



Dreams and Goals

SGL-USA District Discussion Meeting

June 2020

Why Dreams and Goals?

“Praying and taking action are vital aspects of advancing in our Buddhist practice so that we can bring forth our greatest potential and live the most fulfilling and happy lives. Setting goals helps us gauge and make concrete progress toward fulfilling all of our dreams, both in our personal lives as well as in our efforts to spread Buddhism. Each time we accomplish one goal, we gain confidence in our ability to achieve more in life.”



You Are the Playwright and Hero of Your Victory

“You are the playwright of your own victory. You are also the play’s hero. Shakespeare wrote, ‘All the world’s a stage, / And all the men and women merely players’ (*As You Like It*, act II, scene vii, line 139).

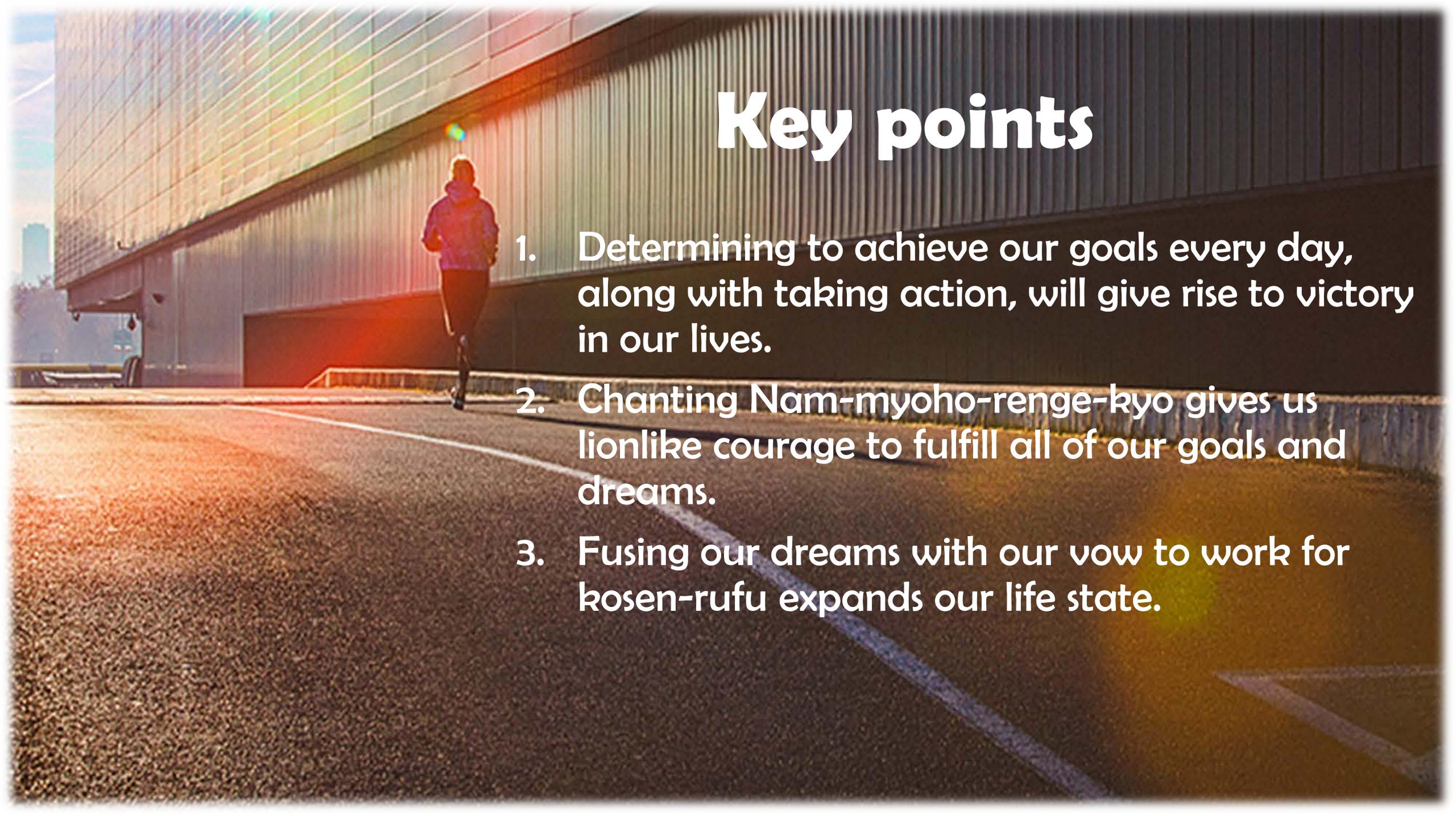
“Buddhism teaches us that the individual writes and performs the script for his or her own life. Neither chance nor a divine being writes the script for us. We write it, and we are the actors who play it ...

