**1. Introduction to Concept**

* **Core theme: *Oneness* → inseparable unity between two things.**
* **Origin term: *Funi* → “Two but not two.”**
  + **Meaning: though distinct, both are deeply connected.**

**2. Foundational Analogy**

* **Life = Body, Environment = Shadow**
  + **“Without the body, no shadow; without life, no environment.”**
  + **Implication: life and environment move together as one system.**

**3. Everyday Experience**

* **When Environment Affects Life (External → Internal)**
  + Negative examples:
    - Someone’s behavior hurts you.
    - Car accident, bad news, disruptions.
  + Common reactions:
    - Avoidance, escape, distraction (run away, binge, withdraw).
  + Positive examples:
    - Beautiful sunset, unexpected kindness, perfect song moment.
  + Message: Environment constantly influences our state of mind.

**4. Reversal of Perspective**

* **Internal → External (Life Affects Environment)**
  + Flip the script: we can also influence our surroundings.
  + “Life (body) moves first, shadow (environment) follows.”
  + We are the *directors* of our life’s script, not passive characters.

**5. Empowerment through Practice**

* **Chanting Nam-myoho-renge-kyo**
  + Tool to awaken inner strength.
  + Helps transform challenges into opportunities.
  + Everyday empowerment: turning setbacks (missed train, stress, fatigue) into moments of connection, joy, or growth.

**6. Core Takeaway**

* **Principle of Mutual Transformation:**
  + Inner change → Outer change.
  + Transforming one’s inner life naturally transforms the environment.
* **Broader message:**
  + Recognize our interconnection with all life.
  + Live consciously, uplift one another, and bring joy to shared existence.