

WORLD TRIBUNE MAILBOX

A Lesson in Faith From Zippy

My cat, Zippy, taught me something about faith today. Zippy is the only cat I ever owned who runs after a ball I throw, then brings it back to me for another throw, over and over again, just like a dog. This morning I threw Zippy's ball up the staircase and noted something about how Zippy goes after it. Zippy can't see the ball initially, because it's too high in the air. But Zippy has faith that I threw the ball up the stairs, and that once he gets to the top of the staircase, the ball will be right there, ready for him to snatch. Likewise, as a Buddhist, I should have faith that, even if I can't yet see the attainment of a goal or the resolution of a problem, right this instant, I should "run up the stairs" anyway, confident that my practice is making the Gohonzon work, and that the benefit or solution will appear at the proper time.

— GERALD T. AITKEN, Walden, N.Y.

One Good Book

In conjunction with SGI President Ikeda's mentioning of Japanese history books with *mirror* as part of the title ("Discussions on Youth," Nov. 28), it should be noted that one of the best recently published books on American history is titled *A Different Mirror*. Ronald Takaki presents an excellent overview of the experiences of racial ethnic and religious minorities from the time when Native Americans scared away Viking visitors, through the present day when we are still reevaluating our definition of *American*.

— PETER NELLHAUS, Denver

Take Action To Get Well

I, too, was very encouraged by Tamara Jenkins article on Oct. 31. For me, illness was unwelcome in the beginning but has become a terrific benefit.

Never one to balk at a good challenge, I realized six years ago something was very wrong with my health.... Down the road and many dollars later, I finally got to the right doctors....

It's difficult in this age of "strange" illnesses to find out the problem. In Buddhism, we're taught to take the offensive, that nothing happens at random. Don't wait for a cure to come to you — the fix me, doc, syndrome. We are here to challenge and co-create our reality with the Gohonzon and trust our own internal voice. The Gohonzon is the compass for my ship of the law to attract the best information, best support, best doctors/holistic health practitioners, and then it's up to me to take the appropriate course of action for my recovery. The Goshu kicks me in the butt, gets me outta my rut. President Ikeda's guidance always for me really puts life into perspective.

— LISA PRANGER, Bellingham, Wash.