

唱題行 *Shōdai Gyō* MEDITATION



“*Shodaigyo is to chant the Odaimoku intently, staring deeply into the heart of the Self, in identification of the purified mind.*”

1. 礼拝 RAIHAI

Reverent Salutation, Deep Bow

Beginning, we sit down before the Gohonzon in a dignified manner with back erect, gaze up at the Gohonzon, then close our eyes gently and when the leader says RAIHAI, bow with sincerity and mindfulness.

(Fukuhai: the bow in relinquishment of ego-self)

2. 道場偈 DŌJŌGE *

Perceiving the Place of Buddhist Training

Leader: Know this
All: “This place, where the Stupa is erected, is the place of enlightenment.

Here the Buddhas attained Sambodhi.

Here the Buddhas turned the wheel of the Dharma.

Here the Buddhas entered into Parinirvana.”

3. 三宝礼 SANBŌRAI

Devotion to the Three Treasures

Leader: Honor be,
All: To our Eternal Master of the Dharma, Shakamuni Buddha.

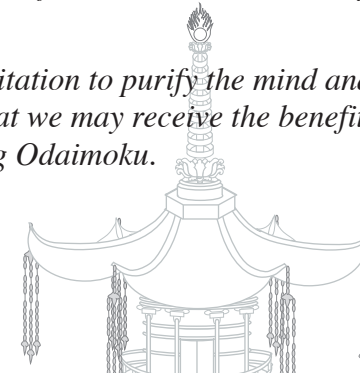
Leader: Honor be,
All: To the Great Wisdom, The Eternal Dharma that equally benefits all, The One Vehicle, Of Myō-Hō-Ren-Ge-Kyō.

Leader: Honor be,
All: To our Founder, Representing Jōgyō, Nichiren, The Great Bodhisattva.

4. 浄心行 JŌSHINGYŌ

Purification of the mind/heart and body

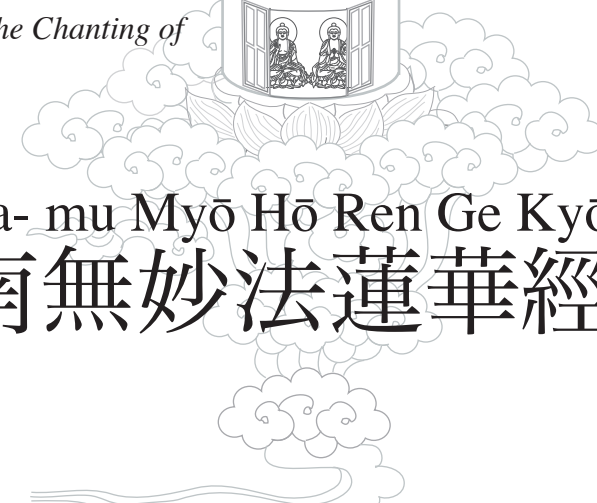
Silent meditation to purify the mind and body so that we may receive the benefits of chanting Odaimoku.



5. 正唱行 SHŌSHŌGYŌ

The Chanting of

Na- mu Myō Hō Ren Ge Kyō
南無妙法蓮華經



6. 深信行 JINSHINGYŌ

Silent meditation, with eyes lightly closed, in awareness of the merits of Myō.

* Dōjōge is from chapter 21, Lotus Sutra

7. 祈願行 KIGANGYŌ

Leader: With reverence,

All: we offer up the merits we have accumulated through the chanting of the Odaimoku/ so that, in doing so,/ we may receive the greatest of compassion through the transcendental powers of the Original Buddha.

For all people:/ we uphold this universal, Dharma-Teaching of Equality that benefits all./ We deeply vow to diligently strive for the improvement of both our societies and ourselves,/ as well as to diligently strive for the achievement of world peace./ We pray that all people throughout the four corners of the world/ may return their lives to the Eternal Buddha's Pure Land/ through the Wonderful Dharma of Myōhō-Renge-Kyō.

NAMU-MYŌ-HŌ-REN-GE-KYŌ

Leader: We pray,

All: that each and every family member,/ as well as our benefactors and our friends,/ all live in accordance with the True Dharma./ We pray they all enjoy good health in both body and mind./ May they increase their understanding of the Buddha's wisdom,/ expiate their past transgressions, do good deeds, and lead a

virtuous life./ May they learn to respect each other./ We pray that they embrace the correct practice of Buddhism,/ perform virtuous work, assiduously improve themselves, and achieve family happiness./ May they all obtain the eternal peace and happiness./ We pray that all beings, as well as myself,/ will awaken to the true nature of reality, which is the Buddha nature,/ and that we all will attain the enlightenment of the Buddha.

NAMU-MYŌ-HŌ-REN-GE-KYŌ

Leader: We pray for all of the deceased:

All: for the spirits of our ancestors, for all those who have formed a relationship with the Buddha,/ and for all those who have not./ May you all follow the benevolent life of the Tathagata./ May you cross the ocean of suffering, reach the further shore/ and attain Buddhahood.

May the merits we have accumulated through this deep offering of prayer/ be distributed equally amongst all living beings./ May we all attain the enlightenment of the Buddha./

May all the Dharma Realms equally benefit all.

NAMU-MYŌ-HŌ-REN-GE-KYŌ

8. 誓願行 SEIGANGYŌ

The Four Great Vows

Leader: *Sentient beings are innumerable;*
All: *I vow to save them all.*
The defilements are inexhaustible;
I vow to quench them all.

The Buddha's teachings are immeasurable;
I vow to know them all.
The Way of the Buddha is unexcelled;
I vow to attain the path sublime.

9. 歸依 KIE

Leader: With this body,
All: Until I attain Buddhahood,
I will uphold my faith in the Lotus Sutra.

Na-mu Myō-hō Ren-ge Kyō
Na-mu Myō-hō Ren-ge Kyō
Na-mu Myō-hō Ren-ge Kyō

10. 礼拝 RAIHAI

Reverent Salutation, Deep Bo

日蓮宗

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