

## Gedatsu Teaching 2

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*Gedatsu-kyo* monthly newsletter, April 18, 1935  
Translation and Commentary by Rev. H. Taki

*Reflect thoroughly on your character. By comparing all your past and present deeds, you can become aware of yourself and correct your wrongful attitude. Even your parents, spouse, children, brothers, sisters and all who live together with you cannot truly know you. Only God knows who you really are. Therefore, reflect honestly on yourself without conceit or self-praise. Do not forget that your mind alone creates your future. Your survival or destruction depends solely on you.*

*Your mind expresses itself as your speech and actions. It is essential to know that, if you do not deceive yourself and walk on the right path of humanity, you will be happy and cheerful each day.*

*If you truly practice in this way, you will assuredly enjoy good health, peace and material rewards. Therefore, I hope you will put this into practice. By contrast, if you live with reckless desires and follow an unprincipled path, you shall worry and suffer daily, becoming unhappy, insecure and sick. Consequently, you will lose self, home, status and wealth.*

*Your happiness or unhappiness is totally up to you. Your mind holds the key to create your future. You can go either right or left, to heaven or to hell. It is all up to you. Therefore, I say repeatedly that you should follow the Great Path of God, or the Law of the Universe, and that you should strive to understand God's unconditional love and compassion.*

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### Commentary:

The teaching that Gedatsu Kongo stated in "Gedatsu Teaching 1" is repeated here in concise form. Because he believed this teaching was vital, he truly wanted members to understand this essential teaching.

The basic points of "Gedatsu Teaching 2" are: (1) self-understanding, (2) how your mind works and (3) the Law of the Universe.

First, Gedatsu Kongo emphasized the importance of self-reflection and self-understanding as the foundation of our peace and happiness. Most human miseries are caused by our lack of self-understanding and our selfish way of thinking. However, it is very difficult to be aware of ourselves as we really are. This is because our mind is the spiritual and mental heritage from generations of ancestors. By comparing our past and present, we can have a better understanding of ourselves and be aware of the deeper layer of our subconscious mind. Gedatsu Kongo said that we can attain true happiness only through self-reflection and correcting our bad habits. Gedatsu practices, such as *Goho-shugyo*, *Hiho*-meditation and *Amacha Kuyo*, help us become aware of ourselves more deeply and clearly.

Secondly, we should clearly understand that our mind creates our whole life. In our daily lives, we usually are not so aware of how our mind works. But it is obvious that our mind manifests itself as our daily attitudes and affects people around us in various ways. In other words, our future is totally up to ourselves. However, many people do not seem to clearly understand this. This is why people have a tendency to speak ill of others. But this attitude will not bring about our peace and happiness.

Thirdly, you have to understand that the Gedatsu teaching is based on the Law of the Universe. Gedatsu Kongo said that the Gedatsu teaching is not his creation – that it explains the Universal Law. He encouraged us to live according to the Universal Law, because it is the path of happiness for everyone. How should we actually live daily? Our Founder stated, "God loves everyone equally." When you have this heart of love, benevolence and compassion, you can enjoy true peace, harmony and happiness.

"Gedatsu Teaching 2" emphatically teaches that our happiness is totally up to ourselves. Gedatsu starts with self and ends with self. Please remember that this is the crucial point of our Gedatsu study and practice.