



# ISTC and YOU

## SPRING 2012

*The Seicho-No-Ie International  
Spiritual Training Center  
newsletter for YOU!*

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## With Eternal Gratitude for Your Support

Rev. Yoshiko Teshigawara, *Chairperson*  
*Seicho-No-Ie International Spiritual Training Center*



**Thank you very much  
to our spiritual brothers  
and sisters!**

The Directors and staff of the International Spiritual Training Center have continued to pray for your increased happiness throughout the past year. We have also prayed for the peaceful repose of those who lost their lives in the

disasters that occurred in various parts of the world and for the recovery efforts for those who are trying so desperately to rebuild their lives.

The International Spiritual Training Center was once again blessed to receive tremendous support from International Headquarters, and all of you, throughout the previous Movement Year (April 2011-March 2012). On behalf of the ISTC, I would like to extend my heartfelt gratitude and appreciation to you.

As you know, the Seicho-No-Ie International Spiritual Training Center was established in 1994, in response to the launch of the International Peace by Faith Movement in 1993, through which the sights of our Movement expanded to an even more global level. Learning from the history of the Seicho-No-Ie Movement that was built and developed by the enthusiastic members and leaders who participated in and experienced spiritual training seminars, it was decided that the ISTC would be established in New York—a melting point of cultural diversity—in order to widely expand the International Peace by Faith throughout the world.

From the time of its founding and continuing on to this day, the ISTC has continued to operate thanks to generous donations from the President of Seicho-No-Ie, Rev. Masanobu Taniguchi, the President of the White Dove Association, Mrs. Junko Taniguchi, and a countless number of people.

The first ISTS was held in August 1995, with the 54<sup>th</sup> ISTS being held in February of 2012. Moreover, beginning in 2002, we have had Leadership Training Seminars to nurture leaders of our movement and help them better understand the history of Seicho-No-Ie, and, at the same time, devote themselves to deeds of love from a global perspective. Including the Special Leadership Training Seminar held under the guidance of the President and Mrs. Masanobu Taniguchi in 2005, we have had eight such leadership seminars to date. We have used, as the axis for these seminars, the content of the "Seicho-No-Ie Special Conferences for World Peace" which began in 2003 and are guided by Rev. Masanobu Taniguchi.

A countless number of people from the United States and Canada, as well as from countries and regions throughout the world who understand

# ISTC Events

for the

2012

## MOVEMENT YEAR

### 55<sup>th</sup> International Spiritual Training Seminar

**June 8-10, 2012**

Wisdom House  
229 East Litchfield Road  
Litchfield, CT 06759-3002

### 9<sup>th</sup> International Leadership Training Seminar

**August 24-26, 2012**

Seicho-No-Ie Jisso Center  
47-451 Hui Aeko Place  
Kaneohe, HI 96744-4530

### 56<sup>th</sup> International Spiritual Training Seminar

**February 15-17, 2013**

Mercy Center  
2300 Adeline Drive  
Burlingame, CA 94010-5599

English have participated in these International Spiritual Training Seminars, discovered the meaning and significance of life, grasped the joy of life and returned home feeling uplifted and energized. And that is undoubtedly because, through their earnest study and God's guidance throughout the seminars, they were able to develop their "indwelling God-nature" and practice the "mind of a child" in order to express that wonderful "as is" nature, the problems and concerns they may have had were resolved!

Seeing the participants at the conclusion of the seminar, buoyant with the conviction that "the true world created by God is only goodness," resolving to walk the path toward an even brighter and more prosperous life, leave with such beautiful smiles—It is at this moment that the staff of the ISTC feels an indescribable feeling of joy and happiness. It is also a time when our gratitude and appreciation to the past Chairpersons, officers, and staff who were a part of the wonderful history of these International Spiritual Training Seminars, making them possible, is felt even more deeply.

In this immediate past Movement Year also, many people awakened to the Seicho-No-Ie Truth that human beings are children of God and were overjoyed to link experience the inseparable bond of life with God. Furthermore, coming out of having learned about the relationship between God-Nature-human beings, and deepening their understanding of the Seicho-No-Ie Movement That Grows With Nature, they also resolved to take another look at and improve their own lifestyles.

Thanks to your support, the ISTC was able to achieve the objectives set forth for each event of the 2011 Movement Year. I would like to express my heartfelt appreciation to all of you for making this possible.

Please do read the testimonies of the four people who participated in the seminars over the past year.

