

Buddhist Workshop for Beginners

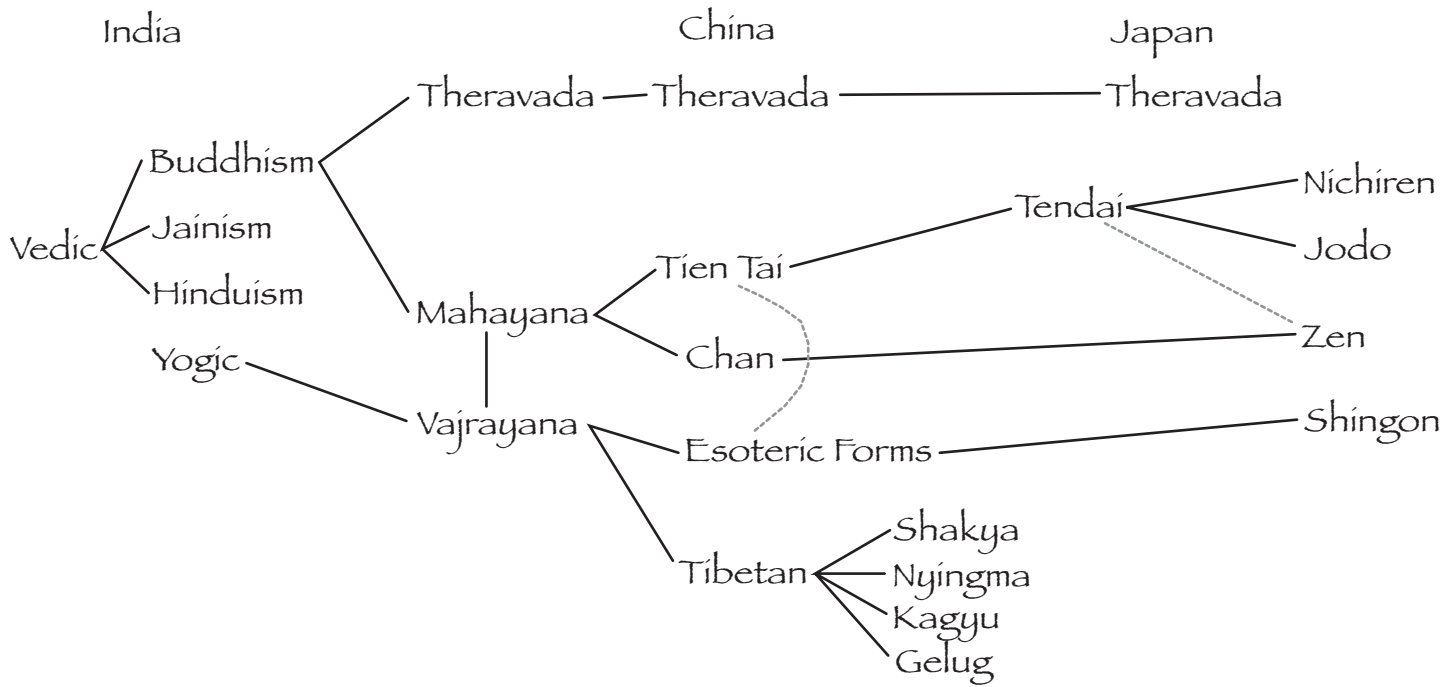


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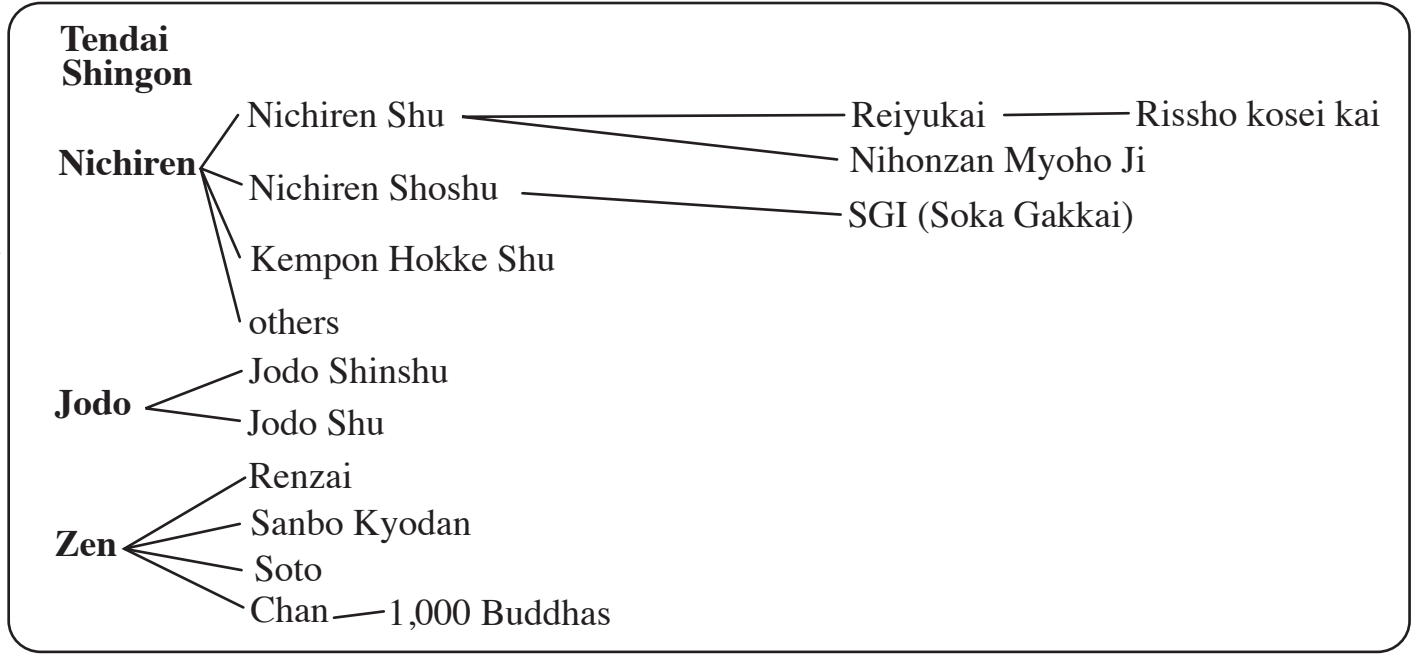
What is Buddhism?

