

Showing Actual Proof of Our Human Revolution

SGI-USA November 2020 Discussion Meeting



Celebrating Our Centennial With Actual Proof!

The decade from the Soka Gakkai's 90th anniversary to its centennial in 2030 will be crucial. We must be even more determined to show victorious proof of our own human revolution, to transform all great evil into great good and to effect a powerful change in the destiny of all humankind.

- Ikeda Sensei, Sept. 18 *World Tribune*, p. 3



Key Points

1. Human revolution is about transforming ourselves through changing our fundamental life tendencies for the better.
2. Our human revolution results in a transformation of our environment.
3. Taking action for the happiness of others is proof of our human revolution.

Transforming Our Basic Life Tendency



[Human Revolution] means changing our mindset or resolve on the deepest level. The kind of life we live is decided by our basic life tendency. ...

Establishing the world of Buddhahood as our basic life tendency is what it means to “attain Buddhahood.”

- Sensei, *The Wisdom for Creating Happiness and Peace*, part 1, p. 28

5 Ways to Engage the Gears of Our Human Revolution— Ask Yourself These Questions:

1) Am I evading responsibility, blaming others or being controlled by my environment?

Solution: Chant Nam-myoho-renge-kyo with the confidence that you have the power within to transform your situation. Our environment mirrors how we feel inside, so the important thing is to focus on changing yourself on a more profound level.

2) Am I practicing “dependent faith” by relying on external forces to help me?

Solution: Summon forth courage and make efforts to challenge your situation head-on.

3) Am I grumbling or complaining based on doubt or disbelief?

Solution: Develop the conviction that all people—ourselves and others—possess the Buddha nature, and strive to make your inherent Buddhahood the basis of your life.

4) Am I feeling jealousy, resentment or negatively toward others?

Solution: Rather than waiting for others to change, be the one to create unity, based on the spirit of “many in body, one in mind.”

5) Am I feeling fear or cowardice?

Solution: Make courage your foremost attribute, and never retreat.

- Adapted from *On Attaining Buddhahood in This Lifetime: Ikeda Sensei's Lecture Series*, pp. 31-34



Chanting Nam-myoho-renge-kyo Is the Key to Our Inner Transformation

Chanting Nam-myoho-renge-kyo is our fundamental Buddhist practice for carrying out our human revolution, or inner transformation. To chant with a strong vow or commitment—thereby deepening our own determination and conviction, activating the protective functions of the universe and achieving absolute victory—is the essence of chanting in Nichiren Buddhism. ...

Chanting brings us the infinitely profound and vast benefit of inner transformation. This is the greatest happiness.

- Sensei, *The Teachings for Victory*, vol. 2, p. 135

Our Human Revolution Results in a Transformation of Our Environment

I am sure that there are those who, even though they practice Nichiren Buddhism, have challenging relationships with their sons or daughters, or with their daughters-in-law, or perhaps with their spouses.

In the end, the only way to heal these rifts in human relationships is through our Buddhist practice—that is, through expanding our life condition, changing inside and carrying out our human revolution based on faith. ...

We cannot escape from our reality.



Brief Experience in Faith

Taking Action for the Happiness of Others Is proof of Our Human Revolution

Most people find it is all they can do to worry about their own happiness and that of their immediate family. It is, therefore, no easy feat to live for the happiness of your friends and fellow members, for the sake of the Law and for kosen-rufu, while at the same time grappling with your own personal problems.

The fact is, however, that when you worry, pray, and struggle for the sake of others, you are proving by your very actions that you have transcended the bounds of your own individual concerns and are opening the way for your own splendid human revolution.



Discussion Questions

1. Can you share an experience of how your inner transformation effected your immediate environment?
2. Sensei asks us to be even more determined to show our actual proof of victory toward 2030, the 100th anniversary of the Soka Gakkai's founding. How do you envision your life 10 years from now, and what actions can you take now to ensure total victory?



November 2020 Discussion Meeting Presentation Notes

Theme: "Showing Actual Proof of Our Human Revolution"

Slide 1:

- Hello and thank you for joining today's discussion meeting!
- The topic of discussion today is "Showing Actual Proof of Our Human Revolution"
- Now, let's get started!

Slide 2:

- The inspiration for today's presentation came from Ikeda Sensei's recent message to the 46th Headquarters Leaders Meeting if the New Era of Worldwide Kosen-rufu, which was held in Japan a few months ago.
- In his message, Sensei gives us this clarion call: "The decade from the Soka Gakkai's 90th anniversary to its centennial in 2030 will be crucial. We must be even more determined to show victorious proof of our own human revolution, to transform all great evil into great good and to effect a powerful change in the destiny of all humankind."
- Today, I would like to go over what human revolution is, how we know we are engaging in it and what "actual proof" of our human revolution looks like!

