

Prayer to Remove Fear and Attachment

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THERE IS ONLY ONE GOD—God who is Mind that is everywhere in the universe, God who is infinite wisdom, infinite love, and infinite life. He is a transcendental existence and at the same time omniscient and omnipresent. He resides within us to become our life, conscience, wisdom, and mind that loves everything.

Since the perfection of God's life is being constantly manifested within me, I am always strong and healthy. God's wisdom is constantly guiding me in my activities, therefore I shall never err in my actions. I shall always advance on the right path and never become lost on a crooked road.

Not only does God dwell within me, but as a transcendental, omnipresent existence, He is everywhere around me—above me, below me, to my right, to my left, in front of me, and behind me—surrounding me completely. Consequently, my wisdom and the wisdom surrounding me are in complete harmony, and my actions and what takes place around me are also in complete harmony. There can, therefore, never be any strife, contradiction, or disagreement anywhere. Harmony, peace, and joy are permeating all people and things everywhere.

Love brings harmony to everything. All around me are only people who love me; not one person hates me or is unfriendly towards me. Why? Because God's love dwells

within me, and I myself love everyone and will never hate anyone.

Furthermore, I shall never fear anything. Why? Because I know that God is behind everything, whether it be natural phenomena or some occurrence in society, and He adjusts everything with His wisdom of infinite harmony. All evil, harm, aggression, strife, discord, and the like are not of God's making. No matter how real they may appear, they are nothing but reflections of my mind. Knowing this, I reflect upon my own thoughts before I ever become afraid of them. Should I discover that my mind harbors that which is evil, that which is harmful, that which is unsettling, that which is troublesome, or that which wants to harm another in order to profit the self, I shall quickly discard such thoughts from my mind.

All evil is born out of attachment. Attachment, like oil on the gears of a pocket watch that has become sticky with age, interferes with the smooth functioning of everything to cause discord everywhere. Therefore, I shall sever all impure attachments, adopt an attitude of selfless total reliance upon God, and humbly act in complete accord with His guidance. I express my heartfelt gratitude for the life, love, and wisdom of God.

—From *Shinri No Ginsbo*, “Recitations of the Truth,” pp. 251-254