

**WORDS TO WIN BY
WHAT'S HAPPINESS GOT TO DO WITH IT?
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From 'Happiness in This World,' The Writings of Nichiren Daishonin, pp. 681–82.

**There is no true happiness for human beings other than chanting Nam-myoho-
renge-kyo. The sutra reads, "...where living beings enjoy themselves at ease." How
could this passage mean anything but the boundless joy of the Law? Surely you are
included among the "living beings." "Where" means Jambudvipa, and Japan lies
within Jambudvipa. Could "enjoy themselves at ease" mean anything but that both
our bodies and minds, lives and environments, are entities of three thousand realms
in a single moment of life and Buddhas of limitless joy? There is no true happiness
other than upholding faith in the Lotus Sutra. This is what is meant by "peace and
security in their present existence and good circumstances in future existences."
Though worldly troubles may arise, never let them disturb you. No one can avoid
problems, not even sages or worthies. (WND, 681)**

There is no true happiness for human beings other than chanting Nam-myoho-
renge-kyo" corresponds to one of the Soka Gakkai's eternal guidelines that second president Josei
Toda established: "faith to enable each person to become happy." In this guideline and the
above letter, we see a central principle of Nichiren Daishonin's philosophy—Buddhism
exists solely for the people's happiness.

Our society tends to associate the word *happiness* with pleasurable activities, recreation,
living a trouble-free existence, etc. While Buddhism does not negate the pursuit of
pleasure or tranquility, it cautions us that they are fundamentally fleeting. They constitute
nothing more than relative, temporary happiness.

When the Daishonin says that "there is no true happiness for human beings other than
chanting Nam-myoho-renge-kyo," he is pointing to absolute, lasting happiness—a state
of life in which we can always enjoy ourselves and feel at ease under the most adverse
conditions.

"Worldly troubles" arise precisely when we strive to improve our lives in pursuit of a
great goal. Whenever we truly advance—in any arena of life—we meet with resistance.
The more we accelerate, the more resistance we naturally generate.

Achieving our goals and aspirations thus requires strong effort to change our
circumstances. It requires endurance, consistent prayer and a positive attitude about the
challenges we face.

True happiness actually has nothing to do with leading a problem-free life. "No one can
avoid problems, not even sages or worthies," as the Daishonin points out. True happiness
lies instead in developing an unshakable life-condition that can overcome any and all
obstacles. Another of the Soka Gakkai's eternal guidelines is thus "Faith to surmount
obstacles."

Rather than escaping from problems or seeking an easy life, we are encouraged by the
Daishonin to maintain a steady, consistent practice, no matter what. When we experience
sufferings, we can see them as opportunities to expand our capacity by chanting daimoku

in earnest. When we enjoy success or prosperity, we can express our appreciation by exerting ourselves for the happiness of others all the more.

Either way, our tenacity to transform every obstacle into an opportunity for growth is the surest means to achieve lasting, indestructible “happiness in this world.”

The Soka Gakkai's eternal guidelines of faith established by President Toda are 1) “faith for a harmonious family,” 2) “faith to enable each person to become happy,” and 3) “faith to surmount obstacles.”