

Vision for the 21st Century
a rebirth in individual responsibilities and values



Activating the Power of Love



Masami Saionji

Without exception, all human beings are born for the purpose of manifesting love. When we go to the root of life, ignoring all that is temporary or nonessential, what remains is love. Love is all there is—the only true, unchanging existence.

More than anything else, what each of us needs to do now is to love ourselves and love others, forgive ourselves and forgive others, and express only love, sincerity, and forgiveness in all our words and actions. Soon, everything else that we thought we needed will be rapidly taken away.

From moment to moment, each of us needs to consciously observe ourselves and ask ourselves these questions: *Here and now, am I giving expression to love? Is my heart filled with love for myself, my family, my friends and acquaintances, my society, and all human beings? Am I showering love upon all animals, insects, and plants—on water, air, the sun, the earth, the mountains and the seas? At this present moment, to what*

extent am I sending out the energy of love that resides abundantly within me?

No matter how much love we give to others, the love within us can never be diminished, nor are we ever left feeling tired or emotionally depleted. The more we express love, the more it streams forth. Love is the powerfully overflowing fountain of our life-energy.

The reason why we exist here, in this present moment, is to draw out and plentifully express love to our children, our parents, our husbands, wives, partners, and large numbers of people. We were born so that we ourselves, and all the people around us, might know true and lasting happiness.

Because love is the energy of life itself, if we are not adept at expressing love it means that we are not adept at expressing life. It means that the power of our life is not being fully activated.

Despite what we may think, it is not difficult to express love. All we need to do is wish, from the bottom of our hearts, to love ourselves and love others. This heartfelt desire, in and of itself, will cause love to well up from within. Not only that, when we are able to continually manifest love with our whole being, no one will be able to invade our hearts with violence, nor will we ever feel that we have anything to lose. Even if we are living in the midst of poverty, war, or disease, if we continue to manifest love, our inner dignity can never be shaken.

No one can teach us to express love, for it is not a power that is acquired from the outside. It is a power that wells up

from within. The power to express love is the power to draw out and manifest our own life-energy.

Other Kinds of Emotions

Since the purpose of life is to express love, how can we explain the appearance of various shifting emotions such as anger, sadness, jealousy, contempt, anxiety, resentment, frustration, and a sense of failure? Feelings like these take shape when the original flow of love is in some way altered or interfered with. This can occur when we allow external factors to act upon our minds. All our emotions, whether good or bad, positive or negative, passive or aggressive, come into being when, in response to some external cause or influence, we convert our fundamental life-energy of love to a different form.

When we do not clearly know this principle, and do not realize that our original life-energy consists of love, our response to external factors and conditions ends up being directed by our physical, self-protective instincts. To avoid being hurt by the events and conditions in the world around us, we unconsciously direct our essential life-energy of love into a variety of emotions.

Through long-term repetition, this has become a deeply-rooted habit. We do it automatically, without exerting any conscious control. Again and again, our crystal clear, essential life-energy of love is transformed into waves of suspicion and fear, anger and struggle, before we are aware of what is

happening. What this means is that, to a great degree, we have relinquished control over our own thoughts and emotions. Instead of freely directing the course of our lives, we let our emotions race this way and that, as dictated by our materially oriented, self-protective instincts.

Up to now, we may have been thinking of our physical, self-protective instincts as helpful and necessary. In the case of most animals, this is absolutely true. Without their self-protective instincts, every animal species would have vanished from the Earth long ago. For human beings, however, giving free rein to those physical instincts is very dangerous. This is because those instinctive workings become mingled with our creative capacities and the boundless desires of the ego. Unless we human beings gain control over our physical, self-protective instincts, this planet will inevitably be destroyed, whether through wars, catastrophes, or environmental deterioration.

