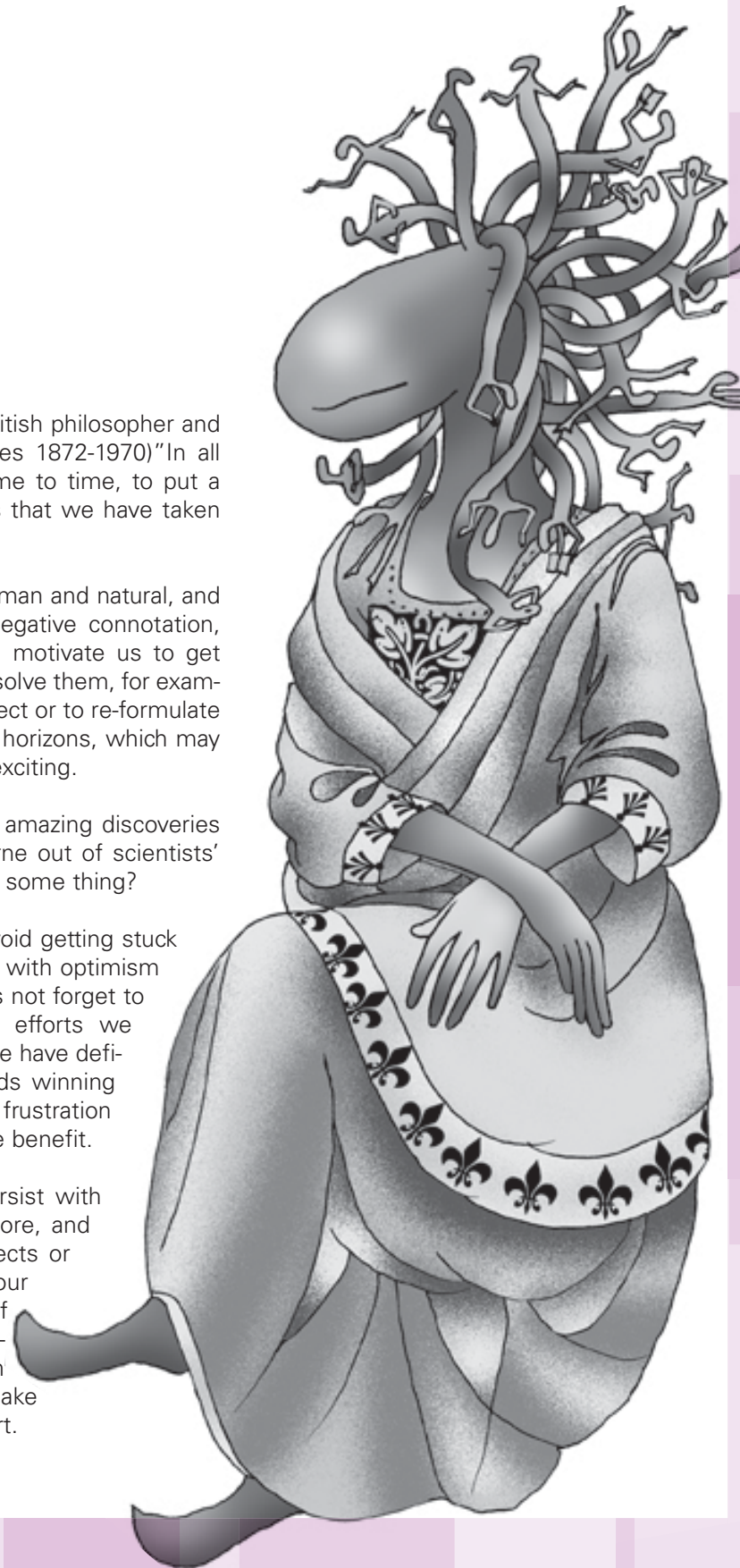
This quote comes from the British philosopher and pacifist Bertrand Russell (Wales 1872-1970) "In all activities it is healthy, from time to time, to put a question mark on those things that we have taken for granted for a long time."

