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Goho Study

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Question No. 7 of Youth Leaders Seminar: “*What did you learn through Goho study? If you do not mind, please tell about concrete Goho experiences you had, especially when you earnestly learned Gedatsu.*”

Goho practice is extremely valuable when new members initially start their Gedatsu study. There is no substitute for being able to communicate with unrested souls and to alleviate the spiritual suffering of our ancestors by responding to their requests to pay penance on their behalf through *Amacha Kuyo* for their unknowing transgressions while living.

In my case, my brothers were six to 10 years older than I was when we first started studying Gedatsu. The brunt of our ancestral karma was identified and addressed by my older brothers (especially my eldest brother, Louis Ito). Thus, during the first five to 10 years of our introduction to Gedatsu, most of our major karma was corrected, and for myself, personally, my reliance upon *Goho* practice has been limited. In fact, my last *Goho shugyo* occurred 53 years ago, while I was still a student at Caltech.

Why have I gone so long without performing *Goho shugyo*? It is a matter of personal decision. I am not advocating that my decision should be followed by other Gedatsu members. It did not take long before I understood the basic principles of the Gedatsu teaching. I understood the following:

- Inter-relationship between the physical and spiritual worlds
- Ancestral karma affecting descendants
- Current misfortunes caused by unrested souls of the universe
- Value of *Amacha Kuyo* to alleviate spiritual unrest
- Members’ responsibility to cultivate their own spiritual development.

It is especially the last reason that I have attempted to develop my own spiritual growth by relying less upon *Goho shugyo* and more upon my own self-realization as much as possible.