If we wish to accomplish our true purpose in life, we need to consciously take charge of how we use our life-energy. From now on, we must steadily maintain our original energy of love, and create only bright and positive emotions. When we become able to unwaveringly manifest love at any and all times, none of our energy will be consumed by doubt or fear. All of it will be properly activated through the workings of our natural, creative power. This means that all our energy will be directed toward the positive, and whatever we hope and wish for will naturally be achieved. This is an absolute truth, a natural law of creation. If we are not achieving our

true, heart's desire now, it is because the negative energy of our doubts and fears is disrupting the flow of our future.

Changing Our Thought-Habits

Why is it that, so often, we end up producing more negative emotions than positive ones? It is because we ourselves are not aware of what is taking place in our own consciousness. We seldom observe our own thought patterns or reflect upon them, because this makes us feel too uncomfortable. Also, we have come to believe that, in any case, our personalities are permanently flawed beyond remedy.

And so, by refraining from taking responsibility for our own emotions, we let them fall under the control of our physical, self-protective instincts. If we do nothing to correct this or put a stop to it, the process keeps perpetuating itself through force of habit. As a result, we continue to experience feelings of doubt, fear, insecurity, resentment, and anger, over and over again.

Anger is a violent emotion that surges up when we feel that we have been ignored, rejected, discriminated against, or treated with contempt. When we feel ourselves being swept up in this dark, negative energy, it might seem very difficult for us to convert that energy back to love. However, when we understand the processes at work, it becomes possible for us to transform it quite easily.

This is where it becomes helpful for us to devise methods

that assist us in observing our emotions and changing our habits. One such method that I often recommend is a practice called *Fading away—May peace prevail on Earth*. When a dark, fearful, or unharmonious thought or emotion passes through our mind, we respond to it mentally with the words *Fading away—May peace prevail on Earth*. This method was introduced by my father, Masahisa Goi,¹ as an easy-to-practice way to let unhappy feelings naturally disappear and replace them with positive ones. Another idea is to practice deep, peaceful breathing combined with positive words or bodily movements.² Based on our own disposition and personality, each of us can find the methods that suit us best.

As we continue to observe our own consciousness day by day, we can absolutely make a change in our thought-habits. All we need to do is to firmly believe that we can do it. In making daily efforts, without giving up, we can definitely convert all our energy back to the essential energy of love. And before we know it, we will discover that we ourselves have become direct embodiments of love.

When we become direct embodiments of love, we never experience fear, and all our energy is activated toward the positive. It is then that we naturally come to understand what life really is.

Believing in the Power of Love

The power to express love, which each of us has, is not a power of attack but a power to accept, appreciate,

understand, and enfold. It is a power not of blame but of forgiveness, not of censure but of praise, not of struggle but of harmony. We must never reject this all-encompassing power. We must believe in it. When we live under the illusion that we are incapable of expressing love, and stubbornly believe in that illusion, we can feel only pain and misery.

The belief that we cannot express love is an illusion that we ourselves created. When we tell ourselves things like *I can't! It's beyond my ability! It's no use, I am a hopeless case!* and so forth, we are giving our precious creative power to words that work against us. By means of those words, we are placing limitations on our shining, limitless potential. We are creating a belief in difficulty, mishap, and failure. That kind of belief closes off our path to a happy future, because we can only attain what we firmly and steadily believe in.

The power of our thought constructs the reality that we live in, and we can each live as strongly and expansively as we believe we can. We must never let ourselves be beaten down by the harsh circumstances that we see in front of us, nor should we ignore them. Above all, we must never try to run away from them. Whatever the circumstances, we must know that we can overcome them when we call forth and activate the power of love. Any dilemma, any hardship, any dispute can be eased when we give expression to love. Even with seemingly insurmountable problems relating to domestic matters, child-raising, illness, poverty, frustration and failure, or conflict and violence, when we intently and positively exert the power of love, a true solution will come

into view. A great many of us are living our lives according to the small-scale, slanted beliefs that we hold about ourselves. And even though those beliefs may have been acquired irrationally or simply copied from others, once we have caught hold of them we are reluctant to give them up. Then, not wishing to take the trouble of revising our beliefs, we jump at any excuse to justify them. *I will definitely become ill. No matter how I try, I always fail. When I am old, I will be friendless and alone. I have no talent. I never have any money. No one trusts me. No one cares about me. I am always taken advantage of. I am always ignored and looked down upon.* By refusing to let go of stubborn beliefs like these, many of us are using our precious life-energy to create more and more problems.

