**FORGIVENESS  
ALL FORGIVENESS — IS SELF-FORGIVENESS**

**Part One**

**OVERVIEW**

**Part Two**

**The Mystery of Confession**

**THE MYSTERY OF CONFESSION   
(From – Master Wisdom - by – A.K. Mozumdar)**

***IF YOUR MIND IS WEARY*** – or –   
 ***IF YOU ARE BURDENED WITH A SECRET*** –  
 do not tell it to any man – ***BUT TELL IT TO GOD***.

The very sacredness of the act –  
 ***WILL PURIFY*** – AND – **LEAVEN – YOUR MIIND** –  
 TO THE PLANE OF PERFECT JOY AND BLISS.

**THUS, YOUR SINS WILL BE FORGIVEN** –  
 AND YOU WILL HAVE A CLEAN MIND AND A PURE HEART.

In the Orient – is the general belief that –  
 *disease – misery – and misfortune* – ***ARE CAUSED BY MIND.***

Every year thousands of people –   
 ***GO ON A PILGRIMAGE TO A DISTANT SHRINE*** –  
 ***TO CONFESS THEIR SINS*** – ***TO A DEITY*** –  
 ***IN ORDER TO BE FREE.  
IT IS SURPRISING TO NOTICE*** – ***THE BENEFIT*** –  
 ***PEOPLE DERIVE*** – ***FROM SUCH A COURSE OF ACTION.***

**Once - a wonderful case - *came under – MY OBSERVATION.***  
**A MAN** - ***WHO WAS STRICKEN WITH* - *LEPROSY* -**   
**was contemplating *–* taking pilgrimage *–* to a distant shrine**.   
Being a poor man, he was begging from door to door,   
 to obtain the necessary funds ***– to take this journey***.

**He came - to the school, *which I was then - attending* -  
 and made a plea for his cause,   
 NARRATING *–* A VERY INTERESTING STORY.**

***HE SAID HE HAD – TRIED EVERY MEANS –   
 TO FIND A REMEDY –  
 FOR HIS MALADY, BUT – IT WAS ALL IN VAIN.***

**One night, *in utter despair*,**   
 **HE TURNED TO - HIS DEITY - FOR HELP.**

**After a long prayerful night**, he fell asleep.  
 **In his sleep** - **he had a vision – and *–* (Spirit)** –   
 ***COMMANDED HIM*** ***– TO GO ON A PILGRIMAGE*** -   
 ***TO A – CERTAIN SHRINE – CONFESS HIS SINS,***   
 ***MAKE – THE CUSTOMARY OFFERING – TO THE DEITY -* AND HE WOULD BE CLEANSED OF HIS – LEPROSY.**

**THIS MAN TOOK - THE LONG PILGRIMAGE**.   
 ***WHEN HE RETURNED,   
 HE WAS PERFECTLY CURED OF THE* *– LEPROSY*.**

***I know thousands of cases of just such astonishing cures* -  
 OBTAINED *–* BY THIS METHOD.**

***THERE MUST BE SOME* -   
 DEEPER MEANING - IN THE - ACT OF CONFESSION,   
 or all of the masters and sages of the past -   
 would never have recommended it**.

**Now let us see what - THE PURPOSE - OF CONFESSION IS:**

***THE PURPOSE – IS - TO UNBURDEN ONE’S MIND*** –   
 **OF ONE’S *–* SHORT-COMINGS AND MISTAKES.**

**THIS UNBURDENING** – ***LIGHTENS ONE’S MIND – AND -   
GIVES ONE – A FRESH START - FROM – ENCUMBRANCES*.**

***THE REASON* *–* THAT THE MAJORITY OF THE PEOPLE -  
 *CANNOT MAKE HEADWAY IN LIFE* -   
 *IS BECAUSE - THEY ARE HAMPERED - WITH THE IDEA –   
 OF THEIR PAST SHORT-COMINGS*** – ***AND MISTAKES.***

***THEIR MINDS* - NOT BEING FREE**,  
***THEY SEE - THE VISION - OF THE GHOST OF THEIR PAST*** –   
**AND CANNOT – REALIZE *–* GOD’S EXUBERANT *–* FREE LIFE**.

