

IMPACT OF BUDDHIST PRACTISE - NICHIREN DAISHONIN ON INCULCATING POSITIVE MINDSET

Ruchi Gupta

Independent Researcher

DOI: 10.46609/IJSSER.2022.v07i11.019 URL: <https://doi.org/10.46609/IJSSER.2022.v07i11.019>

Received: 23 November 2022 / Accepted: 30 November 2022 / Published: 2 December 2022

ABSTRACT

Introduction- The interplay between superior thought-states and reality is viewed from a distinctively Buddhist standpoint. Buddhism acknowledges the impact of high-quality thought patterns on our ability to interpret; for instance, it is far more enjoyable and less upsetting to encounter confidence than it is to encounter irritation.

Objective - The researcher aims to comprehend the Buddhist philosophy of Nichiren Daishonin. To discover the artefacts of his faith. To ensure that Nichiren Daishonin practise has a positive impact on instilling a positive mindset.

Methodology - The Methodology Section provides the tools and techniques used in the research paper to investigate the research findings or solutions to the research practice This paper examines the impact of Buddhist practice - Nichiren Daishonin on inculcating a positive mindset.

Results -The Mystic Law is the source of power for overcoming terrible or "evil" tendencies in people's lives. Nichiren means coaching that the characteristic of evil is to distribute, whereas the feature of desirable is to enrol in forces. Studying Nichiren Buddhism consists of mastering and looking to know its teachings.

Keywords : Nichiren Daishonin, Positive Mindset , Buddhist Practice

1. Introduction

The Buddhist perspective on the interaction between high-quality thoughts-states and facts is unique. Buddhism recognises the effects of high-quality thought patterns on our open to interpretation; for example, it's miles more pleasurable and much less distressing to experience confidence than it's miles to encounter annoyed. When we are appreciative, our chests radiate heat, and power generation flows through us. However, when we are sceptical and tight-fisted,

our chests restrict movement and our structure feels strenuous(Gebert, 2016). So,there's a strong case to be made for developing positive emotions over horrible outcomes. But genuinely feeling accurate may not be enough. According to Buddhism, if we can conscientiously alter the way we connect and appreciate ourselves, we will alter the very characteristics of that enjoyment. This is because it lacks the difficult contours that we usually associate with it. There might be no "attainable" simple truth for me that is self-sufficient in my thinking(McLaughlin, 2003).

1.1 Background

Nichiren Buddhism first appeared in mediaeval Japan. Its teachings are primarily based on those of Nichiren Daishonin (1222-1282), a thirteenth century Japanese monk who attempted to reform Buddhism and the Japanese network. Nichiren Buddhism differentiates from other colleges of Buddhism in its emphasis on the global and its perception that it is the simplest, most correct subculture. It also underlines the few important people taking ownership in their very own growth (Gorbachev,2005) In many ways, Martin Luther, who lived hundreds of years before the awesome Protestant reformer, became a Buddhist in many ways. Nichiren has become convinced that the Lotus is the last authority on Buddhism. He was supposed to teach that it must be reviewed and applied to the current context—to the moment and place where the viewer happens to be. Nichiren evolved from being a Book of Revelation student to becoming an activist. He took action after determining what was completely wrong with contemporary Buddhism. He practised shakubuku. This Japanese statement translates as "to interrupt and incapacitate." (Felix et al.,2018).

2. Literature Reviews

According to the view of Choudhury, (2014), false impressions frequently cause close-to-home problems, so it's critical that we communicate with each other with a curious demeanour. We ought to possess the courage to engage in debate with one another. There is no obvious reason why two stringent individuals who adhere to the primary goal of kosen-rufu cannot reconcile their differences. In Nichiren Buddhism, humans practice for their own happiness as well as the happiness of others, cultivating faith in our own and all participants' ability to achieve edification. Our efforts to assist others in acknowledging their full potential demonstrate genuine Buddhist. The Buddhist practice enables us to go over and above simply observing and making excuses for others' suffering. Compassion is more than just sympathy and a bit of support. Compassion and empathy, according to Nichiren Buddhism, has the power to re-establish out the source of people's misery and instruct them to the source of happiness. Compassion, by definition, necessitates courage and strength. Almost everyone can feel generosity toward someone who is kind to them. In his letters, Nichiren, on the other hand, exhorts his disciples to empathetically accept all individuals as their own youngsters and also to inculcate a way of life

