

DIRECTIONS

Posture: Sit upright with your back straight. Allow the spine to balance your weight comfortably. Relax your shoulders, remove any tension from your body. When sitting on the floor, place a cushion beneath you or sit comfortably on the front of a chair.

DOJO-KAN, HONMON SANKI and EKO: _/_
Seated, place your hands in *Gassho*, palms together as in prayer, with the bases of the thumbs touching the sternum. *RAIHAI*, bow deeply towards the Odaimoku in the center of this pamphlet, to begin and end each practice. When reading, read aloud. You may hold the pamphlet in *Gassho* while practicing.

JOSHINGYO: Calming Meditation (3–10 min) <=>
Rest the fingers of your left hand within your right hand, palms facing upwards, just below the navel forming an oval shape, *Hokkai-join* (Cosmic Mudra). Thumb tips should touch lightly. Breathe through the nose, tongue tip touching the palate, just behind your upper teeth. Breathe in and out through your nose using your belly. When breathing out, count odd #'s (1,3,5). When breathing in, count even #'s (2,4,6). When you reach ten start again from one.

SHOSHOGYO: Chanting Odaimoku (3 –30 min) _/_
Return your hands again to *Gassho* and chant the Odaimoku (sacred title), ***Namu Myo Ho Ren Ge Kyo***, with six even beats using one full breath per repetition while focusing on each character in the center of this pamphlet as it's intoned. Chant it slowly using up one full out-breath, and then inhale slightly shorter. The tone should be natural to your voice. Chant with a feeling of open joy and lightness.

JINSHINGYO: Awareness Meditation (3-10 min) <=>
Place the hands again into *Hokkai-join* (Cosmic Mudra). Breathe out naturally. Observe the five senses, connecting with Myo Ho (Sublime Dharma). When distracting thoughts arise, just observe them silently. Let them come and go, and be open to insight.



JOSHINGYO

SHOSHOGYO

JINSHINGYO

ABOUT THIS PRACTICE

This is an introductory Buddhist practice. A beginning student of *Nichiren Shu* Buddhism should practice this program for at least two weeks under the instruction of a *Nichiren Shu* Buddhist Minister. Please read the instructions before you practice it, thank you.

- Practice this program for a minimum of two weeks, with at least one session a day. You can further deepen your practice by setting a specific time daily in the morning and/or evening.
- **Do not practice this program for a specific purpose such as quitting addictions or to acquire something.** As this practice has been arranged in a very short format, attachments and distractions tend to arise easily if a specific goal is set.
- Think of this practice as an exercise for general well-being in order to taste the preciousness of life. If your well-being increases, the total well being of this world also increases. This is a very important concept in *Nichiren Shu* Buddhism.
- This program draws on more than 750-years of history in *Nichiren Shu* Buddhism as well as the 2500-year tradition of Buddhism as a whole. In the *Enkyoji lineage* of *Nichiren Shu* Buddhism, we believe that this traditional program will enrich your life on the way to attaining the Buddha's enlightenment.

CONTACT



ENKYOJI
BUDDHIST NETWORK

SHODAIGYO

Daily Chanting Practice

You are a Buddha!

但行礼拜

Please seek out a local *Nichiren Shu* Temple, Minister, Sangha or group to practice with, in order to truly experience the Third Jewel of Buddhism: Sangha (Community). Read directions before starting.

SHODAIGYO

1. **RAIHAI:** Reverent Bow _/_

2. **DOJO-KAN:** Perceiving the Dojo _/_

Know this:

*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.*

3. **HONMON SANKI:** The Three Treasures _/_

*It is difficult to be born as a human being. I
have now realized such a birth. To hear the
teaching of the Buddha is difficult. I have
now been able to hear it. I take refuge in
the Buddha, Dharma, and Sangha.*

Namu Myo Ho Ren Ge Kyo

/ = Gassho

NA

MU

MYO

HO

REN

GE

KYO

南
無
妙
法
蓮
華
經

4. **JOSHINGYO:** Calming Meditation (3-10 min) <=>

*Silent meditation to center and calm the
mind and body so that we may chant
the Odaimoku.*

5. **SHOSHOGYO:** Chanting Odaimoku (3-30 min) _/_

Namu Myo Ho Ren Ge Kyo

南無妙法蓮華經

"Honor be to the Sublime Dharma of the Lotus Flower Sutra"

6. **JINSHINGYO:** Awareness Meditation (3-10 min) <=>

*Silent meditation to feel the Sublime
Dharma of the Odaimoku and the
preciousness of life.*

7. **EKO:** Prayer _/_

*I respect you deeply. You all will be able
to practice the Way of Bodhisattvas
and become Buddhas. May the merits
I have accumulated by this offering be
distributed among all living beings, and
may I and all other living beings attain the
enlightenment of the Buddha!*

Namu Myoho Renge Kyo (x3)

8. **RAIHAI:** Reverent Deep Bow _/_

<=> = Hokkai-join