This year we will again be incorporating the ideas/feedback from those promoting participation in the ISTS, past participants of the ISTS's and ILTS's—both first-timers and "repeaters"—and creating fun, energizing programs in which we will be able to share in the joy of living the sundial way of life and the joy of propagation. We look forward to seeing you!

Shown at left are the events planned for the 2012 Movement Year. We hope you will make time in your busy schedules to join us and also encourage as many people as possible to attend.

In hopes of staying in even closer contact with all of you, the ISTC will also strive to develop its internet presence and also improve on its newsletter this year.

We the Directors and staff vow to deepen our prayers so that we might unite and work together again this year to carry out the mission of the ISTC. Thank you very much in advance for your invaluable help and support.

*Gassho,*



From the 53<sup>rd</sup> ISTS in Chicago, Illinois



# When We Are Able to Believe In God

Guilherme Campos | *Salvador, Brazil*

**M**y name is Guilherme Campos, I am 28 years old, and I am from Brazil and currently live there.

As I told you yesterday, in 2005 I attended the 37<sup>th</sup> ISTS in New York when I was living in Orlando, Florida. Being here in the USA for eight months back in 2005 was a huge achievement for me, because money to travel, visa, etc., were a big challenge to me at that time. It was also my first trip abroad. I mentioned this whole story in detail during the testimony I gave at that seminar, so I am not going to talk about that again.

After my international experience in the United States through the student exchange program (a program called, "Work Experience," where students from all over the world come to the USA to work during their winter vacation), I went back to Brazil to finish college as I had interrupted it to travel. Once I returned, I still had five semesters to complete before graduation, and in the meantime, I started to work at Ford Motor Company as an intern. I finally graduated with a degree in Mechanical Engineering and went from being an intern to a Product Development Engineer.

Some other good things (milestones) happened in my life: I found my soul mate and

we got married. We have a great life and are building a wonderful relationship.

I have always been a serious Seicho-No-Ie (SNI) teaching practitioner. I have known SNI for 18 years, but I have been actually practicing it for 13 years, as I started when I was 15. Every day I practice Shinsokan meditation and I read the Holy Sutras to my ancestors together with my wife. I have a great family; my parents are also Seicho-No-Ie followers, and my father is actually a minister in Brazil. To make a long story short, I have a perfect life and I cannot complain about anything.

What I want to talk about in this testimony specially is something that happened right before my wife and I came to the U.S. on this trip. I had been asking Rev. Hideki Takao, "When will the next ISTS in 2011 be?" and I had been sending him e-mails almost on a monthly basis so that I could schedule our vacation and the whole trip. In April 2011, he confirmed that the ISTS would be on September 16<sup>th</sup> through 18<sup>th</sup>. Then I set up our trip to go to New York, then Chicago where the ISTS would be held, and Orlando after that. Therefore, the flight from Brazil to the United States was supposed to depart on September 12<sup>th</sup>. Then I realized this date would be the day right after September 11<sup>th</sup>, and this year would be the 10-year anniversary of the terrorist attacks. I was a little concerned about that, because if something happened, maybe my flight would be cancelled and maybe I would have to cancel the whole trip, but I did not allow it to



hold me back. As I was also going to a Seicho-No-Ie seminar, I knew that God would guide and protect my wife and me.

As 9/11 grew closer, the press was always talking about it—how the police were preparing and how the United States was protecting itself against another terrorist attack. It looked like New York was getting ready for a war, and things seemed very dangerous.

This trip was not only the first time my wife was going to the United States, but it was also her first time outside of Brazil. On top of this 9/11 problem, some other scary things happened right before the trip: an earthquake in New York and Hurricane Irene along the east coast of the United States, and my wife has never been in such weird situations.

## 53<sup>rd</sup> International Spiritual Training Seminar

SEPTEMBER 16-18, 2011

Cenacle Retreat and  
Conference Center  
*Chicago, Illinois*

## 53<sup>rd</sup> ISTS: Chicago, IL

SEPTEMBER 16-18, 2011

Three days before our departure date, she came to me and said, "You know honey; I don't think we should go to New York. I am fine with going to the United States, but it doesn't seem to be the right time to go to New York." At this time I asked myself, "What do I do now?"

