

The True Story: Lessons from God and Buddha, Principles of the Universe and the Law of Happiness.

"Preliminary Notice: April-September 2021: Be on the
lookout for major earthquakes in western Japan.

Introduction.

We have been looking for a way to provide the contents of this book free of charge through our website and SNS.

However, as I have no special talents, it is difficult for me to send out information for many people to receive, so I have decided to share it with you in the form of an e-book.

Therefore, it will not be "free", but I would like to devise a way to make it available to as many people as possible, so please do not hesitate to contact me.

We also hope that this book will help you to be "happy".

One question.

What I am about to share with you is based on my actual experiences and testimonies.

First, let me ask you one question first.

What were you born for?

I urge you to take the time to think about it.

What do you think?

Did you find your answer?

I'm sure some of you will say, "No, I don't have any ideas.

As a matter of fact, there are few people who can answer this question immediately.

Many people have never faced this fundamental proposition of life.

Now, I have another question for you.

Do you want to be happy?

Please answer Yes or No.

What do you think?

I think most of you answered "Yes" to this question.

Now, I have another question for you.

What does your happiness look like?

What is your definition of happiness?

What do you think?

Many people ask, "What does your happiness look like? I'm sure the answer to the question "What is the definition of happiness?" came to mind, but the answer to the question "What is the definition of happiness?" didn't come to mind.

In summary, I think this is how most of us feel about it, right?

What were we born for? I don't know.

I want to be happy.

Just what is the state of happiness? It is not possible to clearly define

This is how I have lived my time up to my current "age".
And we will continue to live like this.

This book was published in the hope that it will serve as a "guideline" for such people.

Now, I have another question for you.

How many people are you?

Most of the respondents could answer "●● people" based on their country of citizenship or country or region of residence.

That means that we, humans living on the earth are not only "earthlings" but also "aliens" because the earth exists in space.

Just as each country on earth has its own "laws", "culture" and "customs", the planet Earth has its own laws.

For example, the sun rises in the east and sets in the west, or it spins on its axis at about 1,700 km/h, etc.

Naturally, there are laws in this universe in which we exist, too.

And among the many laws of the universe, I would like to focus on "cause and effect" in this article.

Here's one question I would like to ask you.

What kind of image comes to your mind when you hear the word "karma"?

Isn't this what many of you are doing? Religion?

If you look it up in the dictionary, it is explained like this.

"Consequences are the result of good or bad behavior that brings out the right retribution.

In other words, it is sometimes described as "cause and effect" or "self-inflicted".

For example, "If you do something people don't like, they won't like it.

What do you think? Isn't this a very familiar event rather than a "religion"?

Many people think of the "laws of the universe" as events in a distant spiritual world that has nothing to do with them, but of course the earth and each one of us exists in this universe and we all exist based on the "laws of the universe".

You will realize this when you look back at your real life and real experiences.

'I studied diligently and my test scores were good,'

He was popular in class because he always had something funny to say and made everyone laugh.

All of our lives are made up of a series of "cause and effect" such as

Here's one question I would like to ask you.

Are you happy now?

What do you think?

I think the answers will vary.

"Yes," "No," "I can't say either way," "I'm happy when I say this," etc.

The "purpose" of this book is to ask "Are you happy now?" in an ever-changing world. The goal is for you to be able to answer "yes" to the questions of

Can you recall the question I asked at the beginning of this section?

What does your happiness look like?

What is your definition of happiness?

The answer to this question may vary from person to person, but when it comes to the

definition, there may be few people who can define it clearly.

However, many people want to be happy, and they want to be happy.

Yes, many of you are asking, "What is happiness? With no clarity as to what state of affairs, "I want to be happy! I think.

This could be likened to, "I don't have a destination in mind, but I want to go on a trip! I want to go on a trip! It's the same thing as thinking.

Here, in the wisdom of our seniors, the Buddha wrote this definition of happiness

No complaints, and I'm fulfilled.

Hmm? It's kind of understandable or not, isn't it?

So, I think of my definition of happiness as this.

Fulfilled.

Hmm? I think it's like I understand this one too, but I don't understand it.

