



# Rissho Kosei-kai of New York

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## May 2021 Newsletter



Hello, everyone!

How are you? Hope you are all doing well.

We finally welcomed the cherry blossoms in full bloom, and next we will be enjoying the new greenery of spring.

Without any sign of stopping, we are told that to date, the Coronavirus infectious disease caused over three million deaths worldwide. Among this, it has been reported that the United States has the largest number of deceased with the count predicted to go over 600,000. Let us pray from our hearts that those who have lost their precious lives may rest in peace.

And, for those who are presently receiving treatments in the hospitals and those who are recovering in their homes, we pray for their speedy recovery. Furthermore, we would like to express our deep gratitude to those in the healthcare industry, who continue to work under these circumstances without sleep or rest, and to all the essential workers and various governmental agencies and services who are supporting our daily lives.

Last month, I shared my “realizations.” Since then, I carefully read a book on “Something Great,” which is related to my message, written by Dr. Kazuo Murakami, a leading authority on biogenetics, I decided I definitely should introduce his concept to all of you and was working on my preparations to do so. Just as I was about to start writing my message, I received news of Dr. Murakami’s death from my friend in Tokyo. The news shocked me greatly. I am now writing this message to wholeheartedly pay my tribute to the memory of Dr. Murakami.

As Dr. Murakami did his research in life science, he started to realize the mystery and wonder of life and said the following: “People easily say “we are alive,” but there is not one person on earth who is alive with only one’s own power. Whether it be our breathing or our blood circulation, it is not by our own devise that they work, It is because things like the automatic nervous system are actively participating that we are able to live. The activity of this hormonal system • the automatic nervous system is controlled by our genes. Then what exactly controls the genes? The various genes work because of the magnificent harmony.”

Wherein, Dr. Murakami calls what enables that magnificent harmony as “Something Great,” saying we must not forget to have gratitude for this “gift.” Furthermore, he indicated that by becoming aware of the fact that one is able to live thanks to the support of various things, a humble attitude of living with nature and in harmony, not arrogance, will be born. And through living with gratitude about that, the genes that had been sleeping until then will be turned ON, opening up to a wonderful life.

Human body has nearly 100 trillion cells, and within each and every cell there is a nucleus and the genes are found within the nucleus. When traced back to the beginning, it was that one cell (fertilized egg) that started the development to our present body. As that one fertilized egg repeatedly divided into two, the roles of the cells were assigned and shared. Eventually, it multiplied to three trillion cells and by about ten months and ten days, the baby is born. Moreover, if the amount of basic information of the genes included in the nucleus of one cell in a person were printed into books, it would be equivalent to 1,000 words a page with 1,000 pages in 3,000 books.

Such genes are life’s blueprint. There are command information such as “At times like this, work like this: at time like this, stay asleep.” These are considered the ON and OFF switches of the genes. Moreover, the genes work constantly without stopping for even one minute or one second. If our genes are not working, we would immediately die.

The understanding of human genes is still marginal, but present research considers only 5% to be actually working, with many genes remaining OFF. Thus, Dr. Murakami speculated that within the genes not yet known, there might be genes that respond strongly with the mind. As a way to turn OFF the bad genes and turn ON the good genes, he thought that what any person can do, no matter what one's circumstances and conditions may be, is to have a positive "mental attitude." He felt that will have a great impact on the genes.

Living "vivaciously and with excitement" can turn ON the necessary genes that will guide people to successful lives and make them feel happy. With such hypothesis, Dr. Murakami is saying, "When human beings are always positive and full of energy, everything will go well. The state of mind at such times have the ability to turn ON the good genes and turn OFF the bad genes. Although we do not yet know the mechanics for that, I think the meaning of the recent popular concept of being positive can be said to be within this idea."

He also said: "As much as possible, have the unnecessary genes turn OFF and sleep and have the good genes turn ON and do a lot of work. What holds the key to such way of living is 'how we think.' I would like to call this way of thinking 'the creative conception of the genes.' I would like everyone to live by controlling the genes well."

Because of the limited space allotted for this message, I cannot explain in detail, but Dr. Murakami, while continuing his research as Professor Emeritus at the University of Tsukuba and as the director of Bio Laboratory in the Foundation for Advancement of International Science, had given lectures at various places in an easy to understand manner on the infinite possibilities that people have and how to live to turn ON the sleeping genes from the perspective of life science.

Last year, the Chicago Chapter had plans to cosponsor with another religious organization to invite Dr. Murakami for an event, but because of COVID-19, the plans were postponed. It is truly a disappointment. Let us pray that he may rest in peace.

I wanted to introduce you to Dr. Murakami because I felt in some ways his concepts connect with the substance of what we are always taught in Rissho Kosei-kai. This month, let us diligently practice again with a positive attitude.

Gassho

Rev. Tomokazu Hatakeyama

Minister of RKNY