Once one of my managers at Ford gave me five movies to watch, and I actually only have watched one. I think the name of the movie in English was "The Contenders." The message behind this movie was: "Principles are principles only when you stick to them during hard times." And I was really going through a hard time, because I had already paid for everything. A lot of money had already been spent, and I did not want to change the trip schedule. Then I told my wife, "We are going to SNI; we should not connect with all this negativity that the news is telling us right now; we are children of God and I think we should go to the World Trade Center and recite the Prayer for World Peace there." I also said, "If the entire world is focused on the negative side, we should be on the other side to balance it. So we should not be afraid. We must pray to enlighten that situation." And I even told her, "If we have to die on this trip, we will die. But only our bodies will die, because we are spirit. At least we are going to be together. So we GO, and that's it." That is what a principle is: when you are in a tough situation and you think of some of the thoughts that are deep inside your mind, and these thoughts are already part of you.

After all this discussion, nothing happened on September 11<sup>th</sup>, and we went to New York. My wife enjoyed the city a lot. She was very enthusiastic about New York culture. We went to Broadway, the Empire State Building, the Statue of Liberty, etc. We also got a chance to go inside the 9/11 Memorial, and it was very interesting that

many people did not get to enter because the lines were too long, but somehow, when we went there, there weren't so many people and they let us in. It is a beautiful place with a harmonious atmosphere. Then, we sat down, recited the Prayer for World Peace to all people who died that day and blessed all the spirits that might still be there.

When we were about to leave New York my wife told me, "This trip has been great, New York is a great place to visit, and I will be very honest with you. Do you know what I liked the most in New York?"

I said, "No."

Then she said, "The 9/11 Memorial. Being there was very good and a blessing for us."

The conclusion of this whole situation made me feel very proud

to be a member of Seicho-No-Ie, and in believing this teaching, putting it into practice even during hard times. Being a member of Seicho-No-Ie here in front of you, when everything is new, is very easy. But it is those hard situations that are the right time to practice this teaching. Knowing SNI for these 18 years has given me this faith and belief that we are protected by God. And SNI says, "No matter where you are, if you are to be involved in a catastrophe and you are connected with God, you will be saved. Nothing will harm you whatsoever." And that is really my belief, and what made me come here for this seminar even during these uncertain times. I thank God for this safe trip we have had so far, and I am really happy to give this testimony.

Thank you very much! ■



### 53<sup>rd</sup> ISTS | Testimony

## Seicho-No-Ie and I

Sumiko Watahiro, *President  
Seicho-No-Ie Chicago*

**T**ruly, Seicho-No-Ie is great! I have had several opportunities to visit other religious groups in the States but the more I visit other groups, the more grateful I become to Seicho-No-Ie and my mother who introduced me to Seicho-No-Ie.

My mother was introduced to SNI after our house was destroyed by the atomic bomb in Hiroshima and we had moved to a small town



outside the city. It was one year after my father's death in 1955. Her experiences from the SNI teachings greatly affected my own life in positive ways. Unfortunately, my father passed away before knowing SNI after suffering an illness that was compounded by the effects suffered from his exposure to the atomic bomb. Now, I believe his illness was actually caused by the grudge he had against his stepfather.

My father was born as the first son into a well-to-do family but was separated from his father at birth; then, his mother remarried and passed away when he was ten years old. So, he had to live with a family with which he was not blood-related. Having wealth did not bring him the happiness he hoped for but created more family conflicts. Ultimately, he was deceived by his stepfather and lost most of the various pieces of land and properties which belonged to him through inheritance according to old Japanese customs.

Since then, my father kept deep, deep anger, hatred, and grudge against his stepfather in his heart. I remember my mother often mentioning that if she had known SNI then, she could have saved my father's life. After learning the teachings she could save his soul by reading the *Holy Sutra* and reconciliations prayers and letting him know that his True Image is a child of God.



After a while, she decided to visit the stepfather-in-law to reconcile with him. When she visited him, he thought she was there to reclaim the inheritance and refused to meet her. So, she explained to him that she had learned the importance of reconciliation from the SNI teachings and told him that she wanted to reconcile with him.

Now, we are able to visit my ancestors' gravesite on my father's land whenever we wish.

Because of my mother's strong faith, I was able to attend the Seicho-No-Ie Spiritual Training Seminars from elementary through high school. I loved the seminars.

However, in contrary to my expectation that my life that would be smooth and happy, I had to face my biggest challenge in 1966. After being married for over 22 years, my husband wanted a divorce because of "cultural differences." The divorce process was a long and painful one. I had mixed emotions: pain, anger, and fear for the unknown future with three children still in high school. So I sat back and prayed; I decided to take on this big challenge. But it wasn't easy for me to do. Often, my mixed emotions took over me.

