TO LIVE WITH HUMILITY IS TO LIVE WELL



THE BASIS OF HUMANITY

[*Setsubun] We tend to feel unwell as the seasons change, so this prayer for good health wards off the demons of illness. We perform this ritual to rid ourselves of the demons of distraction--the greed,

anger & ignorance that

delude our mind as well

as the demons of illness

which is the kind of mind that we should never drive away, never

[Humility]

This is the remorse you feel when you realize that your words & deeds have been mistaken or insufficient.

[Remorse & [Shinran, founder Humility] of True Pure Land sect]

'Remorse" is

Also feeling sorry about your own misdeeds and feeling sorry before other people. means to "Humility" is feel acknowledging sorry your own misdeeds before other people about and feeling sorry someabout them & thina. feeling sorry before the divine.

"Those who do not have remorse & humility cannot be called humans."

[I think it is only by]

having the mind of humility that humans can live their lives with respect & in moderation.

And this is how human relationships & societies thrive. we can say that having humility is a basic condition of humanity.

[In other

BEING LIBERATED BY HUMILITY

[In that case]

- 1. What is important for us to have humility about?
- 2. What sort of things do all of you think are misdeeds?

Sometimes, when I hear people criticize others by saying, [If we quietly tell ourselves,"You should be ashamed of yourself," we may find that we regain our humility & reflect on ourselves,]

- considering whether we are the ones being arrogant right now or letting our own desires run wild.
- Or we may be deterred from doing something disgraceful by asking ourselves, "Will this make me unable to look my family in the face?
- Knowing humility can free us from the misdeeds we might unintentionally commit in the course of our daily lives.

[Philosopher Masahiro Yasuoka]

"Humans

beings

who

nurture

the mind

of

humility

will be

liberated.'

[President Niwano]

When people know humility, they are transformed into truly great human beings.

Furthermore, since we all have the mind of humility, just as we all have the buddha nature, as long as we know humility, we will continue to evolve as human beings.

[Honen, Pure Land Sect]

"Keep company with friends in the Dharma & you will always keep the mind of humility."

[Shakyamuni said]

"You

should be

ashamed

of your-

I think

those

words

should be

directed

back at

them-

selves.

that friends in the Dharma are everything to the Buddha Way, and

sangha members who are close to us, including our family members, are people who always watch over us.

[Therefore]

Our shameful behavior will surely be reprimanded, & we cannot lead lives that would be an embarrassment for our beloved family & friends.

Thanks to our good friends, the sangha, we are naturally reminded of our own humility.

It stops

us from

making

ourselves

suffer

and from

hurting

others.

[And because]

the sangha is as one with the Buddha, our Buddhist hearts become cultivated, & we can maintain the mind of humility.

[On the other hand]

at present, society
& the world seem
to be in a precarious state, full
of greed & hatred,
as if people have
forgotten the
humility that
makes them
human.

*SETSUBUN: In Japan, the time of year when winter transitions into spring is called Setsubun and is marked by the age-old custom of throwing roasted soybeans known as fukumame, "lucky beans," inside the house while chanting "Demons out! Good fortune in!"

The origin of the character for "humility" is "awe," and I strongly believe that it is important for people to be in awe of, and show respect for, the gods and the buddhas, and live their lives knowing humility.