

Words to the Wise: HEALTH

If one's illness is caused by immutable karma, even the most excellent medicine will turn to poison, but if he believes in the Lotus Sutra, poison will change into medicine. (*The Major Writings of Nichiren Daishonin*, vol. 1, p. 226)

From SGI President Ikeda:

* The transformation of our lives that we achieve through Buddhist practice affects our bodies and our minds. Our bodies and minds are transformed right to their very essence. The life force of the Mystic Law pervades and vitalizes our flesh, bones and skin. I hope all our readers will spend each day cheerfully and vibrantly, brimming with the dynamic energy of the rising sun, their faces radiant with good health. Pursuing the wise path of faith equals daily life is surely the greatest proof of being foremost in wisdom. (Aug. 29, 1997, *World Tribune*, p. 9)

* The harder I exert myself in Gakkai activities, the more energetic I feel. Working for kosen-rufu is my secret to health. (Oct. 3, 1997, *World Tribune*, p. 8)

* When we become ill, the important things are strong prayer and wisdom aimed at overcoming that sickness. We should strengthen our life force by chanting dynamic, resonant daimoku, while seeking qualified medical expertise and sound treatment... Health is a daily effort — it's a combination of strong prayer and careful, practical action... Please live your lives to the fullest. Doing so is a great challenge. No matter what happens, live vigorously — right to the end — so that you can look back over your life and say, "What a wonderful life I have had!" That is the true meaning of a healthy life. (Oct. 10, 1997, *World Tribune*, p. 12)

* No matter what happens, even if we should fall sick, we must never grow discouraged or allow ourselves to be defeated. This is vital. As long as our spirits are undefeated, we are victors. (Oct. 10, 1997, *World Tribune*, p. 15)