You may have been a little disappointed, but in fact, "definition" is inevitably an "abstract expression" because it needs to apply to "everyone", "all the time" and "everywhere".

However, what I would like you to keep in mind is that it is equally effective for anyone, anywhere, and in any era.

Many of us feel "happy" when we eat our favorite food, but it's a "happiness" that disappears over time.

When you marry your favorite partner and spend time with him or her, you will feel "happy", but eventually it will be time to say goodbye.

The "happiness" we seek in this book is the happiness we can feel without being

influenced by external factors.

The Relationship Between Desire and Happiness

If we check again the definition of happiness that I mentioned earlier, the Buddha defined it this way.

"No complaints and a sense of fulfillment.

I'm a "fulfilled thing.

The implications are the same, so I'll use my definition of happiness as the basis for the story, "being fulfilled".

The easiest way to visualize the state of being "filled" is to imagine a glass of water.

So what is the state of fulfillment for us humans?

It's a "desire" that each of you has.

The vessel into which water is poured is the desire that each of you has.

In fact, each of you has a different vessel of desire.

Some have coffee cups, some have large bowls.

Some of you may have a 25-meter pool.

Here's a question.

What kind of vessel do you have in mind?

How much time and effort would it take to fill that vessel with water?

Filling your coffee cup with water is easy. I think most people can do it.

So what about filling a 25-meter pool with water?

It's a lot of work to do on an individual basis.

Many people grow this 'vessel' called 'desire' and live their lives 'relentlessly' in order to 'fill' their large 'vessel'.

As you can see, the smaller you make this 'vessel' called 'desire', the easier it is to 'fill', and the more you feel 'happiness'.

However, these questions may arise for some of you.

Is having a "dream" or a "goal" a bad thing?

The pain of regret and the treasure of experience

Many people have "dreams" and "goals" and work hard every day, and I think we all have the desire to support those who have dreams and goals and work hard.

Broadly speaking, "dreams" and "goals" are also "desires".

As mentioned before, the smaller the 'vessel' called 'desire' is, the easier it is to 'fulfill' and the more 'happiness' you feel. It is a fact that the smaller the size of the vessel, the easier it is to fulfill.

But the reality is that it is virtually impossible to reduce the size of the vessel called desire by just "thinking with your head".

At the time of writing this book, I have very little obsession with money, but I have previously started my own business and have experienced a variety of jobs and businesses.

And in the process, I've also experienced situations where I've said, "I'm going to jump out of here today."

Through this actual experience, I have been able to reduce the size of my own "vessel of

desire".

So I'm asking, "Are you happy?" at the moment. I can answer "Yes" without hesitation.

However, this sense of "happiness" and "contentment" is very vague and varies from person to person.

It is impossible for you to actually experience my current situation, and it is difficult for you to express it in words.

But that would defeat the purpose of reading this book, so one of the reasons I can say I am happy is that I am rarely, if ever, deeply troubled.

Of course, I am human and I face various "problems", "challenges" and elements of anxiety on a daily basis.

I think this is the same for all of you, but the first thing I would do in that context is to get the current situation right.

Once you have a "correct understanding" of the current situation, the only thing left to do is to figure out how to respond to it! Only.

'What? It's the same for us! But the important point is not to get attached to the thing, the event or the result of the event.

For example.

If you're in the business, you've probably had this experience and heard stories like this before.

'I'm working harder and getting more results than Ms A., but I'm not getting the recognition I deserve.

Of course, these are events that have a huge impact on a person's life, and I think they are important.

But what if you have an "obsession" with this event, and "stuff it up against your boss" or "get jealous of Mr. A"?

As a result, you may feel "bewildered" and, in some cases, your relationships with your boss and Mr. A may become even more bewildered.

The most important thing here is to know exactly why your reputation is low and to improve it honestly.

Then you will naturally get the results you want and you will naturally be fulfilled.

Also, relationships don't get strained and "create" more problems.

A person's "desire" for a "mere event" produces a variety of "feelings".

It can sometimes become obsession, obsession, anger, hatred and envy towards others, which can affect your relationships and ultimately create painful situations for you.

Yes, your own "desires" will ultimately cause you to "suffer".

What do you think? I'm sure many of you have had this kind of experience.