**Science tells us that -   
*WHEN OUR BODY* *– BECOMES CLOGGED WITH IMPURITIES*** -  
***IT BECOMES DISEASED* - and *– THE REMEDY OF THIS DISEASE* *IS THE PURIFICATION OF CLEANSING – OF THE BODY*.**

***Since we know that -***   
***THE CAUSE OF ALL DISEASE – (and problems) IS IN THE MIND***,  
 ***DOES IT NOT STAND TO REASON THAT -***   
***THE CLEANSING - or - THE UNBURDENING OF THE MIND*** -   
 **IS THE SURE REMEDY – FOR THE DISEASE -   
 AS WELL AS FOR MISERY - MISFORTUNE – AND - LACK?**

**ACCORDING TO THE ANCIENT INJUNCTION OF THE MASTERS,   
 A MAN SHOULD - CONFESS HIS SINS –   
 TO NO MAN - BUT TO GOD ONLY.**

***THEY KNEW FULL WELL,   
THAT THE STORY OF ONE’S DEFECTS AND SHORTCOMINGS,   
 WOULD NOT – ALWAYS –   
 BRING OUT AN ENCOURAGING RESPONSE -   
 FROM ANOTHER MIND.***

***HENCE - IT IS MORE OF A HINDRANCE - THAN A BENEFIT* *–*  
 WHEN TWO MINDS - BECOME CONSCIOUS OF A DEFEAT** ***–  
 BECAUSE –* ITS EFFECT - BECOMES STRONGER -   
 ON THE MIND OF THE ONE WHO CONFESSES.**

***UNBURDENING ONE’S MIND -   
 OF PAST MISTAKES AND DEFECTS -  
 IS A GREAT HELP TO THE PERSON,   
 PROVIDED - HE IS - CONSCIOUS OF BEING RELIEVED.***  
   
***AS SPIRIT* *– YOU ARE – ETERNALLY FREE*.**

**SIN – MEANS DARKNESS**.   
***THE MOMENT YOUR MIND COMES NEARER TO GOD –   
 IT BECOMES – LIGHTED.***

***THAT IS – WHAT IS CALLED – THE FORGIVING OF SIN*.**

**ONCE, I ASKED AN ORIENTAL TEACHER -  
*WHY A MAN SHOULD – GO ON A PILGRIMAGE* -  
TO A DISTANT SHRINE - IN ORDER TO MAKE HIS CONFESSION**.

***HE SAID THAT - THERE WAS – NO NEED* *–* OF GOING ON A PILGRIMAGE –   
 *IF A MAN HAD THE REALIZATION* – GOD – IS HERE**.

***GOD* - *IS IN - EVERY MAN* –   
BUT *–* THE AVERAGE PERSON *–* DOES NOT - *KNOW - IT*.**

**GOD’S PRESENCE - IS NEARER *–* THAN YOUR BREATH.**

***WITH – THAT – CONSCIOUSNESS, – WHEN YOU -   
 OPEN YOUR HEART – and - CONFESS TO YOUR GOD,* YOUR SINS – ARE FORGIVEN YOU *–* AND YOU HAVE *–* A NEW START*,* FREE – FROM ALL - PAST MISTAKES - AND SHORTCOMINGS*.***

**HUMAN MIND AND CANCER** – by M. Taniguchi

P84 ***I SHOULD LIKE TO TESTIFY* – *ON THE TRUTH* –   
 which Dr. Taniguchi has been teaching us, that –  
 *HUMAN BEINGS ARE* – *CHILDREN OF GOD -*   
 and – FREE OF *–(*DISEASE)**  
  
**Mrs. Matsumiya, who is here beside me,**   
***WAS CURED* –   
*OF UTERINE CANCER, AND* – *CANCER OF THE RECTUM –*   
*THROUGH THIS SPLENDID TRUTH* – and was guided –   
TO MANIFESTING HER REAL NATURE – AS A CHILD OF GOD.**

p 85 Last year in August, Mrs. Matsumiya **– *was admitted*** **–** to the University of Nagasaki Hospital **– *with uterine cancer.***   
**The doctor said that – *IT WAS IMPOSSIBLE TO OPERATE* –   
 and – gave her radium treatment –   
 and – *discharged her after three months.***

