

## WORLD TRIBUNE MAILBOX

### **Toward Change**

I am sitting here at work reading my *World Tribune*. I was seeking encouraging articles to help me stay strong and focused. I am 25 years old and currently going through a divorce.

This article ("Falling Short" by Karen Morono, May 15 issue) really struck my heart deep down. During my marriage, I was physically and mentally abused. That has greatly affected my self-confidence and self-worth....

After trying many, many times, I finally left him.... Since then I have been deepening my faith and developing a better relationship with my son....

I am just trying to say that this article inspired me. I am always comparing my life with others' and feeling sorry for myself for my worries in life. I would make the determination to leave the marriage and would fall before the finish line. Because my practice is now consistent and sincere, I can look ahead toward change instead of backward. I read this after morning gongyo:

"Buddhism is the excellent medicine that heals the wounds of human karma and suffering. There are no deadlocks in faith. We encounter problems and hardships so that we may grow and mature. We experience grief and sadness so that we may savor greater happiness. In the realm of Buddhism, even that which already seems to have improved will continue to become even better. When we think we have reached the highest limit, we go higher still. This is the Mystic Law" (SGI President Ikeda, *Daily Guidance*).

Thank you for your time. It feels good to vent.

— SUMI YOUNG, via e-mail

### **Deep Impact**

The movie *Deep Impact* is about a comet heading straight for earth causing imminent disaster.... I was struck by the universal chord resounding within when the president, beautifully played by Morgan Freeman, states that "hope will survive...."

Knowing the director, Mimi Leder, on a personal level (she is my cousin), made a deep impact on my life. Even as a young teen, I was impressed by her courage and warm-heartedness. She was fierce and fearless. The way she drove her Volkswagen Beetle on the Santa Monica Freeway proved this! She was and is a great model for me and women in general, for she is pioneering the way for future female directors in a male-dominated industry. Way to go, Mimi!

— LYNETTE BRAWER, Arlington, Va.

### **Connections**

I feel such tremendous connections to our organization, especially when I read the editorial entitled "Get Involved" in the May 15 issue of the *World Tribune*. This article mentioned the book *The Seven Habits of Highly Effective People* by Steven Covey.... I was not surprised to come across this book title in our organization's newspaper, because both remind us to keep self-improvement as a goal.

It is good to know that our organization touches on all seven points mentioned by Mr. Covey, which I would love to share if I had enough room.... Before I began practicing true Buddhism, other books of a similar nature and dealing with this same concept seemed to possess unobtainable goals. I often forgot what I had read and easily went back to feeling bad about myself.

Now I see myself on the path, as described by Mr. Covey, of where I want to be. All of the unique characteristics and traits a successful person should possess have been realized

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from within through practicing this true Buddhism. I believe that many members in our organization will definitely come upon a similar realization.

— SHIRLEY CHEN, Naperville, Ill.

**Inclusiveness**

Thank you for “Pride and Prejudice” (June 19 “Worldview”). Commentaries such as these demonstrate the inclusiveness of Nichiren Daishonin’s Buddhism. Ours truly is an open and affirming faith, one that celebrates diversity in all of its forms.

— CYNTHIA CASE, Claremont, Calif.

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