Of course, I myself have produced many times in my life that I have "suffered" the consequences myself.

So why do we have "desires"?

The Origin of the Universe

Now I would like to broaden our perspective and look at the origins of the "entire universe".

I'm sure you've all looked up at the night sky.

What are the major "what" and "what" in the universe?

I think you can see that there is a big division into "light" and "darkness".

The sun is the closest thing we have to a light being.

As you know, the Sun is one of the "stars", and it conducts nuclear fusion in its center, emitting "light" and "energy" in all directions.

And the Earth, on which we exist, receives that light and energy and carries out a variety of life activities.

This is a well known fact that you all know.

One thing to keep in mind from this fact is that this universe, as an entity, is divided into two main stances.

One is a "giving stance" that is radiating light and energy, starting with the "sun

The other is a "seeking stance" that receives and exists in light and energy, like black holes and life on our planet.

These two stances exist, and it is through the balance of these two that this universe exists and is maintained.

And, of course, this "balance of the two stances" applies to us humans who live on this part of the universe, the Earth.

However, in the case of human beings, there is no fixed division between those who are always giving and those who are always seeking, but sometimes the stance is either giving or seeking, depending on the situation and the person.

For example.

I think it's easier to understand if we look at the word "love".

If we analyze "love", it can be firstly divided into "love" and "love".

The word "love" is a stance of seeking, as in "I miss ●●" or "I miss my 00".

On the other hand, "love" is a stance of giving, as in "loving ●●" or "pouring love to

00".

That's right, love is a relationship between people who have both a seeking stance and a giving stance.

And as I mentioned earlier, this universe exists and is maintained by the balance of these two stances, so relationships in love also depend on the balance of the "asking stance" and the "giving stance" that determines whether or not the relationship is good and maintained with each other or not.

This also applies to "all relationships", not just "love".

For example, what would happen if a man and woman sat facing each other on the beach and pulled the sand toward themselves, saying "I want it, I want it"?

There's going to be a "rift" between the two of you.

So what happens if one of them draws the sand in and says "I want it" and the other offers it to you, "Go ahead"?

It will "stay flat" between the two of them.

So what would happen if we offered each other sand to say, "Here you go.

A "pile of sand" will form between the two of them.

This mountain will eventually become an irreplaceable "treasure trove" for both of us.

However, there is one very important point to make here.

This "giving stance" must be based on a "free

The reason for this is that if there is a "quid pro quo stance" behind the "giving stance", it will "cancel out" and become a "zero" stance and not a "giving thing".

You can see this in your real life, but what about when you are given something and you are asked to "get something in return" for it?

Life is a place to learn and practice in order to acquire this stance of free giving.

So why do we need to develop a "giving stance"?

The Pain of Seeking and the Joy of Giving

As for why a "giving stance" is necessary, I would like you to keep in mind that the "seeking stance" involves suffering.

For example.

Again, I'd like to look at "love", but as I mentioned earlier, there are two stances to "love": the asking stance and the giving stance.

I think we all have had the experience of falling in love with someone.

When you fall in love with someone for the first time in your life, it is called "first love," and if you remember that feeling, you'll understand.

Have you ever felt some kind of "chest pain"?

It created a "desire" to "miss" and felt bitterness because that desire was "unfulfilled".

I think I would have felt happy if the other person had accepted that "missed" feeling and "satisfied my needs".

But unfortunately, this "happiness" doesn't usually last for long.

So what is true "happiness"?

True happiness" is "unchanging happiness that is not affected by changes in circumstances or the flow of time.

In the case of love, as I mentioned earlier, "If the person you miss changes his or her mind, your happiness will fade away.

The happiness of eating your favorite food "disappears once you've eaten the food and become full.

Yes, "If you ask for something, your own happiness will be affected by the circumstances of that which you ask for.

So, "What if what you seek is not there?

If there is no need to seek or seek itself, nothing can affect it.

Do you feel happy when you don't have anything to ask for? I'm sure you'll hear me say The "joy of giving" and "happiness of giving" can be a far greater "happiness" than "happiness of seeking.

For example, if you've ever raised a child, you've probably experienced this.

Have you ever looked at your newborn child and felt happy just to have him or her in good health?

