

*The Golden Key  
to Happiness*



Realize Your  
Unlimited  
Power



Masami Saionji

## Introduction

**D**o you know the primary cause of happiness and unhappiness in your only one and precious life? Your own mind creates the destiny of your life.

How, then, indeed, does your mind create happiness or unhappiness? By thinking.

God created all by thinking. Therefore, we can also create everything, including our wonderful destinies, by thinking. Religions, nations, parents and nature do affect our destinies; but mainly it is our own will that creates our lives. What you envision in your mind is itself a strong power of creation, a power of manifestation, and a power of great value. If you wish to create a good destiny, you must think and project only good and positive thoughts at all times. Then you will be able to lead a happy life.

On the other hand, when you imagine misfortune, poor health or illness in your future and constantly worry about it, then negative things will manifest themselves in your world, just as you thought. The golden key to happiness is to always

think positive thoughts, and never negative ones.

Everyone genuinely wishes to lead a happy life. But in order to lead a happy life, you must first know how to lead such a life. You will find such a way of life—the key to happiness—in this book. When your heart aches, when you are troubled or feel sad, open this book. Then you will find that your way of thinking is changing or your way of looking at the situation is changing. As a result, all your troubles will disappear. When your thinking changes, you will be able to start building a bright and luminous future with your own hand, with your own power. There is no need to despair, even if the situation or circumstances you are in seem hopeless to you. Everyone, without exception, will find true peace in life by changing the old way of thinking into a positive, light-filled way of thinking and by envisioning good and wonderful things and a luminous future as much as possible.

Let us open the door to our hearts—the door that was hidden up till now. Fill the room behind the door with true, radiant and happy ways of living. When your heart is completely filled with light, positive thoughts, you will naturally be able to envision only good in your mind without any force or effort.

As you read this book, I sincerely hope you will start building your life toward a wonderful and luminous future from this day on.

— Masami Saionji

## *chapter 1*

# Realize Your Unlimited Power

The universe is filled with unlimited power. This same unlimited power is in all human beings. The purpose of life is to prove that unlimited power, unlimited love, unlimited wisdom, unlimited richness, unlimited potential, and unlimited health are inherent in the self by bringing them forth one by one and expressing them through your existence.



I would like to tell you: You have the power to overcome your problem no matter what happens. Use it. Go ahead and call forth that power. Try your best to do so. No matter how complex and difficult the problem may seem, it is really simple and easy if you go to

its roots. There is nothing that cannot be solved. Your fear and insecurity only enlarge your problem.



Effort is the only effective way to draw forth the unlimited potential given equally to every human being. Through making efforts, human beings can claim the endless potential that is already given them. If you spend the whole day without making effort, your endless potential will sleep forever. It's crucial to wake as quickly as possible. Through your awakening, the environment in which you have lived will quickly be transformed, and a wonderful world will start being built around you.



'What is impossible today will be possible tomorrow—or I will make it possible.' This is what you should firmly repeat to yourself many times.



You must never forget that every human being has latent, unconquerable power to repel any circumstance, any fate. If you succumb to your environment and your fate, that'll be the end. Nothing new will be born from your state of resignation. Constantly revive your power to overturn unwanted circumstances.



Every person has the power to please others. Every person has the power to make others happy and enrich them. Every person has the power to encourage others. Most, however, let this power sleep in the deepest recesses of their being, without ever trying to awaken it.



You must not let the power that you have sleep forever. In order not to let it sleep, purposely undertake a new challenge now. Lessons, sports, work—anything will do. Or strengthen your efforts in what you are already doing so that you can do much better than before. When you put this into practice, you'll be

surprised to find that you still have abundant power in store. The more energy you use, the more energy will spring forth with overwhelming power.



When you have absolute faith in your hidden power, your talent will be demonstrated. The first step, when facing a job you have to do or a difficulty you have to solve, is to believe that you can definitely handle this task. Have total faith in your power. In this way you'll be able to accomplish any task, however difficult.



Everyone wishes for 'power.' But 'power' itself has no power. If good people possess power, the power becomes wonderfully strong. Such people demonstrate great power, leading the world to peace and others to happiness. However, if malevolent people possess power, the power demonstrates the violence called authority. Such people demonstrate their power in murders and war, leading people to darkness. That's the nature of power. Why do you think you need

power? If you think you need power for the sake of achieving your selfish desires, you are better off without it. If you wish for power to lead humanity to peace, God will grant you that right now.



Generally, to change yourself, you need numerous experiences and an amazing amount of time. However, if only you will bring the great power of imagination and concentration into full play, you can change yourself in an instant. All you need to do is imagine your ideal image intensely, and pour your energy into it.



When you are standing at the limits of your ability, or when you are facing a crisis, do you know how to protect yourself? Miraculously, everybody knows how. If you have never been placed in such a situation, you may think you don't know how. But everyone is endowed with a skill to override crises. Even a

newborn knows how to protect itself. How wonderful our adaptability is!



Let's imagine facing great difficulty, adversity, despair—the rock bottom. At first we will experience such pain that we may almost become insane, thinking we will never recover from the wound in our heart. However, the hidden power within begins to demonstrate great power beyond any human imagination. Gradually, power to adapt to the situation is born, and strength to persevere develops. Thus, all of us surmount a crisis by our own personal methods. This power is the latent ability given equally to everyone by God.

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