

Prayer to Liberate the Self and Others from Sin

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IN THIS WORLD is the law of cause and effect. We also call it the law of karma or the law of action and reaction. When we throw a rubber ball hard against a wall, the ball bounces back with almost the same force. If we throw the ball weakly, it will bounce back even more weakly. In a jet propulsion system, the forward thrust of a plane is determined by the force with which high velocity gases are expelled.

Your destiny is like this. You will succeed in proportion to how much goodness you give to others. If you think only of receiving and not of giving happiness to others, your fate will not advance but you will only be pursuing an unpromising destiny.

When you give happiness to others, happiness will come back to you. When you give unhappiness, unhappiness will come back to you. When you carry out a plan for your own gain at the expense of others, even if it appears as though you have gained for a while, you will soon face a loss from other people or sources. Or, through miscalculations you unknowingly made in your plans and actions, you will suffer a loss greater than that which you inflicted on others.

If one does not give to others but only wants to benefit himself, it is like withdrawing money from a bank

account without having made any deposits. Since the bank of the universe is impartial, anyone who has not made deposits in the form of deeds of love will not be able to make withdrawals in the form of happiness.

Jesus taught: “Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again” (Matt. 7:1-2). Here, the law of action and reaction is elucidated: to the karmic cause of being “judgmental,” the karmic effect of being “judged” will rebound to you.

In the Lord’s Prayer, Jesus also taught, “And forgive us our debts, as we forgive our debtors” (Matt. 6:12). Those who forgive others’ errors will have their own errors forgiven. Those who censure and do not forgive the errors of others will not be forgiven. Those with unforgiving minds shackle themselves and are unable to break free. An unforgiving mind invites illness that will bring stiffness to the body, such as arthritis. The law of cause and effect cannot be deceived or tampered with.

We are grateful to God for teaching us this Truth. Thank you very much.

—From *Zoku Shinri No Ginsbo*
“Recitations of the Truth – Sequel,” pp. 215-219