

**SIGN POSTS: Accelerate Into Curves**  
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**Many hear about and accept this sutra, but few continue their faith in the face of great obstacles. To accept is easy; to continue is difficult. But Buddhahood lies in continuing faith. (“The Difficulty of Sustaining Faith,” *The Major Writings of Nichiren Daishonin*, vol. 1, p. 127)**

Upon hearing of doubts expressed by his disciple Shijo Kingo, Nichiren Daishonin wrote this. Shijo Kingo was concerned that, even though he was practicing earnestly, he was facing great hardships. He was practicing to have a peaceful life and had not expected such challenges. Here the Daishonin reassures that his practice is correct and reminds him of the importance of continuing in the face of such obstacles.

This is a basic teaching of Buddhism, but one that has been difficult for me. From a young age, I learned to avoid obstacles. If I planned ahead, if I finagled, it was often possible to avoid situations that would have been challenging. However, through my understanding of Buddhism, I have started to appreciate the value that I can create by facing obstacles in my life.

I was driving recently and thought about the analogy of life being like a winding road. There are some curves you can see a ways off, and there are some sharp curves that come up all of a sudden. Sometimes you just can't be sure what lies ahead. I can't remember much from my driver's ed class in high school, but one thing I do remember is learning to accelerate into curves. “If you brake,” I was told, “you will lose control.”

The way to maintain maximum control is to accelerate into curves. If I am overcome by doubt when faced with obstacles and put on my “brakes,” I will lose control and not accomplish my dreams. However, when I use my practice to accelerate into the curves of my life (the obstacles), then I can not only maintain control and get through the curves but also end up with my life being enriched (moving faster).

Although it is not always easy, I continue because “Buddhahood lies in continuing faith.”

**WT**