

## BRINGING OUT OUR UNLIMITED POTENTIAL

The term *revolution* means to transform. More specifically, the concept of *human revolution* involves a transformation of an individual's life at the core, where the person is able to freely experience joy, where the person is able to create value with no self-imposed or external limitations. Second Soka Gakkai president Josei Toda was the first to use this term. He described it in this way:

Human revolution means to firmly establish one's views of life and perfect one's self. It means changing from a small or medium objective to a great objective, from a lifestyle of small or medium good to one of great good." (*Why Is Faith Necessary?*, vol. 1, p. 102)

Buddhism teaches that each person has unlimited potential and is capable of unleashing it. But what exactly does human revolution involve, and how do we undergo this ongoing process?

One aspect of human revolution is bringing out your potential. From the standpoint of Buddhism, everything that we need to become happy already exists within ourselves. Some people might think, "I am too quiet and weak to do a great human revolution," or, "I could never be truly happy because I am such an angry person." The list of such doubts goes on and on, and these thoughts are quite natural.

However, human revolution, or bringing out our Buddhahood, is not about trying to suppress the personality traits that we have naturally. Instead, it is about living true to ourselves, and therefore determining to use each aspect of our personality in a positive way. Feelings such as anger may seem bad, but a person with a goal can use even a quality such as this as inspiration. For example, a person may feel angry after seeing another being mistreated. This anger can be a good thing if the person stands up against the mistreatment or determines never to treat others that same way. Likewise, other personality traits we have as individuals can be potentially good. It all depends on our determination. To this effect, SGI President Ikeda says: "Our personality doesn't determine our happiness or unhappiness. Rather it is the substance of how we've lived that decides. The purpose of Buddhism and education, as well as all our efforts toward self-improvement and growth, exist to enhance that substance" (*Discussions on Youth*, vol. 1, p. 183).

When we strive toward a goal, our positive qualities shine and negativity fades into the background.