At that point, I asked my child, "Would I have wanted anything?

'You wanted nothing, but you felt happy, didn't you?

And even if you don't have children, have you ever felt happiness and joy when you were thanked for something you did yourself, even though you didn't ask for anything?

In fact, all of us have this "free giving stance".

However, many of us have a stronger "asking stance" than a "giving stance".

That's because most of us humans have only been in this universe for a short period of time, and we are still young and immature.

So, is there life that is "not immature" and "mature"?

It exists.

It is the being we humans call "God" or "Buddha".

Many people may think that God and Buddha are wish-fulfillment beings and salvation beings, but from my experience, God and Buddha are our seniors and role model teachers.

However, I won't go into depth on the topic of 'God and Buddha' here, but please keep in mind that there are teachings, stories, and legends about God and Buddha all over the world.

Because we are immature life, this world exists as a place of learning and practice, as I mentioned earlier.

This world is a place of training.

The "this world" is "this universe in which we exist.

As I mentioned at the beginning, this principle of the universe is "cause and effect".

As I mentioned above, you can see this principle of "cause and effect" in action in our actual surroundings.

Now, to put 'karma retribution' in layman's terms again, it means that what you do will come back to you as a reward for what you have done.

For example.

As a reward for "violating and hurting people," the equivalent of or more than that, "confidence fits the pain.

What do you think?

As you can understand if you think about it calmly, this 'cause and effect' is an educational system to make 'those who do not understand' understand.

That is to say, the universe itself is created as a place for education, a place for learning and a place for training.

In today's style, in layman's terms, this universe is a "training center" and we are "trainees".

So, "What are we training to learn and acquire?"

It is "compassion for others".

So why do we need to learn and acquire "compassion for others"?

The question is: "Why did we create this universe based on the principle of retribution? And why did we have to create it again? I don't know at this point in time, because the question becomes, "What is the cause?" and the cause is outside of this universe.

However, there is no doubt that at this point in time, we were born as "trainees" to "learn compassion for others" and I hope you will take that into account.

So, "I wasn't born to live in a big house and eat good food,

Earth is a "special training center

Earth is a special training center.

As I mentioned earlier, the universe is a training center for learning compassion for others, but the earth is a special training center that has been specially established.

The reason why it's special is because it's a "physical training".

First of all, here's one thing to keep in mind: the "style of existence" of life is essentially an "energy body".

In Japan, it is called "soul" or "spirit".

To use a modern analogy, it is similar to a "cell phone signal" or "television signal".

The original form of life exists in this "energy body form".

The original state of life in this universe is that it exists as an 'energy body' in the 'other world' dimension, which in Japan is described as the 'other world'.

Our body is a training body suit that was developed to make the "state of the universe" perceived as the "energy body" more vivid and vivid.

Therefore, when your life span comes and you no longer need your "training body suit", you return it to the earth, and the "energy body" (soul and spirit), which is the main body of life, crosses the dimensional boundary line, which is called the "Sanzu River" in Japan, and returns to the "other world" as it is commonly called.

So why do we need a "training bodysuit" that says "body"?

As I mentioned earlier, the principle of this universe is "cause and effect"; it is an educational system, and this universe itself is a "place of practice".

Our true form of life is the "energy body" and we exist in the realm (dimension) of this universe called the "other world".

And even in the "other world" we are "practicing" every day, and we are trained to be compassionate to others.

However, because we exist as an 'energy body', our experiences are a bit fuzzy and our practice doesn't progress as much as we would like.

Therefore, the system that was created by God and the Buddha, in which the practice proceeds more clearly than we do, is the training system called "life" using the body, the training body suit, as I said before.

So why do we need a system that clearly uses a "body suit" called the body to advance the practice?

That's because we are immature in the other world, and therefore we have various sufferings due to our own desires (vexations).

I asked God and Buddha to create a system where the practice proceeds more clearly and clearly to escape the suffering drawn out of my own desire (vexation).

In other words, we "human beings" are born as human beings, begging and pleading for help to get rid of our own "suffering".

And it is born as a human being, breaking through an unspeakable "multiplier".

For example.

The most abundant life on this planet is bacteria.

