

Deciding How To Live
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The Buddha taught that people from the very moment of their birth are accompanied by two messengers, Dosho (Same Birth) and Domyo (Same Name), who are sent by heaven and who follow them as closely as their own shadows, never leaving them even for an instant. These two take turns ascending to heaven to report the person's offenses and merits, both major and minor, without overlooking the slightest detail. (*The Major Writings of Nichiren Daishonin*, vol. 2 [2nd ed.], pp. 195–96)

Life is full of challenges. My life is in a constant state of flux.

I try to do my best in every endeavor, but at times it is so difficult in this world of cause and effect. When I read this letter, “The Causal Law of Life,” this hit me again. I was intimidated to remember that my two messengers, Dosho and Domyo, do not take a vacation — ever — that they are always with me, 24 hours a day.

Cause and effect is at work 24 hours a day. And my words, thoughts and deeds are causes, no matter how I look at it. I have to remind myself, though, that I am only human. Of course I'm going to make mistakes, right?

But our efforts to self reflect, to do our best to improve and to take concrete action are what matter. Deciding how we will live and making causes toward that is pivotal.

Nichiren Daishonin wrote this letter to Nichigen-nyo, wife of Shijo Kingo, praising her for her efforts and her strong faith. He says that the heavens already know about her strong faith since Dosho and Domyo have reported everything.

Since I know myself best, I know how much positive efforts I am making or not making in faith. Even if I don't know consciously, I see the results — Buddhism is very strict in this way. As SGI President Ikeda recently said: “The key is deciding how you will live your life and then devoting all your strength and energy toward that. This is what faith is all about.”

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