that allows them to do so. Yet how are we able to muster sympathy whilst we're in reality not feeling it? For us, the prayers and movements we carry out as part of our Buddhist practise, as SGI participants, wake up real compassion inside us.

As per the viewpoint of Felix et al., (2018) stated the essence of Buddhism is compassion, said Josei Toda, second president of the Soka Gakkai. We, too, require compassion, but as everyday mortals, it's miles fantastically tough for us. Compassion is replaced by means of braveness. I'm referring to the braveness it takes to save others from suffering. "Practicing Buddhism with braveness leads to compassion." As an end result, introducing others to Buddhism can be appeared as the primary practical means of awakening and expressing proper compassion. It is an act of high-quality compassion because it permits humans to gain an indestructible kingdom of happiness. We also are taking courageous motion based totally on Buddhist compassion whilst we actively take part in SGI sports, consisting of encouraging others through sharing our personal experiences of breaking via our problems thru faith, travelling fellow members to chant and look at together, and supplying our heartfelt aid (Roy et al., 2019). We find ourselves transcending our lesser, self-targeted selves and developing a significant, countless existence nation in addition to a extensive, beneficent coronary heart. We naturally locate oneself operating difficult for the happiness of others, for the betterment of society, and for the safety and propagation of the Mystic Law (Nguyen et al., 2019). Favouritism toward certain people over others is a natural human tendency, and compassion does not necessitate that we love everyone similarly. A Buddha, on the other hand, has no choices in terms of saving others. Compassion is independent because it arises from our innate Buddha nature. We can gain the knowledge to understand the high-quality characteristics in others, even those we dislike, through chanting Nam-myoho-renge-kyo to the Gohonzon. No count number how successful character members are, if they are incapable of connect with each other, the organisation as an entire could be not able to reveal its maximum ability. A harmonious agency, on the opposite side, magnifies each character's energy commonly over.

2.1 Research Gap

Research is a unique approach to expressing something in new ways, recreating established ideas in new ways, or discovering a new concept. Every researcher distinguishes himself through his or her research. As a result, the research gap acts as a link for the advancement of previously undiscovered concepts. So, in this dissertation paper, the researcher has investigated and verified numerous research papers in order to identify gaps or inadequacies in the other research papers. However, the gaps are discussed further below.

- Lack of information

- Inadequate knowledge of NichirenDaishonin
- a lack of knowledge about statistical data.
- There is no reasonable evidence and no perfect use of secondary data.
- Finally, there is no systematic analysis of the topic in any paper.

2.2 Research Question

1. Was Nichiren Daishonin a Buddha ? If yes then what is Nichiren Buddhism and what are the treasures of his belief ?
2. What are the impacts of Nichiren Daishonin on inculcating a positive mindset?

2.3 Importance of the Study

"The soul is the most vulnerable." Possessing a company and clearing up the city is what safeguards the path to victory." Everything begins with changing our personal attitude, also known as our mind-set. This also applies to increasing the togetherness of many in field of view, one in mind. If members of an organisation are constantly at odds, constantly blaming and criticising one another, they will remain divided, in the scenario of many in picture, distinct in mind. Because corporations are made up of people, we're bound to run into a variety of people. In some cases, our personality types may clash with those of others. That is why we cannot foster true winning mentality until we each surface oneself inside of our concerning human revolution.

2.4 Research Objectives

The researcher undertakes the following research objectives -

- To understand the Nichiren Daishonin Buddhist philosophy.
- To find out the treasures of his belief.
- To ensure the positive impact of Nichiren Daishonin practice on inculcating a positive mindset.

