

A Message from Heaven, Just for You!



What if we take the illnesses and problems that occur to you as an opportunity to change your life for the better?

When there is something wrong in the body, we get sick. To find out why we are sick, we go to the doctor. At the same time, there may be a problem with the way we live or the way we think that may be straining our body. Thus, it is important to reflect on the way we live to better our life.

Illnesses and problems are a message from heaven, just for you. It is the teachings of Tenrikyo that will help you better understand the message from heaven.

Tenrikyo, the Teachings for the Joyous Life

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Tenrikyo, the Teachings for the Joyous Life

No matter how much material wealth you may have, there is no joy if you dwell on it.

—The Divine Directions, July 15, 1901

In these words by God, we are taught not to dwell on material things or wealth. Regardless of how much materi-



al wealth we may or may not have, we cannot enjoy life if we dwell on it. Especially when it concerns our relationships with other people, we are happy when something good happens, yet depressed when something bad happens, putting off the things we need to do. Although there may be a timing when certain things need to be done, it would be good to make the efforts to carry out the things that are bothering us. In the Tenrikyo teachings, we are taught, “If something is weighing on your mind, your state of mind cannot be called joyous.”

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Why don't we fill the world with the mind of doing something for others?



“I want this. I want that. I want this to be done. I want that to be done.”—This is a mind of a child. “I want to do this for them. I want to do this to bring them joy.”—This is a mind of a parent.

Things often do not go as we expect. If we always do nothing but ask for something, we may end up blaming others.

This world would be a better place if everyone learns to love others unconditionally like we care for our own children or beloved ones. Why don't we do something for others and build a community filled with parental love?

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You can carry a light load over any distance. You cannot go far with a heavy load.

—The Divine Directions, December 29, 1897



It is also said, “You can carry a light load every day.” Imagine when we make a firm resolution—such as writing a diary and walking 10,000 steps every day—at an occasion like on New Year’s Day. You cannot con-

tinue your effort once you start feeling it being too much or too heavy. You must make it light enough so you can carry it every day and gain momentum one step at a time. In the end, you would do well to become able to carry the weights that you once thought were heavy. Continuing is the truth of heaven; continuing something for a long time is what we should value.

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Helping One Another



When earthquakes occur and damaging cold-weather persists, a feeling of compassion is born in the hearts of human beings. That feeling turns into action that touches the hearts of other people, which connects to more action being taken.

We can not live each day alone. Whether or not we are conscious about it, we are able to live each day because of the providence of an ultimate reality as well as the support of others. Thus, it is important that we also give back and support others. Life consists of supporting and helping one another.

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You may bring up your children with the utmost care and affection. No matter how much care and affection you might lavish upon them, however, they could not even be alive were it not for breath.

—The Divine Directions, December 29, 1897



We all take care of our children with love, but we are taught that without breath—life—our children would not be alive. Although we may provide our children with good food or nice clothes, we should always remember to appreciate the blessing of life that we are given.

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