

## Words to the Wise: HAPPINESS

**There is no greater happiness for human beings than chanting Nam-myoho-  
renge-kyo.... There is no greater happiness than having faith in the Lotus  
Sutra. (*The Major Writings of Nichiren Daishonin*, vol. 1, p. 161)**

*From SGI President Ikeda:*

\* True joy is found in working for kosen-rufu, in practicing and taking action for the happiness of oneself and others. The greatest joy is to be found in SGI activities. Our activities for kosen-rufu become memories that shine ever more brilliantly as time goes by. As SGI members, we help others overcome suffering while at the same time becoming happy ourselves. What way of life could be more wonderful? (Sept. 26, 1997, *World Tribune*, p.8)

\* It's like a river. At a certain point the river's banks are pretty much fixed. In the same way, the identity of a person doesn't change much. But the quality of the water in the river can vary. It may be deep or shallow, polluted or clean, have an abundance of fish or none at all. The content, in other words, can change. It is the same with us. Our personality doesn't determine our happiness or unhappiness. Rather it is the substance of how we've lived that decides our happiness. The purpose of Buddhism and education, as well as all our efforts toward self-improvement and growth, is to enhance that substance. This is what life is all about. (Aug. 8, 1997, *World Tribune*, p. 10)

\* True happiness is not the absence of suffering; you cannot have day after day of clear skies. True happiness lies in building a self that stands dignified and indomitable like a great palace — on all days, even when it is raining, snowing or stormy. Attaining “peace and security in this life” doesn't mean having a life free from all difficulties, but that whatever difficulties arise, without being shaken in the least, you can summon up the unflinching courage and conviction to fight against and overcome them. (*Learning from the Goshō: The Eternal Teachings of Nichiren Daishonin*, p. 241)

\* Everyone without exception seeks happiness and peace. One person may pursue “treasures of the storehouse,” while another pursues “treasures of the body” such as status or health. But true happiness lies in accumulating “treasures of the heart.” And the substance of the treasures of the heart is a great state of life totally dedicated to faith....

\* [Nichiren Daishonin] exhorts us to “regard both suffering and joy as facts of life and continue chanting Nam-myoho-renge-kyo” (MW-1, 161).

\* This is not happiness that can be gained through the satisfaction of cravings or desires. It's a matter of “experiencing the boundless joy of the Law” — of freely receiving and enjoying the happiness deriving from the Law that wells forth from our lives. Each one of us can definitely attain such a state of peace and happiness. And because this peace and happiness comes from our own lives, it is enduring. (September 1997 *Living Buddhism*, pp. 37–38)

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