Bacteria are said to be found in the depths of the earth, about 10 km below the earth's surface.

Since there is an unimaginable number of life on Earth alone, it is hard to imagine how much life exists in the entire universe.

We, the people of the earth, are among the 7 billion people chosen from that unimaginable number.

So why do most of us humans live without knowing that?

When we humans are born, when we pass through the birth canal, the memory of the "other world" is erased.

This is the reason why some people born by cesarean section have memories of the "other world".

There are several reasons why the memory of the "other world" is erased when a human being is born.

① We're being tested.

In the true sense of the word, are you able to understand "the state of the universe" and acquire "compassion for others"? It is being tested. Therefore, man is given freedom.

② Equality.

As a life form, people are born on Earth at various levels of maturity.

People from the "Hell Level" to the "Bodhisattva Level" as they are commonly referred to in Japan are born on a star as fellow practitioners.

Therefore, it is meant to give everyone the opportunity to raise their own 'soul level' equally, regardless of the situation in the 'other world' where they are born.

③ "The child's way of showing his parents what it means to be a parent.

A child born on earth is born in a "pure white state", or in other words, with a "zero base".

Many parents think their children are "cute" and do their best to take care of them.

Many parents think their children are cute because of their children's "innocence".

The child born is "free of wickedness" as the character says.

This is because they are born with the role of making the parents have "free love for their children" and making the parents aware of their own "evil spirit".

Because of the above and other things, when a person is born, the memory of the other world is erased in the birth canal.

In summary, the Earth is a place of bodily practice, as a "life form energy", to further enhance the maturity of the "soul" that exists in a certain realm of the universe, depending on the maturity of the soul.

And it is God and Buddha who creates and manages the universe and the stars, including the earth, which are the places of practice.

The "training system" called "life

So how did we, "life", come into being?

This is based on what I have seen and heard in real life, but the one who "created" this universe that we exist in is the one we call "Dainichi Nyorai" in Japan.

If 'Dainichi Nyorai' created the universe, then where did he originally come from and when did he exist?

I'm sorry, but I don't know that at this time.

However, based on this, I have examined "my own actual experience" up to the present and it "makes sense", so I hope you will examine it in your "actual life" and "actual experience" as well.

Here's a little confirmation of what we earthlings have been able to figure out scientifically.

We exist in the "space" we call "space" and in that "space" there is a "star" we call "earth".

I don't think there are many people who have an "objection" to this.

So, the thing I want you to keep in mind is that the Earth is in the universe and is part of the universe.

It's obvious, but there are a lot of people who forget that this is a prerequisite, surprisingly enough.

For example, in Japan we have the expression "the other world" and "this world", and some people think that the other world and this world are completely different.

In other words, the basic premise of "what we can do on Earth" is that we have the infrastructure in place to do it in space.

For example, if the "sandbox" in a kindergarten is the universe, then we, the people of earth, are making various "things" in the "sandbox", just like the children are making mountains, tunnels, and castles.

In other words, the "things" we humans make every day are just a slightly modified

version of the things that are prepared as the infrastructure of the universe.

So what we earthlings say we have "invented" in the history of the universe so far is simply a "discovery" of what we "didn't know" but was originally developed as the infrastructure of this universe.

One of the things you should keep in mind is the quantum computer.

The "quantum computer" is still the only thing on earth that can be called a
Although it is not yet "practical", it is feasible in the experimental stage.

That is to say, this universe has an infrastructure of work at the quantum level that can be performed by a quantum computer.

In other words, "this universe is a big quantum computer" and "we exist in that quantum computer".

If I were to compare this "universe" we exist in to our familiar computer system, I would say

The energy supplied by the sun and the earth powers our computers, our "souls" say with various software.

Also, our bodies are printers and 3D printers that do many things, and the things we do and "say and do" are stored in a "file" as our past.

And it is our "seniors" and "collaborators" who "manage and operate" this "whole cosmic system" that we call "God" and "Buddha".

I think many of you will find it difficult to take in what I am describing here.

It is natural, and I myself do not expect everyone to understand that.

This is because what I am talking about now is not yet understood by earth science, and it is just a coincidence that the universe, the earth, and we, the earthlings, exist today.

