

## Are You Unsure About How to Chant for a Complex Problem?

I have been receiving a number of questions on how to chant about complex problems. .In this vlog we are going to take one of them to look at different ways you might chant for the problem.

In this discussion I will :

1. Take apart the different elements of this question to show how you can chant for it in a variety of ways.
2. Then we are going to discuss the steps needed as you chant for your goal.
3. Show experiences illustrating the points

### The Problem

For clarity, I have named the two women.

Susan, has been chanting for a dear friend, Amy. Amy married a man who had four small children. Being the caring person she is, she raised and loved these four girls from diapers to adulthood, as if they were her own children. When their father went off with her best friend and they had messy divorce, the girls walked away, as if my friend was nothing. They said horrible things about her. Apparently their father had been telling them lies about Amy the whole marriage. My friend was devastated. The divorce was 10 years ago and only one girl has had contact with her- whenever she needs money. Amy gives it to her even if it causes her financial difficulties. The girls are all now married with children of their own. To Amy, these girls will always be her children and their children, her grandchildren. She wants to see them. I hate to see someone I love in such pain. So how do I or can I chant that these girls realize what my friend did for them and if not love her at least appreciate her and treat her with respect and kindness.

### How To Set Positive Goals for Specific Issues

To set a goal, you will want to **set clear, specific positive** outcome for each issue.

1. Susan could chant for each of the issues one at a time. This would take a lot of time and effort as she would be trying to change another person's behavior. If she decides to do this she should envision a clear positive goal for each issue and envision it as already done. For example

- a. Issue One: the untruths told about Amy

Example: Envision the girls realizing Amy's caring and compassion.

- b. Issue Two: Susan might chant for a positive resolution to the estrangement.

Example: Chanting while seeing the girls, their children, husbands and Amy enjoying time together.

- a. Susan might chant for actions she can take that would help resolve the situation.

Example: Chant for ways she could influence the situation.

## **Find a Common Thread**

Another approach would be for Susan to look at all the issues together and see if there is a common thread. In this question each of these issues is making Amy unhappy and, it seems that above all she wants her friend to be happy.

Example: She could chant for Amy's happiness.

## **Be Open: The Solution Can Come in Many ways.**

Susan appears to be making the assumption that the only way Amy can be happy is if these girls change. But that may not be the case at all. If her friend let go of the issue as something she cannot control, and moved on to make her life satisfying regardless, she could become happy, whether or not the girls change.

When chanting about an issue, don't restrict the solution to just one path or one resolution. When you chant about an issue like this, you want to be open to anything that might happen and have the faith that it is possible. Sometimes the resolution to a problem comes from a completely unexpected source.

## **An Experience**

Bob was just starting his practice when this experience took place.

He joined a company with the promise that the manager was going to retire in a few months and he would take over the managership. Until then he shared a very small office with his boss and it turned out that this man was a terribly negative. Bob found himself constantly thinking up ways to get out of the office. He was not sure he could even remain in the new situation.

He went to get guidance about the situation from a senior leader in the Buddhist community. He was told to chant for his boss's happiness. Bob thought that was crazy advice, but he had asked for it, so he started to chant for his boss's happiness.

At that time the company finances were handled by listing everything in handwritten ledgers. Bob wanted to automate the process. He got permission to go ahead with the project. He continued to chant for his boss's happiness. As he looked further and further into the finances of the company he realized that there were large amounts of cash which were being handled by his boss. Yet they never turned up at the end of the month, when the finances were reconciled. He realized with a sense of dread that his boss was embezzling from the company. He started to chant harder for his boss's happiness, spending more time in front of the Gohonzon.

He went to a higher up who initially didn't want to do anything. Finally, Bob told him either they dealt with the issue or he was going to leave the company. There was a difficult Saturday meeting where his boss was confronted about it. He admitted the embezzlement. Since it had been going on for so many years, and it could make the company look bad if it got out, the board told his boss to resign. He would not be prosecuted.

Some time later, Bob asked about his former boss. An employee, who knew him, told Bob she had never seen her former employer so happy. Bob was blown away. He realized that his boss's negativity came from a deep sense of guilt and fear of being discovered. He could never have imagined the scenario that had to take place for his boss to become happy.

## **Master Your Thinking**

When you chant about an issue that appears to contain many problems to its resolution, turn your attention away from dwelling on the problems and refocus on the solution. You may have to do this many times a day, as looking for problems is a habit.

## **Be Patient**

Be patient. Some problems, such as this one, have many aspects which must resolve before there can be a resolution.

## **Keep On Chanting Until Your Goal is Reached**

Settle in for however much time is needed time reach your goal. Accept that it might not be in your timeline.

**Summary:** In this vlog we discussed the following:

1. How to set positive goals for specific parts of the problem.
2. How to find a common thread that links all the parts together.
3. The importance of being open and not making a predetermination of how your goal will come about with a couple of experiences to illustrate why
4. Stop dwelling on the problems and refocus on the positive outcome.
5. Patience, patience
6. Keep chanting until your goal is reached.

Now I'd like to hear from you. Leave a comment with something you want to hear about.

If you liked this video, give it a thumbs up and share it.

You might like these posts on different aspects of chanting for a goal.

Are You Sure You Are Really Chanting for What You Want? ([link](#))

Are You Missing a Step When Chanting for a Goal? ([link](#))

Know Why It's Important to Forge Your Mind of Faith? ([link](#))

My next topic is: Know Why It's Important to Set a Positive Goal?