

**TIPS FOR ACTIVITIES**  
**10 GREAT REASONS TO STUDY SGI-USA PUBLICATIONS**  
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When instructing new practitioners on the benefits of chanting Nam-myoho-renge-kyo and the importance of attending SGI activities, we sometimes neglect to stress that studying Buddhism in our publications is a source of great benefit. We are conscientious about reciting morning and evening prayers and chanting abundant daimoku. But do we think to ourselves, “Gee, I haven’t studied in a couple of days (or weeks!)?”

Here are my 10 reasons for reading—studying—our publications (in no particular order):

**1) The Buddhist Community**

Reading our publications keeps us connected to the greater Buddhist order, our *sangha*. Nichiren Daishonin says that “This spiritual bond is the basis for the universal transmission of the ultimate Law of life and death” (*The Writings of Nichiren Daishonin*, p. 217). We are strengthened by the sense of unity and belonging we gain from reading about fellow believers around the world.

**2) Confidence**

There is power in the words of the Daishonin, SGI President Ikeda’s guidance and the encouragement of fellow members. Reading the publications translates into greater confidence and conviction in our own prayers to the Gohonzon.

**3) Kosen-rufu**

Kosen-rufu is a world peace movement. By reading about the activities and experiences of people in other cities and countries, we get a sense of *movement*, of progress beyond our own locale. We gain greater conviction by reading about the efforts of people around the world who are working for the same goal.

**4) Commitment**

It is a reflection of our commitment to the organization dedicated to kosen-rufu. It is translating our inner belief into an action that says: “I am an SGI member striving for kosen-rufu. I support what the SGI is doing.”

**5) Seeking Mind**

Reading the publications is an expression of a seeking mind, of our desire to learn more and deepen our faith. If we are not progressing, we are regressing.

**6) Practice and Study**

Reading the publications is part of the practice of study designated by the Daishonin, who states: “Exert yourself in the two ways of practice and study. Without practice and study, there can be no Buddhism” (WND, 386). We gain a deeper understanding of the Daishonin’s teachings from explanations in the publications.

**7) Faith**

The Daishonin also writes: “To have faith is the basis of Buddhism. The first volume of *On “Great Concentration and Insight”* says, “To “believe in the perfect teaching” means to awaken faith through doctrine and to make faith the basis of practice” (WND, 833).

**8) Appreciation**

Studying Buddhism in our publications maintains our sense of wonder about our practice. The Daishonin says that it is rare to be born as a human being and rarer still to encounter Buddhism. And rarest of all, to encounter the Law of Nam-myoho-renge-kyo

means we are “a person who has offered alms to a hundred thousand million Buddhas in his past existences!” (WND, 993). As bad as things may get, we never want to take our fortune to have the Gohonzon for granted.

#### **9) Crises**

Studying Buddhism in our publications allows us to understand how our life works and why things happen. We will not falter in crises. We won't ask: “Why me? What do I do now?” We will know exactly what to do—go to the Gohonzon.

#### **10) Doubts**

Studying Buddhism in our publications enables us to overcome doubt. Not just intellectual doubt, but devilish functions within life itself. Study is not merely an intellectual exercise; it is a spiritual endeavor that is life affirming.