**Sowing the Seeds of Buddhahood – The Sacred Work of the Buddha to Bring Happiness to All People**

*(Based on President Ikeda’s lecture series: The Buddhism of the Sun, Illuminating the World – Part 1)*

Seventy-five years ago, when the summer heat had subsided and autumn rains nourished the earth, President Ikeda attended a lecture on the Lotus Sutra by his mentor, Josei Toda. Deeply moved, he wrote in his diary:

“I am awed by the depth and greatness of the Lotus Sutra. The way to true happiness for humanity lies only in the Lotus Sutra.”

He was struck by Nichiren Daishonin’s boundless compassion—his unwavering determination to lead all people to enlightenment despite relentless adversity. Convinced of his mission, Ikeda resolved:

“Mr. Toda is truly a teacher for all humanity. Young people must advance, forever forward, to ensure the eternal transmission of the Law!”

Since then, the path of kosen-rufu has crossed rugged mountains and rushing torrents to become a great open road traveled joyously by Bodhisattvas of the Earth emerging in every country. Nothing is more reassuring than seeing ever-growing numbers of young people following this path.

The essence of spreading Nichiren Buddhism lies in sowing the seeds of Buddhahood through sincere dialogue and prayer. Ikeda emphasized that when sharing Buddhism, we should be sincere, cheerful, and confident. Speak from your own conviction and experience—how practice has helped you create value and live with hope. Plant seeds of happiness through dialogue and let them bloom in time. Ultimately, sharing Buddhism means proudly conveying your faith and life experience. These seeds will take root, bud, and flower when the time is right. Until then, continue chanting and praying for others’ happiness.

If someone asks, *“Why do you chant Nam-Myoho-Renge-Kyo?”* you might say:

“I chant because it helps me bring out courage and hope every day. It’s a practice that lets me create value and overcome challenges.”

The term “Thus Come One” is the first of the ten honorable titles of the Buddha. It means one who comes from the realm of truth—not passively dwelling there, but actively appearing before living beings to lead them to enlightenment. Shakyamuni’s vow, *“May all beings be happy!”*, reflects his tireless efforts for the happiness of all people throughout his life. The Lotus Sutra reveals that the Buddha’s enlightenment is eternal, affirming that this struggle for happiness is not confined to the present but continues into the future. The Buddha is not separate from people; rather, the Buddha is the noblest among them—awakened to life’s eternal nature and striving forever to guide all beings to enlightenment.

Nichiren Daishonin declared that **Nam-Myoho-Renge-Kyo (NMHRK)** is the mother of all Buddhas—the fundamental law enabling enlightenment. Those who chant and spread NMHRK manifest the three bodies of the Buddha: the Dharma Body (truth), the Reward Body (wisdom), and the Manifested Body (compassionate action).

The Lotus Sutra teaches that ordinary people can attain Buddhahood right here and now, just as they are. This is the essence of the Thus Come One’s secret and transcendental powers—the teaching that enables ordinary people to reveal the life state of Buddhahood in their present form. Nichiren Daishonin emphasized that the single word **faith** is key to accessing this teaching. Strong faith in the Mystic Law allows us to tap the boundless life state of Buddhahood. **Nam-Myoho-Renge-Kyo** is the one and only secret teaching for attaining Buddhahood in our present form.

If someone says, *“I’m not perfect—can I still become a Buddha?”* the answer is:

“Yes! Nichiren Buddhism teaches that ordinary people can reveal Buddhahood just as they are, through faith and practice.”

Our efforts to sow the seeds of Buddhahood constitute a great dialogue movement for peace that will shine brilliantly in human history. It is a sacred task of creating connections, bridging divisions, and promoting respect for life. Each sincere conversation plants seeds of hope and happiness, spreading a philosophy that transcends differences and affirms the dignity of all people. The true aim of Nichiren Buddhism is to awaken people who will stand up with the same vow as the Buddha—ordinary individuals striving for the eternal happiness of humanity. Because the Law we embrace is supreme, those who uphold it are foremost among all others. Through faith, dialogue, and action, we illuminate the world with the light of the Mystic Law.

Our efforts to share Buddhism are noble actions inspired by the vow to lead all people to happiness. Every seed we plant will bloom in time—continue chanting and engaging in heartfelt dialogue.