However, we humans on Earth have also made progress in science and technology, and the latest astronomical technology has allowed us to make observations and theoretical calculations that have led to the question, "Isn't there just one universe? and "Multiverse Theory" has been published and so on.

Those who have calculated the probability of the current "universe and earth" forming by accident" was "as close to zero as possible".

The probability of this is about the same as the probability of throwing all the parts of a watch into a pool of water, stirring the water, and then when something happens, this part of the watch returns to its original state.

First of all, I think it's safe to say that it's not possible.

Most importantly, have you ever had the feeling that you yourselves "happen to exist"? Isn't it more likely that from the moment you wake up in the morning, you "have some kind of will" to act and live your life based on that will?

I think it would "make sense" to say that this world was created and run by "some kind of will" rather than "by accident".

What about you guys?

The cosmic system operated by 'God' and 'Buddha'.

I'm sure you've heard the term "Creator" before.

From what I have seen, the Creator is what is called in Japan "Dainichi Nyorai".

This universe we exist in was first created as a part of darkness, and then a part of small, small light was born and developed into its present form.

Yes, the "beginning of this universe" in which we exist is not the Big Bang.

Recent advances in Earth science have confirmed that there is a difference in the spread of the dark part and the spread of the light part (stars), and this is gradually being elucidated.

So why is there a "dark part" and a "light part"?

To put it simply, there is the presence of the seeker (the dark part) and the presence of

the giver (the light part).

In other words, this universe is made up of a balance between the existence of the seeker and the existence of the giver.

The energy that emanates from the giver flows to the seeker, and this universe is always changing.

In the words of the Buddha, it is "the impermanence of all things".

And.

The "representatives of the light part" are "God and Buddha.

The "representatives of the dark part" are "the devil and Satan.

So, what kind of "beings" are we "humans"?

Our human "soul parent" is the Buddha.

Therefore, we humans are "beings on the side of light".

However, our human "souls" are "young" and "inexperienced" and therefore have a lot of "seeking stance" left.

According to its "soul maturity", our "soul" is divided into 586 levels.

The highest level is Dainichi Nyorai, the "Creator" of this universe.

After that, there are the Japanese Buddhist names for "ryo-rai," "myo-o" and "bodhisattva," followed by "human realm" and "hell realm.

In layman's terms, the Buddha or Buddha means "enlightened being", or in layman's terms, he is our "great senior".

So, what kind of beings are we "earthlings"?

We, the people of the earth, are the souls that belong to the human world and the hell realm as mentioned above, and each of our souls is still immature and has its own desires, or vexations.

Also, as I mentioned earlier, by having a "desire" and existing, that, desire has "unfulfilled suffering".

That "state of the suffering soul" is called "hell".

And by "hell,

Many people think that there is a place called "hell" and that "sinners" are sent to "hell", but "hell" is the state of your heart or soul.

As I mentioned earlier, in this universe, we are ranked on a 586 scale according to our "soul maturity".

It's often described by earthlings as "heaven" and "hell", but it's not just divided into two, it's divided into many more stages.

In Japan, the word "jigoku" generally means "brat", "damn it", or "shura", but in fact, there are many more soul states that can be called "jigoku", such as "kechi-kechi-jigoku" or "greedy jigoku".

I wonder if any of you are around?

Anyway, "people who only think about what they can benefit from

Also, "stingy people who don't like to offer even a little bit of their own stuff, knowledge, or even effort

Furthermore, "people who are constantly criticizing the people around them

What do you think?

People who usually seem to be a good person, but when something happens, greed, stinginess, envy and jealousy come out.

What do you think? Can't you stay?

Well, at any rate, I think that people do not like such people very much by the law of "karma".

So how do I know what my "actual soul state" is, including mine?

And when will we find out?

That's when "things don't go the way you want them to".

For example, there are many "wealthy" people on the planet today who have "compassion" for others.

Just how can you keep "caring" for others even if you lose the "wealth" you own? The "state of mind" in this predicament is the actual state of the person's soul.

Sometimes there are people who become a changed person when they drink alcohol, and this human nature when drunk is the essence of the person and the actual state of the soul.

I drink, but I look at myself and self-check my own "actual soul state" by looking at how I "relate to others" when I'm drunk.

