

Can I win? No! I will win!

What are you thinking of?

So, I was wondering what to do to get rid of this fog that clouds my life, so that I can aim accurately. I was also thinking that, overall, I know what I don't like or doesn't work in my life, but what I do not know is what I can do to change it. On the other hand I think that what I need to do must be quite clear as, if the circumstances in my life are a reflection of myself, then I'll need to change myself. I am not going to shave the beard or to put make up on to the image that I see in my mirror. That's it, I keep thinking! If there are things in my behaviour

that I can improve, but I don't do anything about them, then I am the one who is putting obstacles in the way of my own development.

As we say, less is more; if just now I should decide to change a small detail in my behaviour, this could be the trigger that sparks off my potential. In short, it could be the very "plunger" that clears my path.

Maybe I can now stop thinking and start acting.

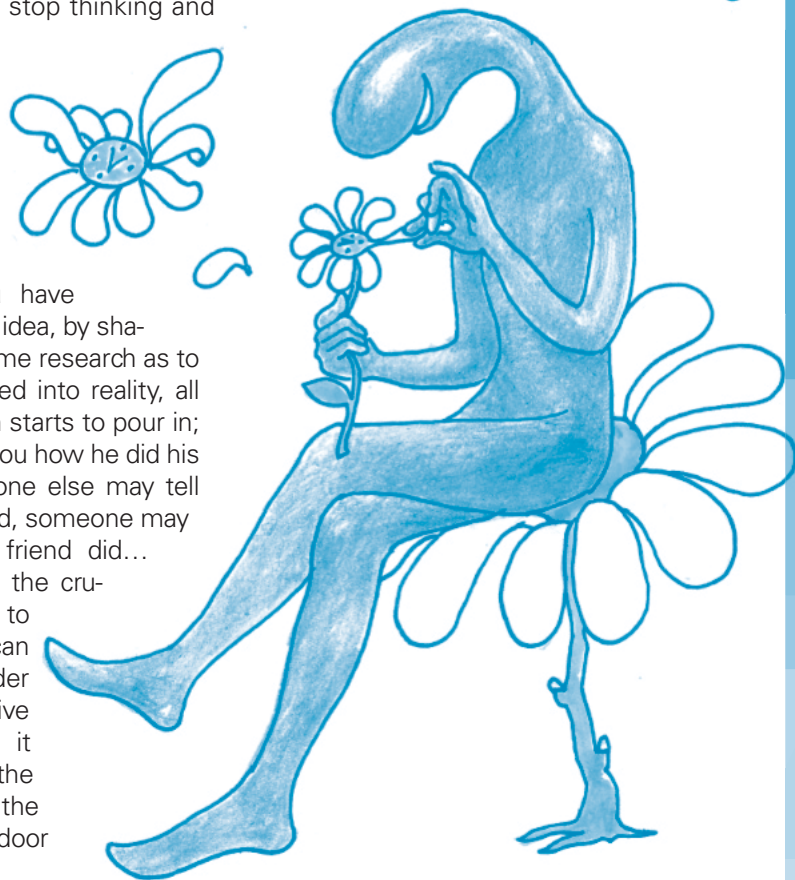
What do you want?

If I answer this question, straight away, I get a big smile on my face.

What do I want? Anybody would start to list hundreds of things that seem impossible, that are waiting for a moment of time, for circumstances to change so that something else can be carried out. However, why do we keep placing what we want the most at the very bottom of the list of "things to do later"? Sometimes, the desire is so big that we don't even mention it. We can take a first step towards making it a reality by talking about what we want. When we start to do so, we are beginning to give shape to our desire, objective or project. For example, if it is about a new

business and you have the beginning of an idea, by sharing it and doing some research as to how it can be turned into reality, all sorts of information starts to pour in; someone may tell you how he did his first project, someone else may tell you what he needed, someone may tell you what his friend did...

Whatever the way, the crucial step is to start to believe that we can do something in order to turn our objective into reality. When it comes down to it, the moment you take the first action, a new door is already opening.





