

## *On Courage*

***Question: What should I do to become a person of true courage, as I would like to be?***

Before I answer this question, first let me explain what I mean by ‘true courage.’

Having courage does not mean that we show off our strength or conduct ourselves in a tempestuous way. As the characters that make up the Japanese word for courage (勇氣, *yûki*) indicate, courage means that our spirits (氣) are high and full of energy (勇). ‘Spirits’ (氣) refers to the vibrations of our heart and mind, so a person with courage is one who is sending out powerful, energetic vibrations. These vibrations represent our true mind, free from karmic thoughts.

Courage, then, is a power that comes not from our karmic causalities, but from our true mind, or true self. The term ‘courage’ holds a resemblance to the term ‘boldness’ or ‘daring,’ and they are often used interchangeably, but their origins are different. However, there are times when they find expression in a similar way.

I don’t think anyone would say that con-artists and swindlers, with their brazenness, are courageous people, and we probably would not say that reckless, imprudent people are people of courage either.

As I mentioned earlier, ‘courage’ is a vibration that comes not from our karmic cause and effect, but from our true self. Boldness or daring, on the other hand, is a strong thought vibration that comes from our karmic cause and effect. There are times, however, when what manifests itself as boldness is, at the same time, true courage itself, perfectly reflecting the vibration of the person’s true mind.

People of courage usually have a calm and gentle manner, while bold, daring people often display their strength quite clearly on the surface. For this reason, people of courage have a strong ability to hold their own karmic thought vibrations in check. They rarely become angry, and they never behave violently, look down on others, or hurt others’ feelings. Bold, gutsy people, on the other hand, sometimes behave in an arrogant, intimidating manner and cause harm to others.

When we look at it this way, true courage is not just about being strong, or not being shown up by others. It is the strength that enables us to restrain our karmic thoughts and selfish desires, to rise above those desires, and to walk forward on our own path with absolute confidence, so that when a crucial moment arrives, we will be able to relinquish our position, our career, and everything we have been clinging to, in order to press forward on the path that we believe in, leaving no bad feelings behind.

Now, having explained that, I will address the question of how to become a person of true courage.

I think the best answer is that, to become a person of true courage, we need to be faithful to our true mind, or true self. Our true self is our divine self—our divine nature. To be faithful to this divine self is the only way to make ourselves into people of true courage.

You might ask what is meant by ‘our divine nature.’ It is the part of us that is deeply loving, pure, beautiful, and sincere, and that does good things. It is the part of us whose vibration deepens and uplifts the human existence. This is our divine self. To be faithful to our divine self is to adjust our everyday thoughts and actions in such a way that we reveal this part of us in our daily life.

To this, you might respond: *I can understand this explanation, but practically speaking, carrying out these kinds of thoughts and actions is difficult, and that is why we need courage.*

In that case, let me point out to you the number one way to manifest your divine self. Not surprisingly, it is prayer. But by ‘prayer,’ I do not mean simply calling out to God. I mean praying for the lasting peace of all humanity.

Having peace on earth and having peace and tranquility within ourselves, and between ourselves and our surroundings, are one and the same thing. World peace is not a separate thing from peace in our own heart. Therefore, what I recommend is to fling all your thoughts into the prayer for world peace, which is a manifestation of truth itself and divinity itself. With body and soul, develop the habit of having your daily life harmonized and corrected within a mind of prayer for world peace.

*May peace prevail on Earth.*

*May peace be in our home country.*

*May our missions be accomplished.*

From within these words of prayer, true courage will absolutely surge forth, and love, sincerity, and beauty will well up in your heart. This has been the experience for me, as well as for numerous prayer colleagues.

People who are faithful to their true self cannot help but live their lives as people of love, sincerity, and courage. But for most people living on this physical plane, their true self is clouded by their karmic thoughts. Thus, if they could counter each karmic thought with a prayer for world peace, their karmic thoughts would be erased in the great light of the divine mind—which wishes for peace on earth—and their true self would shine through just as it is.

I hope that all of you will be able to recognize that true courage resides in prayer for world peace, and that you will make prayer for world peace the basis of your daily lives.

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