I asked Rev. Takeuchi, who was then at U.S. Missionary Headquarters in Southern California, for advice, and I started to reconcile with my ex-husband through prayers, meditation, and even laughing practice.

As days went by, I became more and more peaceful and my life was back on the right track. The first thing that came to mind was to send my children to a Youth Seminar in Los Angeles. The reconciliation brought peace not only to both me and my ex-husband

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but also to all our children. They have since graduated from colleges and hold successful positions in their professional fields.

Based on my experiences, I am confident that the SNI teaching is here to make this world peaceful and harmonious.

Spiritual seminars are one of the best places to learn about SNI. They provide an opportunity to revitalize people's spirits and place them back on the right track.

Last September, our Seicho-No-Ie Chicago hosted its first International Spiritual Training Seminar with the support of the International Spiritual Training Center that touched many participants' hearts, and this gave us motivation to help further the Humanity Enlightenment Movement-International Peace by Faith Movement throughout Chicago and the United States. ■

**There is always a lesson for us in every event.**

*It may not be apparent to us but it is there. Try listening to the voice without judging.*



Masanobu Taniguchi | For a Brilliant Daily Life | Day 13

# 54<sup>th</sup> International Spiritual Training Seminar

FEBRUARY 3-5, 2012

Mary & Joseph Retreat  
Center  
Rancho Palos Verdes,  
California

A brief background about myself: I am Vietnamese and a quarter Chinese. My Dad served in the Vietnam War for the United States military and we immigrated to America in 1980. Our lives were very hard at the beginning when my parents worked on a farm and did their best to help us have a comfortable life growing up. Over time, life became much better and in 2002, I moved to Los Angeles and married my girlfriend whom I'd met in college. We now have two beautiful daughters.



54<sup>th</sup> ISTS | Testimony

## Living in Balance With Loved Ones

Jimmy On | Torrance, California



On February 4, 2012, I attended the 54<sup>th</sup> International Seicho-No-Ie Seminar in Rancho Palos Verdes, California. It came at a time when I felt I just needed to go and really connect with my inner self and God. The experience there was just so overwhelming; everyone was accepted for who they are and we were truly like brothers and sisters. On the day of the event, I was asked to do a testimony on forgiveness. So I had a chance to talk about my experience with family relationships.

However, after we were married, the life I imagined was not so perfect. I would get into arguments with my parents over things about my wife and vice versa. There were lots of painful words that were used by my parents that hurt my wife and me a lot and were in every way hard to forgive. I also used my share of harsh words that hurt my parents. Being in that situation during that time, where reasoning was nearly impossible, I didn't know the correct thing to do. Therefore, I didn't know how to communicate toward my parents and wife. I ended up distancing our lives from them. I was in a situation where I loved my parents, but instead of solving the problem, I was making it worse for everyone.

One day, to my wife's surprise she found out that the religion (Seicho-No-Ie) she grew up with in Japan had a church in Gardena which was a couple of miles from where we lived. So we attended the church and were very happy with it. I was very interested in the teaching because it was different in some ways from the Christian religion with which I was brought up. Being curious, I wanted to know more about the teaching and how I

could apply it to my life. Therefore, I signed up for a weekend retreat seminar that was happening during that time.

My first seminar at Seicho-No-Ie was very inviting. There were a few people I didn't know but I was very comfortable with all the people around me. We had to do lots of fun activities such as the laughing exercise, group activities, and hear some great testimonies. But my favorite part of the retreat was really the Mind Purification Ceremony. It really hit me hard because it was about putting all my negative feelings on paper and taking that paper and burning all those bad things that had been kept inside of me. So that part really made me think about my parents and how I really wanted to change our relationship to make it better. After the retreat was over, I had lots to think about. I wanted my daughters to have a relationship with their grandparents. I also wanted my wife and my mom to have a mother and daughter-in-law bond. With Seicho-No-Ie, I have started doing Shinsokan and really praying and visualizing that our family is a perfect and harmonious.