2.5 Scope and Limitation

Nichiren Daishonin means teaching an eternal basic concept for any establishment to achieve its goals in the face of adversity. Many in the body crystallise Nichiren's essential teaching that we must cherish forever each man or woman for the distinctive personality that they are. Everyone has a unique personality, background, and particular set of circumstances. Nothing can prevent

us when we finally come together again and recognize each other's charitable donations and works of art for the same goal. On the other hand, even if we all seem and act the very same extroverted, if our imaginations are united, we will "obtain nothing exceptional."

3. Research Methodology

The Methodology Section provides the tools and techniques used in the research paper to investigate the research findings or solutions to the research problems. This paper examines the impact of Buddhist practise - Nichiren Daishonin on inculcating a positive mindset. The researcher chooses to develop the research methodology following the Interpretivism guidelines for the following research (Panneerselvam, 2014). To understand the Nichiren Daishonin philosophy for a positive mindset, the researcher chooses to implement a secondary method and collect data from authentic sources. The above can be implemented to investigate the consequences of the personal experiences, occurrences, and complexities of the Buddhist philosophy that promote a positive mindset.

3.1 Research Method & Design

The research method investigates the theoretical perspective of the previous research findings and, with the help of the research paradigm and philosophy, determines how the research design would be imposed to address the research objective and draw conclusions about the research questions or research problems. Here, the author chooses the qualitative research method as the central theme of the study (Goddard, 2004). The study is Buddhist practise - Nichiren Daishonin on inculcating a positive mindset. The qualitative research method would provide an in-depth analysis of the beliefs and treasures of the Nichiren Daishonin philosophy and study its positive impact of individual mindset. Research Design highlights the research objective and ensure the appropriate design that would promote or revolve around those particular objective. (Synder, 2019). Therefore research design constitutes of techniques and procedures that the researcher implements for processing and evaluating the research objectives or statement of problems. Here the researcher narrative and descriptive research design.

3.2 Research Approach

For Research Approach, the meaning can be varied from research to research. However, in general terms, Research Approach includes the plan and procedures which consist of a set of assumptions for the methods required for the data collection and interpretation for the data analysis. The assumptions of methodology are based on the central theme and research problem. As the qualitative approach does not emphasize statistical or analytical methods for analysis, the inductive approach would be appropriate. (Kothari, 2004). The Inductive approach collects data

from the secondary sources and then study those sources thoroughly to derive further contents for the findings.

4. Analysis of Study

4.1 Was Nichiren Daishonin a Buddha ? If yes then what is Nichiren Buddhism and what are the treasures of his belief ?

Yes, Nichiren Daishonin was a Buddha. Nichiren was born on the 16th of February, 1922 in Kominto village in Japan. His original name was Zennichi. Nichiren was a major contributor to Japanese Buddhism and was one of the most controversial Buddhists of his time. Nichiren was born into the Fisher family , He began his studies of Buddhism when he was 12 years old at Tendai temple and completed his studies at 10 schools of Buddhism from 1233 to 1253(Ikeda,2004). At 16 years of age, he accepted the Buddhist name of ZeshoboRencho, which means the growth of the Lotus.

Nichiren became a successful writer, and his writings reveal much about his life story, disposition, and evolution of ideals. Nichiren proclaimed that only the Lotus Sutra contains the greatest reality of the situation of Buddhist teachings appropriate for the Three Kingdoms of Buddhism, stating that the Head of state of Japan as well as its individuals should facilitate and completely remove all others. Buddhism is centred around the Lotus Sutra. Nichiren explained the practice of the lotus sutra as mentioned in the philosophy of Never Disparaging(Kinoshita et al., 2019).

This is an essential component of Nichiren Buddhism. It specifies that everyone has access to light. One essayist summed up this concept as a "alternative solution to redemption." Allowing one's innately Buddha-nature to emerge in this world is the substance of edification. The Buddha, spirituality or law, and the sangha, or community, are all examples of triple shelter.

