

**WE HAVE THE MOST EFFECTIVE MEDICINE
BY DR. ALWIN HARDING
SGI-USA HEALING ARTS DIVISION DIRECTOR**

For my many friends and fellow practitioners, I yearn for your good health and progressive well-being!

In recent years, we have witnessed phenomenal changes within the field of medicine. New disciplines have entered the medical school curriculum, a rich diversity of health-care providers have joined our ranks and the recipients of care are more and more encouraged to participate in the process of healing. As a result, we need to appreciate our diversity and enrich our environment with greater compassion and the spirit of working harmoniously together.

During my conversations with many of you, I learned that many of us, although shouldering great responsibilities for the care of others, are battling health concerns of our own. We must be ever mindful to get adequate rest, seek needed advice for ourselves and eat appropriately, so that we can carry out our activities vigorously and in a value-creative way.

During my early days practicing medicine, SGI President Ikeda, in a remarkable fashion during one of his visits to Washington, D.C., left the following phrase firmly imprinted in my mind: “The daimoku of the Lotus Sutra, as expounded by Nichiren Daishonin, is indeed the most effective medicine for all illnesses.”

From then until now, that encounter with Dr. Ikeda remains vivid in my life. I think I am now beginning to see that all forms of treatment based on the wisdom derived from a high life-condition will bring about the best outcome every time. I am therefore ever determined to carry out my practice of faith so that I can effectively work with each and every one of you to answer to our great mission.

In this dawn of the 21st century, let’s continue to follow President Ikeda’s encouragement to develop into capable people rich in wisdom and courage, as we work toward a peaceful world. Let’s also continue to reference the series of lectures President Ikeda gave in 1990 (available in the new World Tribune Press book *My Dear Friends in America*) as an excellent foundation for the continued progress of our Culture Department activities.

I eagerly look forward to seeing many of you this fall at the next Culture Department conference at the Florida Nature and Culture Center, Nov. 8–11.