

## **Faith Slipped? 6 Ways to Get Back On Track**

When you are faced with many problems, or ones which are not resolving easily, it is easy to feel overwhelmed. You may feel like a victim, at the mercy of other people or forces in society, such as the economy. When we feel overwhelmed like this and distracted by so many problems, we can forget about the limitless power of the Gohonzon at this critical moment. Our faith in the Gohonzon dwindles.

### **How to Recognize Your Faith Has Slipped**

You can know this is happening when you are putting outside things as the center of your life rather than the Gohonzon. You are so busy, you chant less and less perhaps becoming perfunctory, trying to deal with the problem on the level of the effect, not the fundamental cause.

You have gotten in your own way. You are blaming outside forces as the cause of the problem, and have forgotten that problems arise as the result of your internal causes. Outside forces may appear to be the cause of the problem but they always arise as the result of the inner causes we have made. The problem is there is no voice that warns you, "Watch out! You're looking outside of yourself." But if your daimoku is losing its power, and the joy is not there any more, and chanting seems like an endless austerity, you've lost the correct spirit and become non-Buddhist in that area of your life.

You'll know your faith has slipped if find you are doubting the power of the Gohonzon to deal with the situation. You wonder if you really ever did get benefit, whether this practice ever did work for you or you have fears that the problems will never be resolved.

### **What Can You do?**

#### **Find a Friend in Faith**

Greg Martin, USA study department leader, points out that The Daishonin's strict guidance is to not waste your time trying to fix things outside yourself. The Gohonzon has almost no power in the outer realm, but has a large amount of power to change you and reform your life. This is where our faith gets off track without our being aware of it, and we need someone to point out to us what has happened, whether it is a friend in faith or going for guidance from one of the leaders.

He says, a poor man cannot earn a penny just by counting his neighbor's wealth, even if he does so night and day.

#### **Chant for Wisdom**

When we change inside, then our circumstances change outside. The Gohonzon doesn't change the outer circumstances. We do, by changing ourselves and chanting to change our destiny, to turn poison into medicine.

Chant in front of the gohonzon with this prayer, "Give me the wisdom to know what I need to do. Give me the wisdom to know what action I need to take." Then you will make progress because now you are looking in the right direction, within yourself.

#### **Make a Determination**

Then sit down in front of the Gohonzon with a determination. A determination is a commitment that you are going to do whatever is necessary to achieve this goal. Without a determination your prayer may tend to slip into mere hope. As a result, when chanting your life may fail to completely fuse with the Gohonzon, relying on the intellectual strategies of your lesser self instead. But when you make a profound determination and pray with trust, you can truly tap into the limitless power of your life and enjoy all those magical synchronicities which bring your goal to fruition.

### **Take 100% Responsibility**

Linda Johnson, former SGI-USA women's leader says: My experience again is that when I avoid difficulties, no matter how many activities I do... no matter how much I chant. I can't break through until I resolve to face it with 100% responsibility no matter what the problem is...I have to be willing to face the reality in my life. Nichiren Daishonin tells us that we must have the courage, the guts, to use our practice for the things we think we can't do, then ' he says, one will be as strong as a demon armed with an iron staff. He says "I, Nichiren have inscribed my life in sumi ink so believe in the Gohonzon with your whole heart. Muster your faith and pray to this Gohonzon, then what is there that cannot be achieved?"

### **Continue to Strengthen Your Faith**

When we base ourselves on the Mystic Law and the Gohonzon, the law of cause and effect becomes clearly apparent in our lives. This law applies without exception to everyone. But because of various conditions—our karma, negative causes, the depth of our faith and other reasons—the results aren't immediately manifested, so it's hard to see or understand.

But as long as we continue strengthening our faith, through faith, practice and study, we will possess the clear mirror, the Gohonzon, and a solid foundation to draw from. With this, the path of cause and effect becomes clearly visible, and we will see actual proof .

### **Take Action**

Next, it is vital to take action. The wisdom and courage that emerge with your strong prayer enables you to take the best action toward achieving your goals. Never give up. If you stop making efforts toward achieving your goals, you will never see them realized. As long as you keep your determination strong, you can always change poison into medicine and never fail to show actual proof. This requires perseverance but its important to remember that we will gain in direct proportion to our own determination and efforts in faith.

### **Summary:**

In this vlog we discussed how to recognize when your faith has slipped and the six things you can do to get back on track.

If you liked this vlog please share it with friends who are struggling or who would just like a reminder from time to time.

Here are some blogs on related topics you might like:

Why Its Important to Forge Your Mind of Faith <https://wp.me/p3V1J9-P4>

Chanting but doubting Results/ Problem or Opportunity? <https://wp.me/p3V1J9-Ih>

Are you Aware of External Hindrances to Buddhist Practice? <https://wp.me/p3V1J9-Oc>

Know the warning signs You Are Battling Fundamental Darkness <https://wp.me/p3V1J9-T8>

Please keep the comments coming. I love to hear from you and your comments are providing the topics for these vlogs. See you in two weeks.