

Open Secret

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The topic of my talk today is “Open Secret,” which means that truth is always in front of us, but because of our egos, it is hard for us to see it. The same is true for happiness. The seeds of happiness are always available before us, but most of the time we cannot see them and lament over our misfortune.

Renowned Vietnamese Zen monk, Thich Nhat Hanh, whom I greatly respect, stated the following: “The ocean of suffering is immense, but if you turn around, you can see the land. The seed of suffering in you may be strong, but don’t wait until you have no more suffering before allowing yourself to be happy. When one tree in the garden is sick, you have to care for it. But don’t overlook all the healthy trees. Even while you have pain in your heart, you can enjoy many wonders of life – the beautiful sunset, the smile of a child, the many flowers and trees. To suffer is not enough. Please don’t be imprisoned by your suffering.”

Gedatsu is the path to be aware of the seeds of happiness that are always available before us.

No matter what difficulties you may have in life, you are actually alive now. Your heart keeps beating constantly. This is because God loves you, and you have received immeasurable blessings from your ancestors, parents, families, friends, everyone and everything around you. Be aware of the unconditional love and compassion of God, as well as the immeasurable blessings you have already received from everyone and everything in the universe.

If you have experienced hunger, you know that having food is a miracle. If you have suffered from the cold, you know the preciousness of warmth. When you have suffered, you know how to appreciate the wonders of life that are present. If you dwell only in your suffering, you will miss the wonders of life. Don’t ignore your suffering, but don’t forget to enjoy the wonders of life, for your sake and for the benefit of many beings.

Without suffering, you cannot grow. Without suffering, you cannot get the peace and joy you deserve. Please don’t run away from your suffering. Embrace it and cherish it. Learn something important for your life from the suffering. Pray to God and show Him your pain. He will then look at you with love and compassion, and show you the way to embrace your suffering and look deeply into it. With understanding and compassion, you will be able to heal the wounds in your heart and the wounds in the world.

No matter what happens to you, God always love you unconditionally. Please remember this. Gedatsu is the path for everyone to live a happy, peaceful life.