

**SGI-UK Study Department
Introductory Study Programme**

Life and its environment

NOTES

Aims of the meeting

This is a topic which repeats to some extent what you have covered in the mutual possession of the ten worlds as well as cause and effect. For those who were there when you did these topics you can alert them to this. For those who were present at earlier session this topic might be a kind of `integrating` topic which brings lots of things together.

We have also tried to present the material in such a way that it stands on its own so that those who missed these topics will be able to grasp what is going on without having been to the previous sessions. You might like to have spare copies of the materials for these earlier sessions if they would like to read them.

We suggest:

- To challenge the assumption that we are only influenced by our environment: to make it clear that the influence also works the other way: we influence and change the environment. And that change at the profound levels of life in us, affects the totality of our environment
- Not to get to hung up about the mathematics of three thousand realms in a single moment of life, but to grasp, intellectually at least what it is basically about and resolve to chant about it and understand with our lives: it is meaningless to seek to change society or the environment without there being real change in the depths of us, the people living there.
- It is our awakening to the relationship between our life at each moment and everything around us which is crucial. This topic invites us to truly appreciate the power of our lives

Other Materials

In *On Omens* [WND p.644] Nichiren Daishonin explains that `environment` is like the shadow and `life` like the body. Without the body no shadow can exist.

In *Letter to Gijo -bo* [WND p. 389] The Daishonin says that what is really important is that the teaching of the mutual possession of the ten worlds, of the hundred worlds, and thousand factors and of the three thousand realms in a single moment of life, are the essence of the Lotus Sutra.

Talking about the Lotus Sutra`s prediction that its practitioners will be “happy and at ease” (From Lotus Sutra) in this age of conflict in which we live, *Happiness in This World* [WND p. 681] says that this means that both our bodies and minds, lives and environments are entities of three thousand realms in a single moment of life and Buddhas of limitless joy.