And where we can improve, we try to do so.

So how can we improve it?

At this time, the "fundamental guideline" is "cause and effect," which is the "principle of the universe," as I mentioned earlier.

"If you do what others don't like, they won't like you.

"Do what makes others happy and they'll like you.

It is very obvious, but this is the "root" and the "common denominator of the whole universe".

That's it.

Yes, it's very "simple" and "simple".

But in real life, many of us "suffer" from relationships and "suffer" from relationships.

Why is that?

All you have to do is "do what others don't like to do" and "do what makes others happy".

What is preventing this thing from being done is the desire you all have for yourself.

In Buddhist terms, it's called "vexation".

So why do so many lives have "troubles"?

I'm sorry, I'm not sure why so many lives have "bother" at this point in time. I don't know.

However, it is a fact that many lives are learning and growing through various activities and experiences by trying to satisfy their vexations.

The Buddha said.

"Vexation is the bodhi of enlightenment.

The existence of vexations causes confusion and suffering, but by clearing these vexations, we will be able to approach enlightenment.

On the contrary, it can be said that vexations are the tasks that life has been given in order for it to practice, gain experience, grow, and exist happily.

And in this world in which we exist, your 'life' is the training you need to do to clear that 'task', or to put it in modern terms, it is the training.

And the challenges in this practice of life are different for each person.

Those who have made learning about marital love a "must" in this "life" will certainly get married.

In addition, those who have made "learning about love for parents and children" a "must" in this "life" will surely have children.

If you are not married and have no children, there are other "must-do" issues.

Also, it is not possible to complete "all the tasks" in one life, so the practice is "divided into several lives".

That repetition of several lifetimes is called "reincarnation".

And the one who "manages and operates" the "practice system" is the Buddha, the parent of our souls.

There is also the cooperation of God, who "manages and operates" the "natural system of the universe".

Therefore, it can be said that "God and Buddha" are inseparable in our lives.

We are born to "volunteer" and "beg" ourselves.

As I mentioned earlier, our human soul is still immature and has many desires, or vexations.

So in the other world, we have "unfulfilled suffering", depending on the individual.

In order to clear the suffering and become comfortable, we are born to raise our hands voluntarily and to break through the unspeakable magnification and cultivate ourselves as human beings by "begging" the Buddha.

And what is commonly referred to as "fate" - where and as whose child is born! In addition, we have been born with the Buddha's explanation and approval of the "tasks we are going to learn in this life," and then declare our own "goals" and "vows" for those tasks.

I would like to remind you of the question I asked you at the beginning of this book.

What were you born for?

I think the "answer" to this question is different for everyone.

Just in the background.

The *raison d'être* of the universe.

"The principles of this universe.

The *raison d'être* of life.

is the same for all of us.

The Parent of every human 'soul' is the Buddha and God.

That's right.

Every human being has inherited the "soul" of the Buddha or God, the "source of life in the whole universe".

Never make yourself "small,

Because you are all Candidate Leaders of Life, who exist to maintain "balance and peace in the whole universe".

I have no desire to "impose" on you all that this is the "right" thing to do.

However, based on what I've actually experienced in my life, in my actual life, it makes sense.

If you would like, I would be happy to use this as a "helper" in your life.

Postscript

I have one request for you all here.

From the moment we are born, we are living through a variety of experiences and moments, one second at a time.

They are all different and no one has exactly the same experiences and experiences.

Therefore, every person is unique in the world.

Will you work with us to create a flow of knowledge and wisdom gained from those experiences and experiences that will be

passed on from person to person in order to build a world where all people can live happily together? It is.

This may sound difficult and daunting, but in fact, it's very easy to do.

Since what I tell you is my own actual experience, you don't need to learn anything or pay for anything.

The important thing is to tell someone with whom you have a close connection that you want him or her to be "happy," with the intention of making them happy.

It's not about gaining something for yourself or gaining something, it's about communicating for "free".

You don't have to spend a lot of money or time to tell them.

It's just the right time to visit on a daily basis.

Before you just tell them, say in your heart, "May we be happy together."

