

# Prayer to Know the Ultimate Reality

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TODAY I have learned what is truly valuable, what truly matters. The true value of an object is not the price attached to it. The true value lies in the thing itself. If something appears imperfect, I should practice Shinsokan (meditation to visualize God), meditate on God, and look at the True Image of the person or thing.

What appears to the physical eyes is never the True Image of what we are seeing. We must not think that the imperfect form that we perceive with our five senses really exists.

What God created always *is*, and it is perfect. We must look into that perfection through meditation. To see the True Image is not to create perfection with our mental powers. Perfection already exists—it is just that we do not notice it. To see with the mind's eye is like turning on a television set to catch the right vibrations so that the perfection already existing in God's world may be telecast into the material world. Even when it is not tuned to the right station and the images are not showing on the screen, a baseball game is still being played at the stadium. Likewise, even when the perfect form of God's world is not yet projected into this world, it already exists in the True-Image World. We are children of God, and whether or not we practice Shinsokan or have attained enlightenment, we are already perfect and healthy. This was true in the past, is still true in the present, and will be eternally true in the future. It is an eternal Truth.

No matter what we think or how we think, our True-Image self is perfect and healthy—it cannot be anything

else. However, we may become sick because of the mistaken belief that “we are susceptible to illness”; yet if viewed from the God-created world, we are not really sick.

Thoughts are said to create things, but our thoughts cannot create anything. Even though sickness may take form caused by our thought of sickness, it was not created by that thought. It is just that our mistaken thinking projects a delusive phenomenon.

God never creates sickness. God alone has the power to create. His thoughts alone have creative power. As God never thinks of evil, He never creates evil. God creates only the good, therefore only the good is real. That the good takes form in this world through our positive thinking is not because our thoughts created it but because we project the shadow of the perfect world on the screen of the material world by tuning in to God's vibrations. Or we simply project delusions such as illness or misfortune by not tuning in to Him but by holding bad, negative thoughts in our mind. That is the only difference.

Henceforth, I shall never picture evil in my mind or entertain delusive thoughts. I will picture only the good of God's world and tune in to God so that only the good of the real world will materialize and appear around me. I exalt and worship God, who created such a perfect and good world, and express my heartfelt gratitude to Him. I am indeed grateful.

—From *Shinri No Ginsho*, “Recitations of the Truth,” pp. 124-128