



1. REFRAIN from eating meals, as an SGI Zoom meeting constitutes a faith activity.



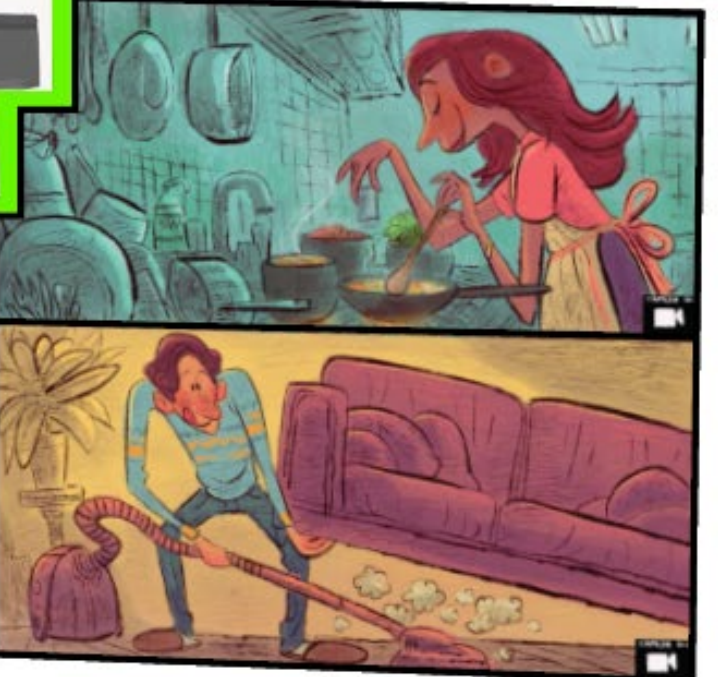
2. TURN CAMERA ON DURING ACTIVITIES which involve discussion and engagement.



3. MUTE WHEN NOT SPEAKING.



4. OTHER DISTRACTIVE BEHAVIORS: COOKING/CLEANING





The Nine Consciousnesses

SGI-USA July 2021 Discussion Meeting

Human's Curiosity With the Subconscious

“We don't see things as they are; we see them as we are.”