There are all kinds of people in the world, but at the moment of their birth, all of them are completely white, or zero-based. From there, a person's humanity and individuality is formed by what they experience and experience in this human society. And it is each of us, individually, who makes up that human society.

So there are deep or shallow connections, many or few influences, but the reality is that all people have an impact on all people, and one person, one person's "way of thinking and living" affects one person, one person's "daily life and happiness".

For example, many of us now live under "capitalism" as proposed by some.

Capital, or money, has the potential to expand the things we can experience in life, but it can also cause halation in relationships between people in various situations and circumstances if pursued too much.

In fact, 50% of the so-called "wealth" on the planet is owned by 1% of humanity, and because of this imbalance, various conflicts are occurring in various parts of the world, as well as competition and deprivation in our daily social life.

One important thing to do here is to "check".

All people should want to be happy.

The "check" is, "What is happiness? It is.

"What is happiness? The answer to the question "How do you think?" will vary from person to person, but as mentioned earlier, it is a fact that the way you think and live your life affects your daily life and happiness.

So we need to have some "common" recognition.

In other words, the "definition" of "being happy".

In the wisdom of our ancestors, the Buddha defined it this way.

No complaints and a sense of fulfillment.

I think of it this way.

Fulfilled.

What about you guys?

In any case, I think it's an ambiguous expression, and I think different people have different "matters and situations" that they feel "fulfilled" or "fulfilled" in, but if you feel, or seem to feel, fulfilled, then you can say you're happy, can't you?

So what does "being fulfilled" look like?

The reason I defined "being happy" as "being fulfilled" is because of the following image.

For example, I'm sure you have a cup of coffee or tea to savor during breaks in your daily life...

I think filling a cup of coffee is easy to do.

So what if we were to fill a 25-meter pool with coffee?

It's going to be quite a daunting task.

The situation of "being fulfilled" is a question of what and how much you want before you are fulfilled. It varies greatly depending on the

Isn't it true that there are those who are "satisfied" and those who are "dissatisfied" with the same kind of environment?

If it's easy or difficult to satisfy, depending on the situation you want to be in, then you can change it according to the standards you want to be in, regardless of the environment around you.

Nevertheless, the reality is that people are greatly affected by the circumstances around them.

But it's also true that if you lower the bar a little bit for the standards you set for yourself, and you feel that you're being met more often than not, you can afford to do something for the people around you that goes beyond being met.

It's okay to be a little better at "doing for those around you" than others, depending on your own experience.

Since I was a new employee, I've often been asked to be the organizer of banquets, so I'm a bit good at making events such as banquets more exciting.

So we are not working to plan events that will make the people around us happy, but rather we are doing it for free.

I'm having fun, I've made more friends, and I feel fulfilled and fulfilled.

Of course, if you are working, there are times when you will feel the pain, but the fact is that the current social environment

is an accumulation of the way of thinking and the way of life of each individual, so it is impossible to say who is to blame.

In other words, if everyone can suppress their own "desires and wishes" a little bit, and use the margin born from those desires and wishes to help the people around them with what they are a little bit good at, then the social environment will change. All people have different experiences since they were born, and all of them have things that they are a little bit good at and a little bit bad at, because of what they have been through.

If everyone treats others with compassion, someone can help someone who is good at something they are not good at, and like a jigsaw puzzle, a beautiful pattern will be created by overlapping convex and concave parts.

In other words, a society where all people can live happily.

To do that, someone has to have a little bit of courage to act.

And you have to keep doing it.

Then, little by little, things will change.

And it's the only way to change it.

As of August 2020, when I am posting this "Afterword", the new coronavirus is raging around the world.

Every year, natural disasters are becoming more and more serious around the world.

I believe that if you have a chance to read this book, you are the one who will be able to lead this "earthling" in the right direction.

I would like you to practice and transmit "consideration for others" in your daily life without being shy.

Thank you for your support.

Also, at this point, here's the information I have.

"A warning from God and Buddha.

"There will be a major earthquake in western Japan between April and September 2021.

Put it in a corner of your mind, if you can.

I would like you to take the big trouble and make the small trouble safe.

Thank you for reading to the end.

Author : Takeshi Arima

For more information about this book, please visit the following website

<https://www.be-happy-together.com>