

Give it a shake!

“Glory and benefits are mere decorations in our present life, while arrogance and prejudice are the ties that bind us to the next” Nichiren Daishonin states. It’s easy to fill our house with things that remind us of something; we also become attached to one or more images of ourselves that serve the same purpose: that remind us of something that happened or that we wish had happened and, in this way, we imagine we are

something we are not. If we do this we could be mortgaging our present. Perhaps out of fear or maybe out of fantasy, while we are here we look over there, thinking about something that is gone.

But is that yesterday, today or tomorrow? Which button do I have to press? I don't understand!



Fear, hope and courage

The idea of “starting again,” no matter if we reached that point by our own decision or forced by circumstances, always triggers

contradictory feelings that fluctuate between hope and fear in view of the unknown.

So, even if we often think that we would like a change in our lives, we don’t get to fix the changes we dream. On one hand, our daily life looks tedious, little interesting or overwhelming; but in what we know, even if it’s not great, we feel secure.

However, starting again, doesn’t necessarily lead to a drastic breaking-off our reality, but, rather freeing it from the burden that prevents us from developing our qualities and blocks our advance. So, we can try to give that shake to our life, like the maximum spin of the washing machine, to free ourselves from the routine and sadness.

And then, lightly as a well wrung out laundry, it will be much easier to find our own creativity, initiative and gratitude again. Actually, back to the beginning, when any occasion was good to question, learn and do daimoku. Definitely, we found out that assuming control of problems makes life much more exciting.

Gosho

Just as flowers open up and bear fruit, just as the moon appears and invariably grows full, just as the lamp becomes brighter when oil is added, and just as plants and trees flourish with rain, so will human beings never fail to prosper when they make good causes.

The third day of the New Year, No.143, page 1013, col 1, paragraph 2, Content.