Prince Siddhartha

Four Visions



Japanese Buddhist Lineages



The Middle Way

4 Noble Truths

1. Suffering
2. Cause of Suffering
3. Freedom from Suffering
4. Eightfold Path

1. Right Views
2. Right Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Meditation

Buddhist Altars

Buddhas

Bodhisattvas

Arhats

Protective Deities

Charts & Diagrams

What is Nichiren Buddhism



Nichiren Shonin
1222 - 1282

Lotus Sutra
Kumarajiva 406 CE

Equality

Sravaka

Pratyakabuddha

Devadatta

Dragon Kings Daughter

Juki

南
無
妙
法
蓮
華
經

Na

Mu

Myō

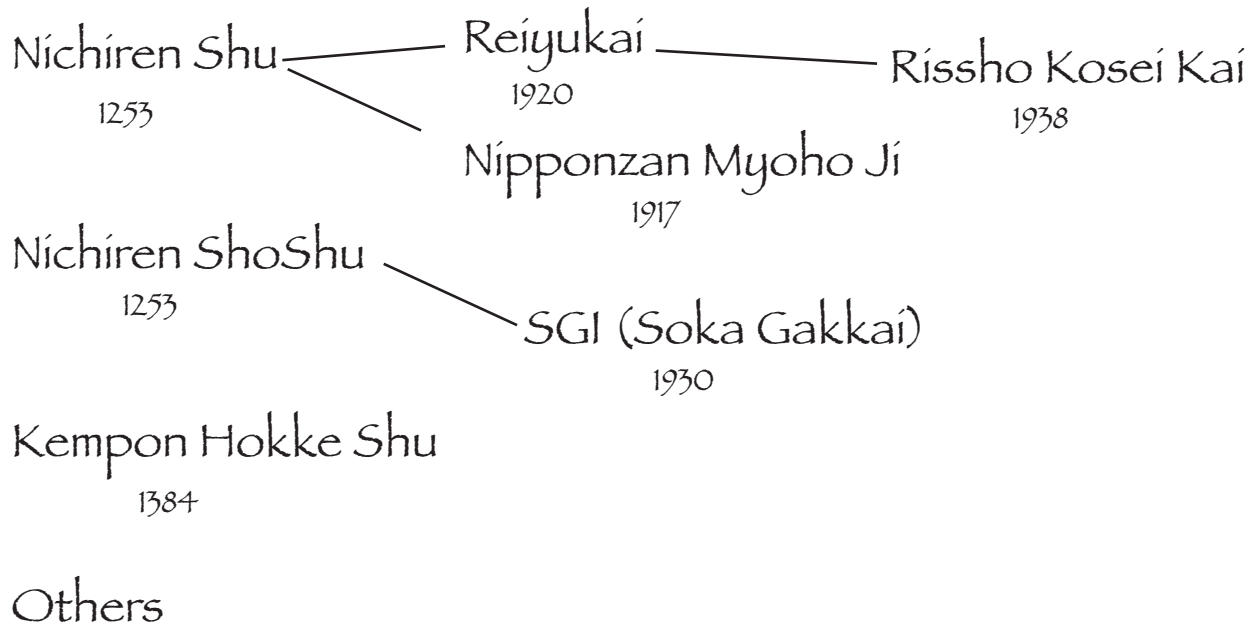
Hō

Ren

Ge

Kyō

(經)



Minobu	Nikō
Fuji	Nikkō
Hama	Nisshō
Ikegami	Nichirō
Nakayama	Nichijo
	Nicchō
	Nicchiji

Special Events and Holidays of Nichiren Shu

Shingyozan Kosenji

<http://www.newenglandbuddhist.org>

1. NEW YEAR'S DAY

On January 1st, we go to our temple and attend a service to celebrate the New Year. At this service, we express our respect to the Buddha and Nichiren Shōnin. We also pray for world peace, good harvest, prosperity for the Temple, and for the happiness of all living beings. After the service, we toast with food and drink.

