

April Discussion Topic – Human Revolution

“What is a true meaningful life? What is true happiness? Nichiren Buddhism is a teaching of hope that enables us to forge a state of unsurpassed and indestructible happiness and to lead a life of supreme value, while helping others to do the same.” These words of Daisaku Ikeda highlight the fundamental meaning of our life. But how can we establish a life state of unsurpassed and indestructible happiness? The answer lies in our human revolution.

“Human revolution” is the term used by second Soka Gakkai President Josei Toda to describe the process of inner transformation where we break through the shackles of our “lesser self,” bound by self-interest and the ego, growing toward a “greater self” capable of caring and taking action for the sake of others.

Human revolution is the transformation of our tendency to succumb to the force of habit or submit to the whims of fate. It means to direct our lives in a positive direction, from unhappiness to happiness. The incredible power to achieve this already lies within us. In essence, this revolution occurs when we are in the life state of Buddhahood.

Human revolution is a constant struggle with ourselves and our fundamental darkness that tries to obstruct our faith. The principle of “Buddhism is about winning” is a call to win over ourselves, our limitations and our negative tendencies. We can, of course, try to gain fame, status, a university title, knowledge or money, but if we fail to cultivate our humanity, our inner life will remain superficial and empty. What counts is who we are inside, without all those external factors. Human revolution transforms our inner life.

When our human revolution influences our family, our country, and the world around us, it becomes a noble, non-violent revolution for peace, in other words kosen-rufu.

- Do you have an experience of doing your human revolution?
- How does your human revolution contribute to kosen-rufu?