

WOW! One Realization After Another

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During a recent visit to Los Angeles, I ran into a fellow member at an SGI-USA community center. When I asked her how she was doing, her response was: “Do you want the short version or the long version? The short version — I’m doing great. The long version — I’m having so many realizations in my life.”

When she mentioned “the long version,” my mouth flew open. I told her how happy I was to finally hear someone express exactly what I’ve been experiencing the last few years: one realization after another. Often they are inconspicuous and happen in such quick succession, especially when I’m chanting, that I find myself in awe. As Nichiren Daishonin says: “What then does *myo* signify? It is simply the mysterious nature of our lives from moment to moment, which the mind cannot comprehend nor words express” (MW-1, 5).

Although my friend and I talked about how it was not always possible to express what we’ve been experiencing, the main point was how happy we are about the realizations we’re having in every aspect of our lives, as a result of our Buddhist practice.

Since the beginning of my practice, I’ve heard that inconspicuous benefits are the greatest. Until recently, though, whenever I would read or hear that, I would think: “Well, that sounds great, and someday I’ll probably feel that way, too. But for now I’ll just take the conspicuous kind of benefits, if you don’t mind.”

While I continue to chant for those “relative happiness” benefits, especially the ones that come with dollar signs, I have to say that I have come to a point in my practice where I now truly believe that, indeed, inconspicuous benefits are the real treasures in my life. My experience has shown me that they come as a wonderful reward of continuing to practice, whether you initially thought you wanted them or not.

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