Slide 3:

- Our key points for today are:
 1. Human revolution is about transforming ourselves through changing our fundamental life tendencies for the better.
 2. Our human revolution results in a transformation of our environment.
 3. Taking action for the happiness of others is proof of our human revolution.

Slide 4:

- To get right into it, human revolution is a transformation of our basic life tendency.
- For example, those whose basic life tendency is the world of hunger are as though on board a ship called *hunger*. In Buddhism, the life state of hunger is characterized by overwhelming and insatiable desires and the suffering that comes from those desires being unfulfilled. Consequently, for those on board this ship, everything they see will be colored in the hues of the world of hunger.
- However, Sensei explains how we can get off this ship of hunger and make Buddhahood our basic life tendency: "[Human Revolution] means changing our mindset or resolve on the

deepest level. The kind of life we live is decided by our basic life tendency. ... Establishing the world of Buddhahood as our basic life tendency is what it means to 'attain Buddhahood.'"

Slide 5:

- So how do we know if we are changing our basic life tendencies or not?
- In Sensei's lecture on "On Attaining Buddhahood in This Lifetime," he gives 5 telltale signs that we may not be challenging our human revolution and their solutions.
- Let's go through each one and let's think about whether we can do our human revolution in any of these ways!

Let's ask ourselves these questions:

1) Am I evading responsibility, blaming others or being controlled by my environment?

Solution: Chant Nam-myoho-renge-kyo with the confidence that you have the power within to transform your situation. Our environment mirrors how we feel inside, so the important thing is to focus on changing yourself on a more profound level.

2) Am I practicing "dependent faith" by relying on external forces to help me?

Solution: Summon forth courage and make efforts to challenge your situation head-on.

3) Am I grumbling or complaining based on doubt or disbelief?

Solution: Develop the conviction that all people—ourselves and others—possess the Buddha nature, and strive to make your inherent Buddhahood the basis of your life.

4) Am I feeling jealousy, resentment or negatively toward others?

Solution: Rather than waiting for others to change, be the one to create unity, based on the spirit of "many in body, one in mind."

5) Am I feeling fear or cowardice?

Solution: Make courage your foremost attribute, and never retreat.

Slide 6:

- How do we transform these aspects of our life?
- Nichiren Daishonin says it is by chanting Nam-myoho-renge-kyo that we can actually do our human revolution.
- Elaborating on this topic, Sensei says: "Chanting Nam-myoho-renge-kyo is our fundamental Buddhist practice for carrying out our human revolution, or inner transformation. To chant with a strong vow or commitment—thereby deepening our own determination and conviction, activating the protective functions of the universe and achieving absolute

victory—is the essence of chanting in Nichiren Buddhism. ... Chanting brings us the infinitely profound and vast benefit of inner transformation. This is the greatest happiness.”

Slide 7:

- Getting into our second key point, when we transform our lives internally, we can transform the environment around us as well.
- With that being said, in order to transform the world in which we live, we must be able to transform our immediate environment around us first.
- In this example, from volume 26 of *The New Human Revolution*, Sensei talks about family relationships. However, this same guidance applies for any difficult human relationship in our life.
- Sensei says: “I am sure that there are those who, even though they practice Nichiren Buddhism, have challenging relationships with their sons or daughters, or with their daughters-in-law, or perhaps with their spouses. In the end, the only way to heal these rifts in human relationships is through our Buddhist practice—that is, through expanding our life condition, changing inside and carrying out our human revolution based on faith. ... We cannot escape from our reality.”

Slide 8:

- ****Optional Slide**** Please share a brief experience related to this topic.

Slide 9:

- Our final point for today is that by taking action for the happiness of others, we can see actual proof of our human revolution.
- “Most people find it is all they can do to worry about their own happiness and that of their immediate family. It is, therefore, no easy feat to live for the happiness of your friends and fellow members, for the sake of the Law and for kosen-rufu, while at the same time grappling with your own personal problems. The fact is, however, that when you worry, pray, and struggle for the sake of others, you are proving by your very actions that you have transcended the bounds of your own individual concerns and are opening the way for your own splendid human revolution.”

Slide 10:

- Now let’s discuss! (please feel free to utilize the “breakout room” feature on Zoom, if needed)
- Thank you all for listening to my presentation, Let’s use these questions as a starting point!