**It was from that time**,   
 **she started to experience – bleeding from the rectum.**

**I would like to tell you –   
 *how I became acquainted with Mrs. Matsumiya*.**   
**IN MAY OF LAST YEAR – I HEARD EXPLANATIONS –   
CONCERNING THE TRUTH TAUGHT IN SEIHO-NO-IE –  
FOR THE FIRST TIME;   
 *BUT UNTIL THEN* *– I HAD BEEN AN ATHEIST*.**

My Father in law ***–*** had been a believer in the teaching **–   
 *but I had thought that it was a lot of balderdash*** **–   
 and had been quite hostile about the whole matter.**

**He passed on three years ago at the age of 80.**

**Mrs Furui**, ***who is here in this hall,*** first came to Seicho-No-Ie **–** and was instructed by the Reverend Mrs Araki **–** ***AND* – *WAS CURED OF ANAEMIA*** **–   
 also** **– *OF A VALVULAR DISEASE OF THE HEART***.

At the meeting of February 3,   
I was very much attracted by the inspiring words of truth **–** spoken by Mrs Matsuzoe — so much so, that I felt that **–   
 I too should like to receive counselling from her**.

**I did not know how I could receive this guidance**.

Thanks to the advice I was given by Mrs Matsuzoe,

I too became a member of the Holy Mission Society.

**I found out then that** **–   
Mrs Matsumiya – was in bed with cancer of the rectum.**   
***UNPREPARED AS I WAS* – *FOR PLAYING ANY HELPING ROLE*,   
*I explained to her what I knew*** **–** and ***what I had heard of the truth***,   
 **with all the effort that I could muster.**

**I read to her the Seico-No-Ie Monthly**.   
**We recited the holy sutras together.   
I wanted to be of assistance – and did everything that I could**.

On the twenty-second of February,   
I listened to the lecture given by the Rev Mrs Kihara,   
who is from headquarters.

***AS I LISTENED TO MRS KIHARA*,   
IT DAWNED UPON ME VERY FORCIBLY –   
THAT I HAD NOT BEEN – FULLY RECONCILED WITH FATHER, *WHO WAS NOW IN THE WORLD OF SPIRITS*.**

**I REFLECTED DEEPLY ON THIS MATTER –   
AND FELT EXTREMELY – PENITENT –  
 ABOUT HOW IT HAD BEEN BETWEEN US.**

**UNTIL SOMETIME AFTER TWO O’CLOCK THAT NIGHT,   
I KEPT RECITING THE HOLY SCRIPTURES –   
BEFORE THE PLAQUE COMMEMORATING MY FATHER-IN LAW,   
 WITH TEARS ROLLING DOWN MY CHEEKS.**

**I gave a copy at once to Mrs Matsumiya, and, together,   
we steeped ourselves in reciting the three holy sutras.**

***JUST AROUND THAT TIME MRS MATSUMIYA –   
 FOUND THAT SHE WAS REFLECTING* –   
 *ON HERSELF VERY DEEPLY.***

**Through her soul-searching efforts,   
 *SHE REACHED A FRAME OF MIND* – in which –   
 *SHE WAS ABLE TO BE TRULY GRATEFUL –   
 TO HER HUSBAND, TO THE ANCESTORS –   
 AND TO HER SON.***

***SHE WAS ABLE TO, WHILE LYING IN BED,   
HOLD HER PALMS TO WORSHIP – AND –   
DIRECT – SINCERE, WHOLEHEARTED – GRATITUDE –   
 TO MEMBERS OF HER FAMILY.***

**WHEN SHE REACHED – THIS POINT,   
 *THE GLORY OF GOD* – *APPEARED****.*

***WHEN SHE WENT TO THE WASHROOM,***   
 **SHE WAS ABLE TO RELEASE –   
 SOME HARD, BLACK EXCRETIONS –** **TOGETHER WITH SOME GAS**.

