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I Learned To Face Life in a Different Way**

I have been practicing for a year and a half. I am very happy to be here in the United States. For me, it is a great opportunity to recount my experiences of practicing Buddhism.

I began my spiritual journey six years ago, when I was experiencing several negative things. My mother's store had been robbed, and the same day my boyfriend of three years left me. A few days later, my father was put in the hospital. At this point, I began to have many questions about my life. I asked why all this was happening to me, why I was so unfortunate.

I began reading books on spirituality and Buddhism. After, I felt the need to put what I had read into practice. But I didn't know how to do this because I did not know anyone with whom I could talk.

Then there was what seemed like a series of coincidences. At an art and music fair, I met a person who offered me a job at an amusement park. That's where I met a person who practiced Buddhism, and he invited me to a meeting.

From that day forward, I have not stopped practicing Buddhism. My benefits are many, but the most valuable have been the inconspicuous ones. I used to be a pessimist — for me, everything was bound to go badly. Because of this, I always blamed others. After I started practicing and studying Buddhism, I realized that, when things go badly, it does not depend on others. It depends on me, on what actions I choose to take from that point. In this way, I learned to face life in a different way, looking within myself and suffering less.

With time, I have become a more positive person, even though I realize that, in fact, my spiritual journey is long. We are on this earth to transform our karma from negative to positive. We have a vehicle, the Gohonzon, and thanks to this we can harmonize with the universe, raising our spiritual energy to find the meaning of life.

Another significant benefit I have received concerns health. Ten year ago, I suffered from severe headaches. Doctors were unable to cure them, but I chanted a lot of strong daimoku. It is now two years since I have had headaches.

The power of the Gohonzon is limitless.

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