If we firmly hold on to a belief for a very long time, whether it is a correct or a mistaken one, it will eventually manifest itself as a reality. For example, if we firmly believe that we have a certain illness, although we actually do not have it, our strong belief can, over time, lead us to manifest its symptoms or even contract the illness. On the other hand, if we firmly believe that we are healthy, we can, through the power of our positive belief, avoid or recover from illnesses that might indeed come to us.

There is an enormous difference in the way of living of those who believe in their innate power of love and those who do not. This is because beliefs and thoughts are, in themselves, energy. Energy flows where we direct our attention. It becomes concentrated into matter and, in the end, the exact image we have depicted with our beliefs takes

shape in the world we live in. If we firmly believe that we are miserable, loathsome creatures, the power of our belief works to create miserable images or circumstances in our future. On the other hand, when we firmly think and believe that we are embodiments of love, holding an inexhaustible source of forgiveness, healing power, happiness, success, and richness, our unshakable belief will, without fail, cause those qualities to appear in our lives.

Even if we are in the final stages of an illness, and even if the people around us are one hundred percent convinced that our death is imminent, if our essential purpose in this world has not yet been completed we can, indeed, live longer through the power of our own positive belief. On the other hand, if our purpose in this world has been achieved, and it is time for us to part from this earthly body, we can do so with a blissful and appreciative feeling.

Illuminating the Paths of Others

As we progress through the 21st century, humanity will experience changes and conditions that were unheard of in the past. At such times, there may be no one we can rely upon except ourselves. If we have a firm, clear awareness of our essential identity as beings of love, our own unerring thoughts will absolutely guide us toward peace, radiance, and happiness. Even if the world around us appears to be steeped in conflict and misery, our minds will hold no fear or anxiety at all.

Not only that, the radiance that we emit will help to illuminate the paths of others. As we become increasingly conscious of our inner truth as beings of love, a mystical, universal wisdom, light, and healing power will be able to flow through us, coming to the aid of those who are suffering. I cannot begin to express how the universe is counting on the power of our daily, love-filled words and actions. Through this power—the power of love—the world is already changing.

In order that each of us might make the greatest possible difference in the times ahead, I would like to suggest that we make a positive affirmation to ourselves every day. For example, we might say: *From now on, I will never use any negative words at all! Nor will I give my energy to any negative news, gossip, rumors, or predictions that may be circulating around me. I will not give even one iota of my power to any negative words. From moment to moment and day to day, in my words, thoughts, and actions, I will express the power of love!*

Before anything else, it is important for each of us to put this kind of affirmation into practice. If even ten or twenty thousand people do this, an enormous change will occur throughout society. I sincerely hope that each of us will pay close attention to the words that we speak, choosing each one carefully and consciously. For the rest of our lives, up to the moment when we die, I deeply hope that we will speak, think, and express words of love alone.

Whatever the time, whatever the place, whatever the situation, whatever kind of mood we are in, let us continue

to express love. Expressions of love are the driving force that change our future and the future of the world. Each and every day, from the moment you wake up in the morning, I hope you will join with me in expressing only love to yourself and others. Let us perform only good actions, emit only good thoughts, and speak only good words. Let us express gratitude and joy to our children, our husbands and wives, partners, friends and acquaintances, societies, and nations. Let us show everyone, starting first and foremost with our own precious selves, how wonderful it is to live. From this day forward, let us start to truly live with an awakened consciousness, for the sake of ourselves and all life on Earth.

The future is waiting to be created.

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Notes:

1. Masahisa Goi (1916-1980), the adoptive father of Masami Saionji, designated her as his successor in leading the worldwide movement of prayer for world peace which he founded.
2. For information about practices introduced or recommended by the author, refer to her works *You Are the Universe* and *Think Something Wonderful*.

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