

SGI PRESIDENT IKEDA'S MESSAGE TO THE GOLDEN STAGE OF LIFE CONFERENCE HOW TO STAY YOUNG FOREVER

**‘Those who keep challenging themselves won’t grow old,’ SGI President Ikeda says.
‘Youth is not a matter of age.’**

The Golden Stage of Life Conference was held at the Florida Nature and Culture Center, Jan. 20–23.

To the important members of the Golden Stage of Life Group, the treasures of American kosen-rufu: My sincere congratulations on holding this conference. The Gohonzon is aware of all the precious efforts you, whom I revere, have been making in your daily activities. There is no doubt that the benefit you will receive will be immeasurable.

Nichiren Daishonin states, “You will grow younger, and your good fortune will accumulate” (*The Writings of Nichiren Daishonin*, p. 464). As indicated by this passage, Buddhist practitioners, who strive in faith and devote themselves to kosen-rufu, can enjoy continued youth and good fortune as they age.

Those who keep challenging themselves won’t grow old. Youth is not a matter of age. A youthful, robust spirit is found in your state of mind and in your faith.

I hope that all of you, who are wise and brilliant, will continue to shine encouragement as lighthouses of hope in your communities and raise future generations into leaders who will shoulder the future of our kosen-rufu movement. Together, let’s open a new age of American kosen-rufu with a youthful, cheerful and progressive spirit.

Again, each of you is so important to me. I am earnestly praying every day for your continued good health and successful endeavors. Please always stay in good health and high spirits!