

Why is the spirit of appreciation important to our Buddhist practice?

Members from Rocky Mountain Joint Territory respond:

I think that appreciation and compassion are closely related. The more I practice, the more compassion I see developing in my life. As a result, I am becoming more and more appreciative of this practice and the people who support me. Thanks to their compassion, I can see my life expanding. And I'm grateful for the opportunity to show the same compassion for others.

— SANDRA WIEDER, Denver

Appreciation is important because it brings out our true selves and enables us to grow in compassion and humanism toward others, which are necessary to our enlightenment and the fulfillment of kosen-rufu.

— JIM WHITE, Denver

I believe that when we learn to appreciate life, our practice and everything around us, it helps to strengthen our character.

— ERIC TAYLOR, Arvada, Colo.

When I look at my fellow members, past and present, with appreciation for their qualities, there is no room in my heart for resentment, hurt feelings or, remarkably, doubt about my own worth and abilities.

— BILL JONES, Denver

My mentor, Nichiren Daishonin, took time to write a Gosho titled "Repaying Debts of Gratitude." He felt that we should somehow repay humanity, the environment, the individual or the group for the benefits we enjoy currently in life. I feel a great appreciation and debt of gratitude to all those people who have supported and encouraged me in my many years of practice, especially SGI President Ikeda. Within me the spirit of appreciation always motivates my daimoku to send the law to all humanity.

— DALE W. MEYERS, Fort Collins, Colo.

When one appreciates even the littlest things, i.e., the ice cream you just ate or just being alive, a whole new world is opened to you. In this way, appreciation adds to one's benefit. The spirit of appreciation allows not only one's practice but one's life to be used in a selfless, loving, understanding and compassionate way.

— COURTNEY NELSON, Littleton, Colo.