

Peace, How can we achieve peace in the world? As you know, you see war happening in the world. People fight even in a small group. How can we solve this problem?

In Japan there is an old saying “to lose is to win.” Since people are trying to win, conflict happens. If one intentionally tries to lose, how does the conflict happen? Whenever you see you want to win in some situation and you see this might create conflict, try to lose first. Then you will see many times peace and smiles of people. So remember “to lose is to win”

However if someone really attacks you and you are badly hurt physically and emotionally, then first try to forgive your enemy. If you can not forgive and you really want to revenge, it is better to approach in a different way. In Japan there is a famous Zen Buddhist monk Hakuin who lived in the 18c. One day a daughter of a very rich family had a boyfriend and she became pregnant. Having a baby before marriage is not socially acceptable; therefore, she told a lie that it is the monk who made her pregnant. Her parents became really angry at the monk. They kicked him out of his temple. The monk knew the truth but did not say anything, hence he became homeless. After some time, the daughter told the true story and apologized to the monk. The monk regained more respect from her parents and his people.

So, when someone attacks you and you want to revenge, try to wait for a while and approach in different way. Work hard and solve the issues by becoming successful. Then you forgive the enemy and let the negative feeling disappear. It is better than anything. Many spiritual practices, such as meditation, will help you to achieve peaceful reconciliation.

This is from the teaching of Mokichi Okada, the teacher of Shumei International.

That is it. Thank you.