Januari Discussion Topic – Progressing in our human revolution

The word ‘revolution’ refers to a change in our way of thinking and behaviour. Simply put, becoming a better person today than yesterday. This means that we develop compassion for ourselves and for others, and becoming wiser, stronger, happier and more courageous.

Our lives, both body and spirit, are entities of Nam-myoho-renge-kyo, and human revolution is the process of manifesting Nam-myoho-renge-kyo, the life state of Buddhahood. Hereby we break through the shackles of our “lesser self,” bound by self-concern and the ego, and allows us to make efforts for the happiness of ourselves and others.

Daisaku Ikeda once gave the following seven points with which we can see if we are progressing in our human revolution: take care of your health; striving with a youthful spirit; creating good fortune; cultivating wisdom; living with passion; deepening our conviction; and accomplishing one victory after another. Buddhism teaches that with genuine compassion we can reach others and close the gap between people. This is the foundation for creating a peaceful harmony between people, which is the purpose of Buddhism.

Because it can be challenging at times to feel compassion, acting with courage is often the best way to bring it forth. Despite our sincere efforts in our Buddhist practice, we may still find ourselves feeling stuck or unhappy. President Ikeda says about that: "If you tend to be easily discouraged, just refresh your determination each time that happens. People who are resolved to see problems as opportunities and keep trying again and again, forging ahead with unflagging optimism, will definitely succeed in their human revolution”¹

The key is to never give up. As long as we continue to persevere in our Buddhist practice, we are certain to undergo a profound inner change and, as a result, see actual proof in our environment. When we find the courage and compassion to help others, this commitment to the welfare of others becomes the driving force for carrying out our human revolution and transforming our lives as well as the whole of humanity.

* How do you challenge your human revolution and do you have an example of that?

* Do you have an experience with doing your human revolution and have you seen actual proof of this in your environment?