

Selfishness Ultimately Destroys

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October 2016

In my last two sermons, I shared articles written by Mr. Oda of the Gedatsu Church in Japan on the three causes of diseases. Today, I am going to read the last one: “Caused by Environmental Change.”

We are able to live safely thanks to the country, society, workplace and home. We are all connected. Our life is sustained by many people and many things. We are not able to live without eating. The food we eat is a blessing from Mother Nature. The Kuyo plaque for birds, animals, insects, fish, trees and plants is to thank them for their lives to sustain our life.

Our founder, Gedatsu Kongo, said that we have been receiving “profound and immeasurable blessings” from country, parents, teachers, society and all creation. We are supposed to feel grateful and offer Kuyo to them. However, we tend to forget this and become ungrateful.

Basically, we tend to forget to live in harmony with others. Once we realize this, we should change our attitude towards others. We need to change our “immediate” environment.

The serious problem is that we forget about the blessing we have been receiving from Mother Nature and keep polluting and destroying our natural environment. Another serious problem is among ourselves. We are supposed to live in harmony, but we are doing the opposite. We are destroying our social environment, such as our neighborhood and family, by blaming each other. Why do we do that? Because we are always self-centered. We don’t think about others.

Our founder warned us, “Selfishness destroys ourselves, our family, our country and our world because our selfishness is unstoppable.” Our founder was saying that we lack empathy for our environment, such as our neighbors, society, animal, plant, land, water, air, the earth and the sun.

We are a part of nature. Our spirit can be naturally empathetic and mighty like God, but we mistakenly believe that material success and wealth will bring us happiness. We have created and produced many things, and our lives became comfortable. However, we sacrificed our environment.

That is another cause of our diseases. We became sick, not only physically, but also mentally. We have many teen social issues, such as drugs, bullying and suicide. Traffic accidents are increasing dramatically worldwide. Conflicts between countries are worsening. The world is not healthy.

Our founder said, “If you self-reflect and let go of selfishness, everything will go well. If we don’t want anything, we can achieve true happiness.” Again, we need to change our immediate environment for the better.

We should let go of selfishness and feel satisfied with what we have right now. We are supposed to respect God, ancestors and elders. We should stay cheerful, happy and live in harmony with the others. Even though there are many differences among us, such as age, gender,

employer and employee, we should be empathetic all the time. We are supposed to forgive others, praise others, yield to one another and apologize to others. Those attitudes can create a healthy environment and prevent disease, and we can stay healthy.

We humans are responsible for saving the earth. That is our mission given by God. If we truly aspire toward mutual existence and prosperity of people and peace throughout the world, we should be grateful and empathetic to the earth, birds, animals, insects, fishes, trees and plants.

I hope you learned something from the four causes of disease and make a change for the better in your daily life.