

## Force Yourself to Do What You Are Supposed to Do

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My wife started studying Gedatsu when she was a high school senior. One of the teachings that impressed her the most was “Do good things quietly without expecting anything in return.” That is called the spirit of *mushi* (無私) in Japanese. *Mu* means “nothing” and *shi* means “self.” In other words, letting go of our ego.

When we do something good, we usually want to be noticed and thanked by people. Sometimes, we tend to brag about good things we do. Because my wife hadn't been aware of the concept of *Mushi*, she became totally inspired by it. Since then, she has been trying to forget quickly about the good things she does. That way, she doesn't feel upset if no one notices or thanks her.

The Gedatsu thought for the month is: *You need to force yourself to do what you are supposed to do.*

The quote is from our founder, Gedatsu Kongo's writings: *Goseikun* Volume 5. The direct translation from the original Japanese quote goes: “You need to whip yourself to do what you are supposed to do *quietly*.” I am going to read our founder's original writings including thought for the month part:

“How wonderful are the blessings we receive from everything around us. We humans are supposed to feel grateful to the blessings and try to reciprocate. There is no better life than constantly reminding ourselves of our blessings every day. It is said that even though we speak well and confidently, if we forget about the blessings we receive from people and society, we are less than animals. The most important thing in Gedatsu is not to focus on formality or vanity, but on the beauty of humility. So, feelings of gratitude and reciprocation should not be forced, but done quietly. Quietly feel content in the good things you have done. That is the true feelings of gratitude and reciprocation.”

So, “what we are supposed to do” is “to feel grateful and reciprocate in our daily life.” Gedatsu focuses on the blessings we have been receiving from everything around us. Our founder said, “Humanity means feeling grateful always and reciprocate in our daily life.”

We should remember that we “need to force ourselves” to feel grateful and reciprocate “quietly.” “Quietly” means “do it right away” and “do it without hesitation.”

Our founder also left this message: “A procrastinator can never do a great job. If you make a decision, do it right now.” “A person who always makes an excuse for not feeling grateful is like a mere speck.”

“Quietly” in the founder's quote has another meaning: “Without expecting anything in return.” It is natural for us to want to be noticed properly when we make efforts. If we accomplish something great in public, we expect to be noticed and praised. However, in Gedatsu teachings, practice of reciprocation is supposed to be done out of our pure feelings of gratitude: “Please allow me” without expecting anything in

return. We need to stay humble always, aspiring to expect nothing in return when we do something good.

We need to force ourselves to mend our way of life for the better and work humbly for people and society. We need to be consistent and discipline ourselves to keep up. That is why our founder used the expression “whip ourselves” in his original Japanese writings.

Our life will be better if we keep whipping ourselves to feel grateful every day and keep working hard with the “please allow me” spirit.

Our founder also said, “If we truly focus on gratitude and reciprocation in our daily life, we don’t need to be demanding. Our life will be great if we focus on gratitude.”

Let’s whip ourselves to feel grateful every day.