

January Discussion Topic - What is Human Revolution?

Human revolution is the process of transforming our tendency to give in to habits or surrender to the whims of fate. It means steering our lives into a positive direction, from unhappiness to happiness. The limitless power to achieve this lies within us. Human revolution is an ongoing struggle with ourselves and the fundamental darkness that seeks to undermine our faith.

Through our human revolution, we transform our heart and ourselves, which becomes evident in our actions and behavior. We break out of our lesser self, trapped in selfishness and ego, and begin living from our greater self and start working for the happiness of others. By choosing to act with compassion, we break out of the vicious of the six lower life states¹ and manifest the life states of bodhisattva and Buddhahood.

Our human revolution is a spiritual journey where we diligently practice, grow and create a new path in life. Through our Buddhist practice, we can identify and transform everything that hinders us from developing our positive qualities and humanity, enabling us to bring forth our full potential. We develop compassion for ourselves and others, becoming wiser, stronger, happier and more courageous. Those striving for their human revolution, like everyone else, have their faults and shortcomings. However, they undergo a profound inner change, becoming a different person from who they were before starting this spiritual journey.

It is crucial to never give up, no matter how challenging our situation may be. By continuing to challenge our human revolution through our practice, we transform ourselves and show actual proof in our environment. In doing so, we influence society and elevate the life state of all people.

Ikeda Sensei says: “The world appears increasingly troubled, with dark clouds looming on the horizon. (...) The problems confronting human society cannot be solved solely by external changes such as political and economic reforms or institutional and organizational innovation. Reform efforts that fail to take into account people’s well-being, or that lack respect for the dignity of life, will only create more problems and eventually run aground. We must remember that the fundamental goal is people’s happiness. Stay connected to the people! Awaken to the dignity and preciousness of life! Change must start with people themselves!”²

Ikeda Sensei explains that external changes alone can solve the problems in the world, the key lies in humanity and human revolution. Change begins with ourselves. Becoming aware of our mission as Bodhisattva’s of the Earth is essential to realizing our human revolution.

- What does human revolution mean to you personally?
- Have you ever experienced that you were realising your human revolution?
- How does your human revolution contribute to global change?

¹ The six lower life states are: Hell, Hunger, Animality, Anger, Tranquillity and Relative Happiness.

² SGI Newsletter 9691.