

THE WAY OF LIFE OF THE SUNDIAL PRINCIPLE

by Reverend Masaharu Taniguchi

Friends, have you ever seen a sundial? The main components of a sundial are a gnomon and a graduated plate. Sunlight shining on the gnomon casts a shadow on the plate which indicates the time. When there is no sunlight it is impossible to tell the time. On a particular sundial I saw the following words inscribed: "I record none but hours of sunshine."

I call these words the *sundial principle*. In *Seicho-No-Ie* we strive to remember, speak about, and think about only the bright and good times. To our happiness we apply the power of the words to reproduce and the creative power of words.

How happy and delightful our world will be when all people in the world practice the sundial principle and drive away from this moment all their unpleasant memories, dark thoughts and gloomy suggestions.

Nevertheless, why is it that many people make efforts to record and then recall to mind through words the unhappiness, unpleasantness, hatred, jealousy, and derision they have experienced? These people do not know about the *law of the mind*. They do not know about the creative power of words. "What we speak about will appear in form." "Hearsay will cast its shadow." We must know that whatever the unhappiness, it does not exist unless we recall it or speak about it.

Human life is like riding together on a bus to a certain destination. On the bus there are gentlemen of good bearing and fine young women, while on the opposite row there is a drunken man sitting sloppily and with a foul odor. At times a patient covered with boils may also get on the bus. We, however, do not have to focus our attention upon the drunken man or the sickly patient. Wouldn't we feel happier looking at the happy countenance of the young women or the refined-look about the gentlemen?

Friends, *let us become like a sundial that records none but the hours of sunshine*. What can be gained by continuously storing sadness within one's mind? What gain is there by always recalling your losses? If you constantly regret your failures and feel dejected, the world around you will never prosper. Such happenings are nothing more

than the residue from the developments in human life. Do not be attached to this residue. Throw it away! Like chasing away a burglar, throw it out of your mind! Know that your mind is far more precious than residue.

When you fall prey to unpleasant thoughts and when you entertain hatred, anger, jealousy, or feelings of revenge against another, you should realize that a thief has found his way into your mind and is about to steal away your diamond of happiness. Wouldn't you chase out a thief who tried to steal even a shoe? If so, why continue to entertain the thief that has crept into your mind to steal your precious diamond of happiness? Let us throw away the residue in our minds. Let us throw out the sadness from our minds in the manner of the small pebble in our shoe. Throw away hatred. Cast aside gloom. Put on the new shoes of joy and walk into a bright world bathed in sunlight. That is the *Seicho-No-Ie* way of life.

(excerpt from the monthly *SEICHO-NO-IE* magazine, First Issue, pp. 20-22)