***AFTER THAT, HER BOWEL MOVEMENTS BECAME NORMAL –   
AND MRS MATSUMIYA* – *STARTED TO FEEL MUCH BETTER.***

**Next, her skin started to peel – as if she was shedding scales.   
It was so noticeable on the quilt – and also where she walked –   
 that it was almost possible to take a broom –   
 to sweep up the skin which she was shedding**.

**On February 24, in the evening around four o’clock,   
Mrs Matsumiya had a bowel movement –   
which consisted of a large quantity of foul excretion –   
 which – one might have thought to have been –   
 the intestines of fish – that had been allowed to go rotten.**

**I am told that the foul odor – filled the house –   
and that they had to open all the windows to let in the fresh air**.

**SINCE THEN, – *THE PAIN HAS VANISHED*;   
 SHE HAS FELT COMPLETELY BETTER;   
AND HAS BEEN ABLE TO GET UP – AND –   
 *TO TESTIFY TO THE TRUTH* – *THAT HUMAN BEINGS* –   
 *ARE* – *CHILDREN OF GOD* – *AND FREE OF DISEASE.***

***BEHIND THIS MIRACLE*** **–   
 *WERE THE LOVING THOUGHTS OF MRS MATSUZOE*** **–** ***WHO KEPT AN EYE ON MRS MATSUMIYA* –   
 *FROM A DISTANCE* –   
 *AND THE HEARTFELT LOVE  
 OF THE SEIHO-NO-IE SUBSCRIBERS OF OUR DISTRICT.***

***AS YOU CAN SEE*, – *SHE HAS BECOME VERY HEALTHY NOW.*   
We go together to practice devotions early mornings.**

***Step One – UNDERSTAND  
 THE MYSTERY*** *–* ***OF* – *CONFESSION***

* ***FORGIVENESS*** *–* ***IS*** *–* ***UNBURDENING*** *–* ***THE MIND.***
* ***CONFESSION*** *–* recognize *–* accept *–* acknowledge – admit –  
   concede – own *–* own up – embrace – atonement

James 5:16 ***CONFESS YOUR FAULTS – ONE TO ANOTHER*,   
 and pray one for another, that ye may be healed.   
 The effectual fervent prayer of a righteous man   
 availeth much.**

1. ***CONFIDE IN*** **– *A TRUSTED PERSON* –   
    YOUR – “*BURDEN.*”**

1. ***CHOOSE SOMEONE* – *who will be* –** *objective - impartial – neutral* –   
    o*pinion-less* **–** non-judgmental**.**
2. ***UNDERSTAND* – THAT – YOU ARE –  
    *UNBURDENING YOUR MIND* –   
    *TO A* – *PROXY FOR GOD* –   
    WHICH LETS – THE LIGHT OF TRUTH –   
     *SHINE* – IN YOUR MIND.**

* ***APOLOGIZE*** *–* say sorry **–** express regret **–** act contrite **–** penitent ***–*** remorseful – regretful

***THEN –***  
***To the person* – *YOU THI7NK*****–** *you have offended* – or wronged.  
**To the person – *YOU THINK*** – has offended or wronged you.

**To the person – WHO THINKS** –   
 you have offended or wronged them.

1. ***Write a letter in your journal to the person (above).***
2. ***Send or offer* – *to the offended* – or – *wronged* – or –**

**to the one – who has offended or wronged you –**

***a* – TOKEN of EXPRESSION – of –**  **remorse – sorrow – or – sadness.**  
 (This can be different things **–** and **–** different ways)

* ***RECONCILE*** *–*

recompense – compensate – return – refund – repay –

restore – reimburse – settle – release – dissolve

***RESOLVE –***

agree – solve – answer – work out – decide – solution --   
 reunite -- release – dissolve – settle

***SERENITY PRAYER:***

***GOD*** - ***GRANT ME*** – the ***SERENITY* -** to – ***ACCEPT*** – the things – ***I CANNOT CHANGE*;**

***COURAGE*** – to – ***CHANGE THE THINGS*** - I can;  and **–**

***WISDOM*** – to know the - ***DIFFERENCE***.