

The Beautiful Law of Karma

Rev. Kazuo Yamada

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Good morning, everyone.

Today, we held our Kanshakai and Ujigami services, and offered our appreciation and gratitude for our blessings. I believe that we were wonderfully influenced by the divine vibrations that were all around us this morning.

I'd like to study with you today on the subject of karma. I believe that there is a mistaken impression that karma is something negative that should be avoided.

Such a notion is understandable. No one wants suffering or hardships in their lives. However, it should be understood that karma, in itself, is neither good nor bad. It is a manifestation of the Universe, and therefore, not something that can or should be consciously avoided.

Gedatsu Kongo said, "Negative karma is not some ominous thing, but rather, it is the seed of aspirations." He taught us to "appreciate difficulties" that come our way, because through hardships, we are able to polish our souls.

Without experiencing the pain of suffering, we cannot expand our consciousness. As we experience pain, we come to understand the sufferings of others. Suffering cultivates our souls – creating compassion, understanding and growth. Our souls learn love, joy and the sadness of life through such experiences.

Similarly, the law of karma that governs life has a purpose. Its purpose is "to correct one's heart and grow a soul." This is a beautiful law that enables one's spirituality to evolve. In a sense, it can be said that humans were born on this earth to resolve their negative karma and allow their souls to progress and evolve.

Therefore, when we encounter adverse situations in life, we should embrace the moment as the time to reform our minds and souls. Of course, if we contract a disease or are involved in an accident, we should seek medical aid. But, at the same time, it is important to look into the depths of our soul to seek the spiritual cause which attracted the disease or accident into our life.

We are talking here about the law of cause and effect. Spiritual teachers have referred to this law in various ways:

- Buddha taught that one must accept the consequences of one's own karma.
- Jesus Christ preached that you must reap what you have sown.
- Gedatsu Kongo said, "Seeds unsown do not sprout."

Essentially, these great teachers are telling us that “both cause and deed lie within ourselves.”

Gedatsu Kongo taught us that the key to changing our negative karma into positive karma was through the reformation of our mind, words and deeds – and thereafter, taking positive action in our lives to plant “good seeds.”

Too often, when we become ill or have an accident, we get medical aid, but go no further. In the same way, we only perform *Amacha* blessing when we are told of the suffering of unrested spirits. We tend to forget the most important teaching of Gedatsu Kongo, which is to constantly reflect inwardly – to look critically within our hearts. We do not take the time to think deeply on the true nature of hardships or difficulties – nor accept that their underlying cause lies within our souls.

Please reflect on this: An unsettled mind is the cause of illnesses and accidents. An unsettled mind attracts negative spiritual influences.

Unless you purify the negative seed deep within your consciousness, that negative seed remains, even if your physical or mental ailment is treated and cured. The cure is only temporary. In time, the seed will attract a different disease or accident. Even if you save an unrested spirit, you will attract another unrested spirit.

Gedatsu Kongo once spoke with a member who believed that one’s unfortunate circumstances could be cured through prayers to God. The Founder explained to him: “That cure will be temporary. Performing prayers alone is not the righteous path to happiness. To erase one’s unfortunate circumstances, one must first begin with the reformation of one’s mind. Without changing one’s negative thoughts and actions, any improvement will be only temporary. Eventually, one’s worries and anxieties will return.”

In the words of an English philosopher: “Men are anxious to improve their circumstances, but are unwilling to improve themselves. They, therefore, remain bound.”

Gedatsu Kongo stated, “Gedatsu is the path to reform your mind.”

Let us continually reflect on our minds so that we may purify our souls.

Thank you very much. God bless you.