Nichiren Buddhism considers Nichiren to be the Buddha, and the dharma is found in the song and indeed the Gohonzon (Nagao, 2021).The Nichiren Shoshu university of Buddhism teaches that the sangha is nothing more than a ministry, whereas the Soka Gakkai does not.

All Buddhists regard the three riches as the most important fortunes known to humanity. Their names are the Buddha, the Law, and the Priesthood. The Buddha is an individual who has attained enlightenment on the eternal realities of life and the entire universe, in addition to the three temperaments of sovereign, trainer, and parent. The Law is the instruction that the Buddha provides for his own edification. The alliance identifies the Buddha's worshippers who obtain, protect, and pass on the lessons to future generations. Nichiren Daishonin, the unending True Buddha of the Latter Day of the Law, is the Buddha in Nichiren Shoshu.The Law is the Dai-

Gohonzon of the High Sanctuary of True Buddhism, and the priesthood is Nikko Shonin, the Second High Priest, who immediately received the transmission of proper Buddhism, and all subsequent Nichiren Shoshu High Priests who've received this head to head transmission in unbroken succession for over 750 years(Burenina, 2020).

Nichiren Buddhists regard ten simple principles as foundational to human nature. They are as follows:

- Hell -It is a state that occurs when a person is in desperation or desperate need.
- Hunger - when a person constantly desires something, such as wanting to be like a different individual rather than accepting their own life.
- Animality - is controlled by intuition and may lead somebody else to prey on the weaker. A power-hungry boss, for example, may abuse his or her position and consider his or her employees like slaves.
- Anger is characterised by selfish greed, competitive nature, and haughtiness.
- Tranquillity is a peaceful state of mind.
- Rapture - the pleasures experienced when one's aspirations are met.
- Whenever anyone seeks new skills, they are learning(Stone, 2022).
- Absorption is a state of mind that is based on wisdom and understanding.
- Bodhisattva - means "true believer of the Buddha" and refers to a state in which people have a genuine concern for others, which certainly benefits them in solving their problems.
- Buddhahood is the highest state of being because it includes kindness, knowledge, and humanity(Walker, 2022).

4.2 What are the impacts of Nichiren Daishonin on inculcating a positive mindset?

According to Heffron,(2022) One must start recognizing their mind rather than allowing it to understand oneself," Nichiren Daishonin advised. Our guidance, which is not called that for nothing, means teaching us how to beautify our religion through various stories, allowing us to encapsulate Buddhahood. When we chant for a specific goal, the outcomes can cause us to reflect.

When you start paying attention to what you're thinking, you give yourself a significant advantage. This awareness will enable you to create the life you want on purpose, rather than by chance. This principle illustrates how we create the conditions for our lives' outcomes. Then we can contain reasons to provide the outcomes we want in the future. If we want good results, while chanting within the morning, visualise your tasks progressing precisely as you need them to. Everything will seem to move more smoothly. It can be tough to note the subliminal mind that bypasses so quickly (Gebert, 2022). However, when you expand the habit of noticing, you'll be able to trap yourself whilst you are thinking about terrible outcomes, feelings, worries, or issues. Then you may intentionally exchange the ones terrible thoughts to reflect your favoured final results and radiate it to the universe. The effects can be very exclusive. The 3 proofs are three criteria for determining the high-quality teaching for guiding humans to complete happiness. They exhibit that Nichiren Daishonin's Buddhism is the instructing that permits all individuals in the Latter Day of the Law to accomplish Buddhahood in this lifetime. Nichiren's Buddhism will likely assist us with changing our lives. To apply its lessons, three fundamental components should be available: confidence, practice, and study (Goulah, 2018).

