

Gedatsu Teaching 8
By Seiken Okano (Gedatsu Kongo)

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Translation and commentary by Rev. H. Taki

The Gedatsu teaching is to self-reflect, self-reform, self-renounce and endeavor to achieve the highest morality. Day and night, you must absolutely comply with the great path of appreciation and requital. I have stated repeatedly that you should never forget this point. This is why I say Gedatsu is precious and sacred. You must remember that you have received profound and immeasurable blessings from your country, your parents and society. If you forget this, you and your family will surely be destroyed. This is because your mind and attitude are in conflict with the Divine Will.

Commentary:

In this brief statement, Gedatsu Kongo summarizes the Gedatsu teaching.

From the beginning, Gedatsu Kongo has stated, "The Gedatsu teaching is to self-reflect, self-reform and self-renounce." Remember that self-reflection, self-reform and self-renunciation should be the basis of your Gedatsu study.

Self-reflection is to look objectively within yourself and accept the fact that your views may not always be correct. This awareness will free you from feelings of self-righteousness and cultivate your ability to make proper judgments. This attitude becomes the foundation of man's happiness and peace.

Self-reform is to correct your wrong attitude. Be aware that everyone tends to be strongly influenced by his or her thoughts and feelings, so you should strive to do what is right. This positive attitude will create a better life.

Self-renunciation, as I have explained before, is different from self-restraint. Self-restraint means to observe morality, restraining

desires with your will power. In this case, your desires still remain unchanged within you. They are simply hidden by morality. Therefore, even if you appear moral in your daily life, there may be conflicting desires within you. When your will power weakens, the restrained desires may be released and get out of control.

Egoism creates disharmony among desires

On the other hand, self-renunciation, as Gedatsu Kongo has taught us, is completely different. He never regarded desires as evil things. He considered all desires as expressions of vitality, and each desire performs an important role. When all desires are in harmony among themselves and work according to the Natural Law, the result must be a healthy and happy life. However, we usually lose harmony among desires because of our egoism. This causes problems and conflicts. You should see yourself justly as you are, and be aware of your egotistical way of thinking. This is the way to be free from egoism.

Once you are aware of your negative attitude, your mind is already transformed. Then, all desires will be working in harmony within you. This is the self-renunciation that Gedatsu Kongo taught us. Self-renunciation means, therefore, not to restrain your desires, but to be free from egoism by scrutinizing and understanding yourself. This is why Gedatsu Kongo emphasized the importance of self-cognizance. He taught that self-cognizance is the key to realize our peaceful and happy lives.

Do your best, without thought of reward

Next is the highest morality, which is “to put forth effort and ask for nothing in return.” The highest morality comes from your total trust in God or the Universe. Our life is allowed by God. We are already given everything by God. When you understand this, you will be filled with a deep sense of gratitude and will want to benefit the world. This is the highest morality. You should simply try to do your best in your present situation – not worrying about what the result will be. It is not your role, but God’s role, to worry about results. This is the path to man’s happiness.

Lastly, Gedatsu Kongo mentioned the great path of appreciation and requital, which means appreciation toward country, parents and society. You should be aware that you have received immeasurable blessings from your country, your parents, and society. You will then be appreciative for everyone and everything, and will willingly work for the betterment of society. This is the most natural path of humanity, which will make everyone happy and prosperous. This is the path of Gedatsu.

Gedatsu Kongo stated, “If you forget this, you and your family will surely be destroyed.” This is because this attitude is against God’s will, or the Natural Law. ☸