“To perform your play well, it is important to pound the script into your head so thoroughly that you can see it vividly before your eyes. You may need to rehearse it in your mind. Sometimes it helps to write down your goals, copying them over and over until they are burned into your heart.”

(Sensei, *My Dear Friends in America*, p. 260)

**What is one dream or goal you have now
that you haven't accomplished yet?**





Key points

1. Determining to achieve our goals every day, along with taking action, will give rise to victory in our lives.
2. Chanting Nam-myoho-renge-kyo gives us lionlike courage to fulfill all of our goals and dreams.
3. Fusing our dreams with our vow to work for kosen-rufu expands our life state.



1. Determination Gives Rise to Victory

“It is important that we establish clear and concrete goals for what we hope to achieve each day and then pray and challenge ourselves to achieve each of them. This earnest determination gives rise to wisdom and resourcefulness, thereby leading to success. In short, to win in life we need determination and prayer, effort and ingenuity.”

(Sensei, The Wisdom for Creating Happiness and Peace, Part 2, p. 68)

2. Chanting Gives Us Courage

“After writing down your goals, chant Nam-myoho-renge-kyo about them. Nichiren Daishonin says, ‘Nam-myoho-renge-kyo is like the roar of a lion’ (“Reply to Kyo’o,” *The Writings of Nichiren Daishonin*, vol. 1, p. 412). Like the roar of a lion, the king of beasts, chanting is the greatest source of strength that nothing can defeat. When you chant Nam-myoho-renge-kyo, the lionlike courage and determination to realize your goals and dreams will well up inside you.”

(Sensei, Jan. 1, 2016, *World Tribune*, p. 8)



Accumulating Inconspicuous Benefit

“To really experience the power of the Gohonzon, you must make your prayers specific. You might also try setting yourself a personal target of how much to chant every day. Your prayers to the Gohonzon will definitely be answered. When they are, you feel joy and conviction, which in turn will further strengthen your faith. Even if your prayers aren’t answered immediately, please be assured that you are accumulating inconspicuous benefit and that, with the passage of time, you will attain a life state of complete fulfillment and satisfaction.”

(Sensei, *The New Human Revolution*, vol. 26, pp. 122-23)

3. Fusing Our Dreams With Our Vow Expands Our Life State



“When we determine to give our all and to win in our goals and endeavors for kosen-rufu, that resolve becomes the cause for expanding our life state and bringing forth the power to achieve the impossible.”

(Sensei, May 15, 2009, *World Tribune*, p. 5)

Brief Experience in Faith

Taking Action to Create a Peaceful Society

In *The New Human Revolution*, volume 4, Ikeda Sensei recounts his study of “On Establishing the Correct Teaching for the Peace of the Land,” explaining that our ultimate goal as Buddhists is to pray for and take action to create a peaceful society. He says: “Our mission is to rid this world of every human affliction—war, poverty, starvation, disease and discrimination ...

Without real effort, it’s all just a fantasy, an abstraction. As a rule, when it comes to practical efforts, it is up to each person to decide and do what he or she thinks best and is capable of.” (p. 257)

Discussion Questions

1. Why is it important to write down and chant Nam-myoho-renge-kyo about your goals?
2. Based on your Buddhist practice, what steps are you taking to realize your dreams?
3. Sensei says that without real effort, our mission to rid the world of human affliction is just a fantasy. What practical efforts will you take toward this end?



June 2020 District Discussion Meeting Presentation Notes

Theme: "Dreams and Goals"

Slide 1:

- Welcome and thank you for joining today's meeting!!
- The theme for today's discussion is "Dreams and Goals!"
- June is future division month, and also the half way point of the year. Let's use today's meeting to make a fresh departure toward accomplishing our goals and dreams in this significant year of 2020.

Slide 2:

- As members of the SGI-USA, we are encouraged to dream big and to "write down our goals."
- Whether it be for New Years Resolutions, our personal goals during a campaign or during times of difficulties, members of the SGI-USA are always re-determining toward their goals and dreams.
- Some of us may wonder why that is the case.
- In the May 2015 *Living Buddhism*, the significance of having dreams and setting goals is explained.
- Sensei says, "Praying and taking action are vital aspects of advancing in our Buddhist practice so that we can bring forth our greatest potential and live the most fulfilling and happy lives. Setting goals helps us gauge and make concrete progress toward fulfilling all of our dreams, both in our personal lives as well as in our efforts to spread Buddhism. Each time we accomplish one goal, we gain confidence in our ability to achieve more in life."