Faith entails believing in Nichiren Daishonin's Buddhism—the correct required to teach of the Latter Day of the Law—and the Gohonzon, its ultimate example. Faith is an essential component of Buddhist practise. Tangible efforts to convert and grow our lives are referred to as practise. Studying Nichiren Buddhism entails learning and researching its teachings (Heffron, 2022). It gives us basic guidelines for appropriate faith and practise, allowing us to strengthen and develop deeper our faith.

Nichiren Buddhism is a religion that teaches people how to build an unbreakable nation of contentment in the midst of life's difficulties. To that end, it's far critical to actively participate in the challenges and responsibilities of daily life while remaining committed to Buddhist religion and preparation (Choudhury, 2014). Faith is the process of profoundly improving and expanding one's life. Nichiren Buddhism, in this sense, is a faith that teaches us that the true victory for humans is to completely expand our humanity. As a result, it's far critical that we encapsulate the knowledge and life force that we domesticate via Buddhist coaching in our behaviour in order to benefit the belief of others.

In this segment, we can look at principles valuable to Nichiren Buddhism guidance. These include the causality of gain and loss, heavenly gods and beneficent deities, the harmony of many in body, one in thoughts, faith equals each day existence, and the importance of human behaviour. We will continuously experience the infinite gain inherent in Nam-myoho-enge-kyo, the best Law of lifestyles and the universe, if we correctly consider in and uphold it. And the last advantage of the Mystic Law is the attainment of Buddhahood, or the establishment of an unchangeable kingdom of happiness (Nguyen et al., 2019).

5. Results

The Nichiren Shoshu University of Buddhism teaches that the sangha is nothing more than a ministry, whereas the Soka Gakkai does not. Nichiren proclaimed that only the Lotus Sutra contains the greatest reality of the situation of Buddhist teachings appropriate for the Three Kingdoms of Buddhism. Allowing one's innately Buddha-nature to emerge in this world is the substance of edification. The dharma is found in the song and indeed in the gohonzon(Mclaughlin,2003). The Buddha is an individual who has attained enlightenment on the eternal realities of life and the entire universe. The Law is the instruction that the Buddha provides for his own edification. The Priesthood identifies the Buddha's worshippers who obtain, protect, and pass on the lessons to future generations. Nichiren Buddhists regard ten simple principles as foundational to human nature. Nichiren Daishonin's Buddhism is the teaching that permits all individuals in the Latter Day of the Law to accomplish Buddhahood in this lifetime. Three fundamental components should be available to apply its lessons: confidence, practice, and study. The 3 proofs are three criteria for determining the high-quality teaching necessary to guide humans to complete happiness(Felix et al., 2019). Studying Nichiren Buddhism gives us basic guidelines for appropriate faith and practice, allowing us to strengthen and develop our faith. Faith is the process of profoundly improving and expanding one's life. We will continuously experience the infinite gain inherent in Nam-myoho-renge-kyo, the best law of lifestyle and the universe, if we correctly consider it and uphold it(Roy et al., 2019).

6. Conclusion

The Mystic Law is the "single incredible reality" or "excellent appropriate" referred to by using Nichiren Daishonin inside the preceding passage. It is the source of power for overcoming terrible or "evil" tendencies in people's lives and enriching connections between humans and their environment. Nichiren means coaching that the characteristic of evil is to distribute, whereas the feature of desirable is to enrol in forces. Studying Nichiren Buddhism consists of mastering and looking to know into its teachings. It offers us basic suggestions for appropriate religion and practise, permitting us to strengthen and increase deeper our religion. The kind of questioning that leads to abuse and discrimination against others, or to using people as gear to in addition one's own ends, has come to be great. There isn't any other way to change society's proclivity for corruption and enhance humans' lives than to unfold the coaching that embodies behaviour that respects others, cherishes lifestyles, and upholds human dignity. Furthermore, so that it will improve society, we need to vigorously oppose the kind of wondering that despises humans and encourages their misconceptions. As a end result, spreading goodness and admonishing evil constitutes the middle practise of Buddhism and produces clear proof of victory in lifestyles for us as Buddhists and people.

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