- Anaïs Nin, French-Cuban-American diarist, novelist, writer

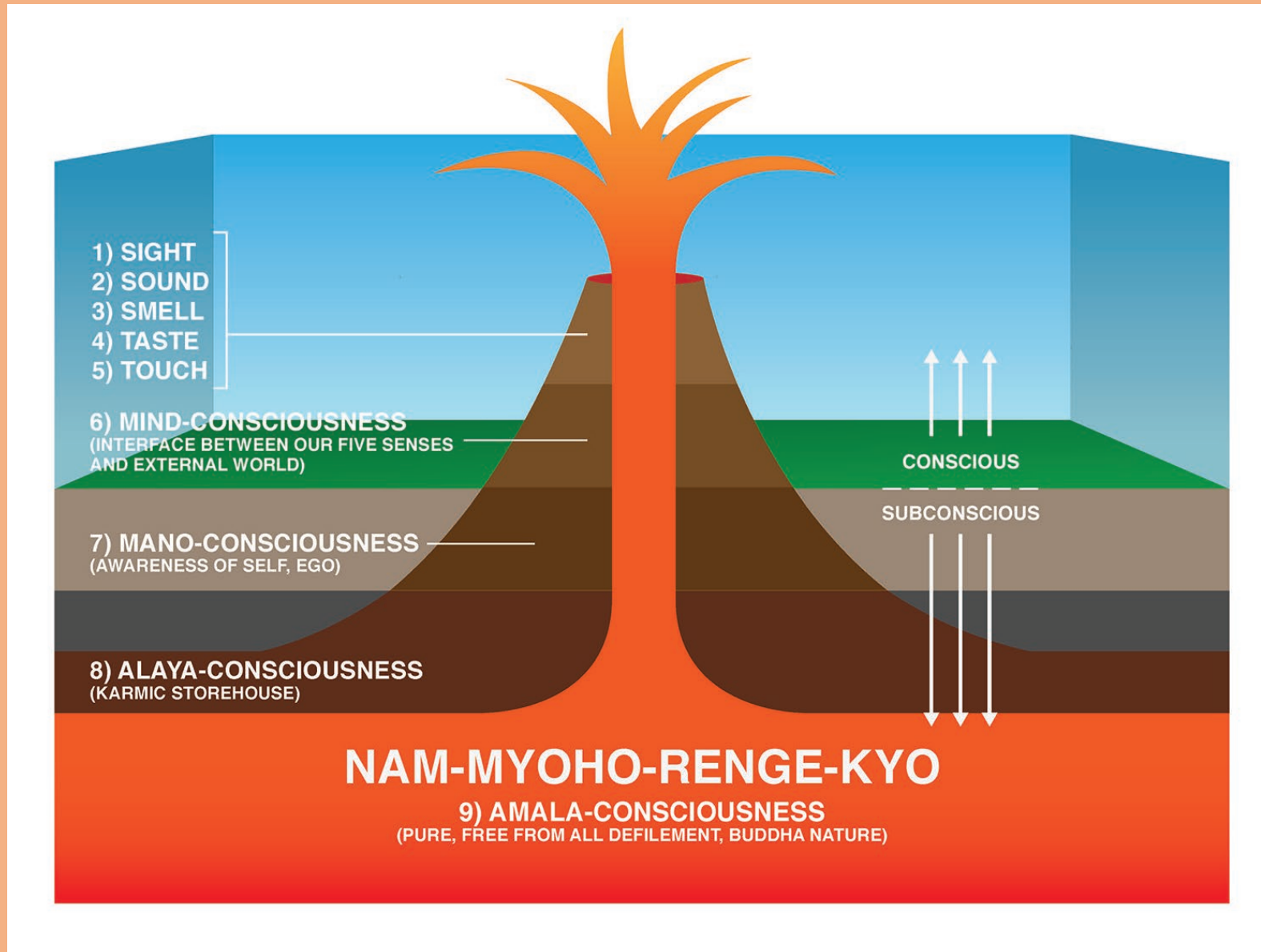




Key Points

1. Within the nine consciousnesses, our Buddha nature corresponds to the ninth level of consciousness.
2. Our current life condition determines how we perceive our environment.
3. Through our Buddhist practice, we can “purify” our senses and view our lives based on our Buddha nature.

What are the Nine Consciousnesses?



The Body is the Palace of the Ninth Consciousness

The Gohonzon exists only within the mortal flesh of us ordinary people who embrace the Lotus Sutra and chant Nam-myoho-renge-kyo. The body is the palace of the ninth consciousness, the unchanging reality that reigns over all of life's functions.

- Nichiren Daishonin, "The Real Aspect of the Gohonzon," *The Writings of Nichiren Daishonin*, vol. 1, p. 832



Our State of Life Determines How We Perceive Our Environment

Persons whose six sense organs are pure will be like lapis lazuli (a precious gem) or like bright mirrors in which one sees the major world system (or the thousand-millionfold world). Now when Nichiren and his followers chant Nam-myoho-renge-kyo, they see and understand the ten thousand phenomena, as though these were reflected in a bright mirror.

- Nichiren Daishonin, *The Record of the Orally Transmitted Teachings*, p. 149



Purifying Our Lives Through Our Buddhist Practice

Buddhist practice is said to “purify” the senses and the other levels of consciousness so that we can perceive all phenomena clearly and accurately. Again, the sense organs are the interface between the small universe of our lives and the cosmos. To purify our sense organs, then, means to completely harmonize our lives with the universe, “tuning in” to its rhythm. One who has purified the sense of sight will find even the most mundane scene to be a miracle sparkling with life. And one who has purified the sense of hearing can hear Mozart in the cacophony of a baby’s cries.

- Ikeda Sensei, *Unlocking the Mysteries of Birth and Death*, p. 154



Winning in the End

[Mrs. Terasawa's experience] is truly an example of the purification of the sense of hearing. It is the state described by the line of the sutra: "Because the faculties of his ears are so keen / he can distinguish and understand all these sounds" (LSOC, 296). This is describing an expert on humanity, a master at dialogue. Also, these are the characteristics of someone who has purified the tongue. The sutra says: "If with these faculties of the tongue he undertakes to expound and preach in the midst of the great assembly, he will produce a deep and wonderful voice capable of penetrating the mind and causing all who hear it to rejoice and delight" (LSOC, 301).

Mrs. Terasawa is doubtless reaping the wonderful effects of all her efforts.

- Sensei, *The Wisdom of the Lotus Sutra*, vol. 5, pp. 81–82



Discussion Questions

1. Share how your Buddhist practice has changed the way you view obstacles.
2. How does the idea of “purifying” our lives through chanting Nam-myoho-renge-kyo impact your perspective on your current struggles?