Having doubts is completely human and natural, and it doesn't necessarily have a negative connotation, quite the opposite: Doubts can motivate us to get immersed in study in order to resolve them, for example, or they motivate us to re-direct or to re-formulate our objectives towards different horizons, which may even be wider and much more exciting.

Isn't it true that science's most amazing discoveries and strokes of genius were borne out of scientists' "hypothesis" or "doubts" about some thing?

What is really important is to avoid getting stuck (dejarse atrapar) and to carry on with optimism and cheerfulness. Above all, let's not forget to congratulate ourselves for the efforts we have made until now because we have definitely made huge steps forwards winning over pessimism, resignation or frustration and this in itself is an undeniable benefit.

Let's start afresh then, let's persist with determination, always a little more, and let's find other ways, new projects or alternatives, strongly stirring our imagination and adding a lot of colour and conviction to the present circumstances so that, in this way, boredom and doubt take their suitcase and leave our heart.





How dose my life move?

Life is dynamic and ever changing, however the important thing is whether it moves in the direction we desire.

It's obvious though that, if the gear of our life is "in reverse," that's to say in a complaining mode, it's unlikely to advance. We can try and take the foot off that pedal and put it down on the accelerator, the mode of gratitude.

With my personal stamp

When we compare ourselves to someone we admire and believe we would like to "live their life," we get used to concentrating only on what we see externally, forgetting all the other circumstances.

However, the things that will help us to win, just as we are, are our own abilities and aptitudes. Our strong and sincere prayer will elevate our life condition and this will allow us to discover our own particular values that will make us triumph.

Concrete results

When we achieve an objective we are filled with joy, even if along the road we felt full of doubts, despair and even the desire to give it all up. Fortunately, something or someone helped us to remember our determination and, once again, we found in our confident and determined prayer the wisdom and courage to carry out those actions that were appropriate and coherent with our prayer.

Gosho:

"It is lack of courage that prevents one from attaining Buddhahood, although one may have professed faith in the Lotus Sutra many times since innumerable kalpas ago."

The Three Obstacles and the Four Devils (The Writings of Nichiren Daishonin, page 636)

One, two, three...

If we think of the sentence “Diving into the pool” we can think of a number of different ways to dive into a pool. Someone likes to do “bombing” into it, some dive in head first, others go straight down feet first; then there are those who have to count up to three and hold their nose; and then there are those who prefer to immerse... going down the little steps, slowly slowly as the water is very cold. When we chant we are also submerging in our faith,

which is like diving into a pool, and every one has his or her own way and style of doing it.

It is clear that the attitude that most suits our nature is the one that will achieve the best results from our practice. The attitude in our prayer is determined by our ichinen, however it's not easy to (sacar a relucir) ..the nature all the time. At times the whirl of the day covers us in layers and layers that won't even allow us

to know who we are. For this reason, in this philosophy, we talk about the importance of the relationship between mentor and disciple. That's because, when these layers start to pile up, we feel immediately the desire to get some direction, a path to go back to your own essence. This is the meaning of directing our life, when our life belongs to us.

Exclusive interview

I suggest silence and that each one of us tries to catch small or big truths out of our feelings and thoughts.

Maybe a few short questions, asked in the first person, can help us to awaken the consciousness of our essence.

The following could be the blueprint for an exclusive interview with whoever is behind this character that the world knows:

- Do I like to pre-judge other people's behaviour?
- Do I belong to a special group, different from that of, what I call, the people?
- What do I do if, whilst in the darkness I have matches and a candle? Do I complain or do I light the candle?
- Do I frequently complain about what I stopped doing?
- Do I appreciate the time I have in this life or do I waste it wrapped up in thousand of excuses?

Do I walk aimlessly or do I learn something about my environment and about every step that I take?

Do I experience obstacles as an opportunity to shrink or as an opportunity to grow?

Do I set unattainable targets for myself so that they can never be achieved and to always have a justification for feeling deadlocked?

Have I forgotten that I possess a potential, as valid as anyone else's, and that the sooner I develop it the sooner I will be happy?

We can be sure that there won't be any TV channel interested in broadcasting this interview with the aim of raising the number of listeners, but this is not necessary. Every human being can interview him or herself and become overnight the star revelation of his or her own life.