From which life state are you looking at life?

The perception that we have of any reality will depend on which angle we are looking at it from, be it a painting, a monument or an event in life. We talk about seeing or looking at things from different perspectives in order to be better able to appreciate the artist's work or to come to the conclusion that the glass is half empty or half full.

It is quite easy to place ourselves in the best position in order to enjoy the best view; however, if we want to stay as long as possible in the best possible place for our soul we need to be a little bit more on the alert. From there we can discover not only our mistakes but also our skills and talents, but we need to be careful that the fog of our doubts or fears won't make us lose sight of our hopes and objectives.

However, if we strive to hold on to our determination to win, we will begin to use all our talents, including those we didn't know we had and, whether consciously or not, we will begin to introduce small changes in the way we act, little changes that will make it possible for us to discover opportunities that were invisible to our eyes.

Do you only think of yourself or do you think of other people too?

The doctrine expounded in the Lotus Sutra is a supreme philosophy of self-reflexion and equality which does not allow us to believe we are special. It is a philosophy that clearly expounds the dignity of all people.

A good starting point would be to think of oneself while thinking of other people too, and to think of other people while thinking of oneself. This concept could be compared

to a circle, a reciprocity that is part of it, intrinsic, where things work together as if inseparable. It is like when we talk about encouraging someone, giving someone courage or giving them a hand. How many times the one who gives the encouragement ends up being the one who is encouraged?



Three thousand aspects of life in one moment is a lot of relativity.

There are as many facts and events as there are people's interpretations. At any given time one can choose among any of the thousands of options, choices or reactions available, so important in determining our path.

There is no doubt however that we achieve victory only in proportion to the determination, courage and perseverance with which we act over

time. It is only through striving, avoiding getting stuck and complaining, overcoming each one of the obstacles on the way, that one eventually manages to hit the nail on the head, thus manifesting a happy and productive outcome.

So, do we have to ask ourselves: Can I win? Or rather: do I want to win? Am I going to win?

However if, on top of this, we don't act thinking of ourselves only, but thinking of other people too, then it's clear that the benefits will reach many people, becoming like those human beings who seem to be ahead of their time, like those who even history names as visionaries and world leaders because, although starting with the same potential that is common to us all, made a big difference because they fervently wished to go a little bit further: Gandhi, Ikeda, Mandela, Luther King....

Today, tomorrow or when did you say it was?

Sociologist Zygmunt Bauman states that today the perception of the present is valued according to what comes later. So any value that the present might have is only considered and assessed as a function of getting closer to "something" more valuable that will come later, at some stage. But this way of perceiving the present moment makes us weaker, because, to say it simply, we are not where we are.

Buddhism assigns an enormous value to the present moment since both the future and the past depend of what we do here and now. Every moment, every instant (ichinen) is an opportunity to change the sense of reality (sanzen), both what we lived and what we will live. The change, the success in freeing ourselves from the burden that prevents us from being free people, is carried out at every moment, in this precise instant while you are reading these words, and not later, not at another time. Sometimes we postpone decisions, actions, our own right to be happy because of fear.

But many other times we do it because we have grown within a culture that praises the idea of the pilgrimage, the long journey, of carrying out a whole process, or a whole penance.

Imagine if, while you are going from here to there, you keep doubting all the time: Shall I go, shall I not go? Shall I go, shall I not go? You will go a step forward and a step backwards mean while you will remain in exactly the same place, this way spending a lot of energy for nothing.

Buddhism explains that although the realization of a trip or of a project can take some time, the fact of beginning it only depends on a deci-

sion, on a determination that we take in an instant and that we maintain firm and alive all the time.

Gosho

When we look into our own mind at any moment, we perceive neither color nor form to verify that it exists. Yet we still cannot say it does not exist, for many differing thoughts continually occur. The mind cannot be considered either to exist or not to exist.(...) If we understand that our life at this moment is MYO, then we will also understand that our life at other moments is the Mystic Law

On attaining Buddhahood in this lifetime, The Writings of Nichiren Daishonin.

