

**WOW! BREAKTHROUGHS IN UNDERSTANDING
BRINGING JOY TO OTHERS
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I came across the following recently while reading *The New Human Revolution*: “Since Buddhism ensures the happiness of the entire human race, Shin’ichi knew that a Buddhist practitioner must pray and act for the happiness of all people” (July 18, 1997, *World Tribune*, p. 13). It woke me up to the fact that lately, people have been really aggravating me. They act as if the world revolves around them. As much as I try to be a “good Buddhist,” I end up more irritated at people, unable to get beyond their annoying actions.

As I shared this with a leader, she reminded me of the mission we have as Buddhist practitioners: to bring happiness into people’s lives. She also told me that SGI President Ikeda is a master at pinpointing the subtle things that cause individuals to suffer and always seeking to help them reveal their Buddha nature. I thought this was great — for President Ikeda. I was still developing, and maybe someday, when I felt more confident about my practice or when I was more capable, I would be able to do that also, but not today.

I reflected on why I felt this way and decided to try and encourage people who aggravated me. The opportunity finally came when I picked up my car from the shop. The manager, with whom I had argued in the past, was working, and he seemed bothered about something. I wanted to somehow try to encourage him and possibly make up for my hot temper, but I kept going back and forth in my mind between complaining about waiting so long or reaching out to him. Eventually my determination paid off, and I was able to apologize. He shook my hand and smiled, telling me not to worry about it. I wished him a Happy New Year and then we parted ways. At that moment I felt so liberated, having pushed myself beyond my lesser self and reached out to another person. My determination to go beyond my ego helped me understand how, through just a simple gesture, we are able to bring joy into people’s lives.

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