

Shodaigyo - Practice of the Odaimoku

1. △ Raihai (Prostration)

A deep bow performed with sincerity and mindfulness, in relinquishment of ego-self.

Dojoge (Perceiving the place of Buddhist Practice)

Leader: △ Know this

All: △ This place in which we find ourselves now, is a Dojo, a place of Buddhist training. All Buddhas come to this place and attain Perfect Enlightenment; All Buddhas come to this place, and turn the Wheel of the Dharma; All Buddhas come to this place and enter into nirvana.

Sanborai (Devotion to the Three Treasures)

Leader: △ Honour be

All: △ To the Eternal Master of the Dharma,

Shakya- △ -muni Buddha. (bow)

Leader: △ Honour be

All: △ To the Great Wisdom,

The Eternal Dharma that equally benefits all, The One Vehicle,
of Myoho △ Renge Kyo (bow)

Leader: △ Honour be

All: △ To our Founder, Embodying Jogyo,

Nichiren, △ the Great Bodhisattva. △ (bow)

2. Joshingyo (Purification of the mind and heart)

Silent meditation to centre and calm the mind and body so that we may chant the Odaimoku with all our hearts, allowing our Buddha-nature to come forth from within.

3. △ Shoshogyo (Recitation of the Odaimoku)

Chanting of the Odaimoku (sacred title),

Na-Mu Myo Ho Ren Ge Kyo

(Honour be to the Wonderful Dharma of the Lotus Flower Sutra)

4. Jinshingyo (Deepening faith)

Silent meditation resting with awareness on the feeling of the Odaimoku.



5. Kigangyo (Prayer for the Spreading of the Buddha's merits)

Leader: △ We pray

All: △ That the merits we have accumulated be distributed among all living beings. May we and all other living beings attain the awakening of the Buddha.

Namu Myo Ho Ren Ge Kyo

6. Seigangyo (Vows)

Leader: △ Sentient beings are innumerable, I vow to save them all.

All: △ Our defilements are inexhaustible, I vow to eliminate them all;

The Buddha's teachings are immeasurable, I vow to master them all;

The Way of the Buddha is unexcelled, I vow to attain the path sublime.

Kie

Leader: △ With this body,

All: △ Until I attain Buddhahood,

I will maintain my faith in the Lotus Sutra.

Namu Myo Ho Ren Ge Kyo

Namu Myo Ho Ren Ge Kyo

Namu Myo Ho Ren Ge Kyo

7. △ Raihai (Prostration) △

A final deep bow expressing gratitude and appreciation for the practice, done with sincerity and mindfulness, and in relinquishment of ego-self.