Over a few weeks' time, I made plans to call my parents to reconcile with them. One evening, I had an unexpected call from my mom; she wanted to talk to me about that very same thing. She let me know that she really loves us and she also wanted to see us again. She told me that the very main reason that there has been so much tension was the very fact we don't see each other more often. She included, that there was always some plans that was going on and I didn't put much effort to communicate and make it happen. My parents really wanted to see their grandkids, and really wanted to bond with my wife and make her more and more like their own daughter. We realized that over the years we should have communicated with each other more often about how we felt. I was very glad my mom told me this and let her know that I too felt the same way.

I made a promise to myself to continue to make an effort to communicate with my parents

and make plans for them to see their grandkids and we have been doing that for the past four years. As of now, we see them once a month where we drive up north or they come down to see us on the weekends. My mom always takes my wife to her shop to work on her nails and they have those mom and daughter-in-law chats. My dad is loving the very idea that his granddaughters love him so much and like to tackle him down when they see him. I can't thank my wife enough for introducing me to Seicho-No-Ie. Life may take a big turn for the worse, but with the right guidance, it can bring anyone to a happy and joyful life.

I realize that a complete and perfect life is to live in balance with all the people you love and

## 54<sup>th</sup> ISTS: Rancho Palos Verdes, CA

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care about especially your parents. Forgiveness is one of the most important aspects; if you cannot forgive, you cannot live throughout your life or the next in a perfect and harmonious way. ■



### 54<sup>th</sup> ISTS | Testimony

# NOW Is the Time!

Miho Matsuo | Vancouver, Canada



The teachings of Seicho-No-Ie were passed on to me through my mother, who used to take me to Japanese Sunday services in Vancouver since I was a young child. During my years growing up, she consistently shared the bright messages of the *Truth of Life*, even to strangers who she had just met. . . .

I remember very vividly, a memory from when I was just a girl. I was ill one day, and feeling my discomfort, my mother encouraged me to lay my head on her lap while she recited the *Holy Sutra for Spiritual Healing*. I also remember more recently, whenever we experienced a challenging situation, we would, together, find at least a few good things to praise.

The Vancouver Seicho-No-Ie church has always been very supportive of any members interested in attending training seminars. Although my mother passed away recently, I felt very motivated to

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Rancho Palos Verdes, CA  
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attend this year's International Spiritual Training Seminar in Palos Verdes, California. Perhaps it was her encouragement that led me to this wonderful experience.

This year in particular, I felt very strongly that Seicho-No-Ie is really a positive approach to life. The teachings can be applied to every day circumstances and situations and are available for anybody, no matter what race, religion, past upbringing and/or life style.

I learned the teachings of Founder Masaharu Taniguchi to be extremely valuable, in that they can be used right away, today, this very moment. There is no need for a long path of suffering to become one with the universal truth. There is no need for the act of seeking, or even expecting



a long path to enlightenment. We are not empty beings waiting to be fulfilled, rather, we are full as is, as children of God, right now, this very second! To become conscious and aware of this precious teaching is enlightenment itself, is it not? Everything begins within ourselves, because we are God's light and love. These are the thoughts that I brought home with me after the seminar.

To meditate with others, to be surrounded by cheerful spirits, and words of truth, amounts to more than a weekend seminar; It's a life changing experience, a shift in consciousness towards a brighter future for not just those who attended, but for whoever else will be touched by those who *pass on* this philosophy. I feel now, more than I have before, to share Founder

Masaharu Taniguchi's teachings to others. Wouldn't it be wonderful if everyone came to understand this truth that we are whole, we are love, we are one? And, that all delusion can be cleared up instantly with these simple words alone, "Thank you very much" and "I am a child of God!" Wouldn't it be such a waste to keep this teaching all to ourselves? Acts of love include *sharing* words of wisdom, and after this seminar, I feel that NOW is the time!

Thank you very much to everyone involved in making this ISTS such a wonderful experience: the venue, the teachers, the friends, the food. Everything was organized so well and I plan on recommending future International Spiritual Training Seminars to others.

Thank you very much! ■

*Discover your true self.*

**SEICHO-NO-IE**  
**56<sup>TH</sup> INTERNATIONAL**  
**SPIRITUAL TRAINING SEMINAR**  
**FEBRUARY 15-17, 2013**

**MERCY CENTER (MERCY-CENTER.ORG) | BURLINGAME, CALIFORNIA**

To register or for more information, please contact the Seicho-No-Ie International Spiritual Training Center, 247 East 53<sup>rd</sup> Street, New York, NY 10022. Phone: (212) 371-4606; Fax: (212) 371-4630. Website: [www.sniists.org](http://www.sniists.org)