Slide 3:

- In *My Dear Friends in America*, Sensei emphasizes that we are the playwrights of our own victories! He says:
- "You are the playwright of your own victory. You are also the play's hero. Shakespeare wrote, 'All the world's a stage, / And all the men and women merely players' (*As You Like It*, act II, scene vii, line 139).
- "Buddhism teaches us that the individual writes and performs the script for his or her own life. Neither chance nor a divine being writes the script for us. We write it, and we are the actors who play it ...

- “To perform your play well, it is important to pound the script into your head so thoroughly that you can see it vividly before your eyes. You may need to rehearse it in your mind. Sometimes it helps to write down your goals, copying them over and over until they are burned into your heart.”

Slide 4:

- What is one dream or goal you have now that you haven't accomplished yet?

** (Please allow a couple min for participants to share) **

Slide 5:

- Thank you everyone for sharing!
- Our presentation today is based on 3 key points.
- They are:
 1. Determining to achieve our goals every day, along with taking action, will give rise to our victory in this life.
 2. Chanting Nam-myoho-renge-kyo gives us lionlike courage to fulfill all of our goals and dreams.
 3. Fusing our dreams with our vow to work for kosen-rufu expands our life state.

Slide 6:

- Referring to the first key point about how our determination will give rise to our own victory, Sensei states: “It is important that we establish clear and concrete goals for what we hope to achieve each day and then pray and challenge ourselves to achieve each of them. This earnest determination gives rise to wisdom and resourcefulness, thereby leading to success. In short, to win in life we need determination and prayer, effort and ingenuity”

Slide 7:

- Chanting Nam-myoho-renge-kyo gives us the lionlike courage to go out and fight for our dreams and goals.

- Sensei elaborates: “After writing down your goals, chant Nam-myoho-renge-kyo about them. Nichiren Daishonin says, ‘Nam-myoho-renge-kyo is like the roar of a lion’ (“Reply to Kyo’o,” *The Writings of Nichiren Daishonin*, vol. 1, p. 412). Like the roar of a lion, the king of beasts, chanting is the greatest source of strength that nothing can defeat. When you chant Nam-myoho-renge-kyo, the lionlike courage and determination to realize your goals and dreams will well up inside you.”

Slide 8:

- He goes on to talk about the importance of making our prayers specific and having confidence that we will definitely experience benefit when we chant this way! He says: “To really experience the power of the Gohonzon, you must make your prayers specific. You might also try setting yourself a personal target of how much to chant very day. Your prayers to the Gohonzon will definitely be answered. When they are, you feel joy and conviction, which in turn will further strengthen your faith. Even if your prayers aren’t answered immediately, please be assured that you are accumulating inconspicuous benefit and that, with the passage of time, you will attain a life state of complete fulfillment and satisfaction.”

Slide 9:

- And finally, our third key point is when we fuse our dreams with our vow for kosen-rufu, our life state will expand.
- Sensei explains: “When we determine to give our all and to win in our goals and endeavors for kosen-rufu, that resolve becomes the cause for expanding our life state and bringing forth the power to achieve the impossible”

Slide 10:

** (Optional slide, please share a brief 2-3 min experience related to this topic) **

Slide 11:

- The dream of Nichiren Daishonin and the three founding presidents, is to rid the world of human suffering through establishing peace in each person’s heart through the life affirming philosophy of Buddhism. As practitioners of Nichiren Buddhism with the SGI, we strive based on that same spirit.
- In *The New Human Revolution*, volume 4, Ikeda Sensei recounts his study of “On Establishing the Correct Teaching for the Peace of the Land,” explaining that our

ultimate goal as Buddhists is to pray for and take action to create a peaceful society. He says: "Our mission is to rid this world of every human affliction—war, poverty, starvation, disease and discrimination ... Without real effort, it's all just a fantasy, an abstraction. As a rule, when it comes to practical efforts, it is up to each person to decide and do what he or she thinks best and is capable of." (p. 257)

Slide 12:

- Now let's discuss!! (Feel free to utilize the zoom breakout rooms as a tool for small group discussion)
- Please use these questions as a starting point.