2. SETSUBUN (February 3)

Setsubun literally means 'season division'. According to the calendar, February 3 is the last day of winter. On that day, we hold a Service to pray for our good health and protection against calamity or misfortune in the coming year. We practice the throwing of blessed soybeans to symbolically chase out evil and invite harmony for the upcoming year.



3. BUDDHA'S PARI-NIRVANA (February 15)

Sakyamuni Buddha entered into pari-nirvana on the day of the full moon in February. During his preaching tour, the Buddha ate a meal offered by an earnest lay disciple, Chunda, and became severely ill. Although he continued his journey with his disciples, he was exhausted when he reached Kushinagara. After giving the final instructions to his disciples, the Buddha told Ananda to inform the people of Kushinagara that he would pass away during the coming night. He entered pari-nirvana on February 15th.

4. NICHIREN SHŌNIN'S BIRTH (February 16)

Our founder, Nichiren Shōnin, was born at Kominato in the Province of Awa (Chiba) on February 16, 1222. His father was called Shigetada Nukina and his mother, Umegiku. He was named Zennichimaro. It is said that several lovely miracles happened at his birth: many white lotus flowers bloomed in the bay, a great number of fish appeared in the sea and a spring of water gushed out in front of their home.



5. HIGAN (Spring and Fall Equinox)

The Higan service is a memorial service for our ancestors held during the week of the spring and fall equinox (March and September). The fourth day of Higan is the equinox. Higan literally means "the other shore." During Higan we also practice the Buddha's teaching of the six paramitas so we may cross from the shore of illusions to the other shore of enlightenment.



6. HANAMATSURI (Buddha's Birth; April 8)

About 2,500 years ago, a prince of the Sakya Clan was born on April 8 in the Lumbini Garden, located in present day Nepal. His father, King Siddhodana, and his mother, Queen Maya, named him Siddhartha. It is said that the Buddha stood upon birth, walked seven steps and said, with his right hand raised toward heaven, "In heaven and on earth, I alone am honored." We celebrate the Buddha's birthday by holding Hanamatsuri. At the service, we build a miniature hall called the hanamido, decorated with flowers and place the statue of an infant Buddha pointing to heaven and earth in its center. We pour sweet tea over the statue to show the cleansing of the baby Buddha by the heavenly beings.

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7. RIKKYO KAISHU-E (April 28)

On the morning of April 28, 1253, Nichiren Shōnin, at the age of 32, was standing on top of a hill named Asahigamori on Mt. Kiyosumi, chanting the Odaimoku, Namu Myōhō Renge Kyō, for the first time while facing the rising sun over the Pacific Ocean. He vowed to save all people with the Lotus Sutra. From that time onward, Nichiren Shōnin, a messenger of the Lotus Sūtra, devoted his life to spread the teaching of the Lotus Sūtra and the Odaimoku. We commemorate this day as the founding day of our order.

8. OBON (July 13 - 16 or August 13 - 16)

The term obon denotes a memorial service for our ancestors held July 13 - 16. During the obon period, each family welcomes ancestors' and loved ones who have passed away back home. The origin of the obon service comes from the story of Maudgalyayana and his mother, in which he saved her from the region of hungry spirits by offering merit to her. Nichiren Shōnin teaches us that the merit of obon service extends not only seven generations of ancestors but also all beings.



9. OESHIKI (Nichiren Shonin's memorial; October 13)

On the way to a hot spa in Hitachi Province from Mt. Minobu to recover his health, Nichiren Shōnin's health declined. He rested at the Ikegami brothers residence in present day Tokyo and could no longer continue his trip. On the morning of October 13, 1282, at 8 am, Nichiren Shōnin ended his long life of spreading the Lotus Sūtra for 60 years. The Oeshiki Service is held to express our gratitude to our founder.



10. JODO-E (Bodhi day; December 8)

Prince Siddhartha left the palace in his twenties and traveled all over to seek the truth of life. He found out that various practices he encountered were not the correct way, so he decided to meditate under a tree at Gaya. After seven days of meditation, in the early morning of December 8, the prince attained Enlightenment and became the Buddha, Ene Enlightened One. The Jodo-e service is held to commemorate the event of the Buddha's Enlightenment.

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Service to Commemorate the Persecutions in the Life of Nichiren Shōnin

During Nichiren Shōnin's life he would be persecuted by the government many times for his belief.

There are five major persecutions that we have special services for throughout the year.

1. IZU PERSECUTION (May 12)
2. MATSUBAGAYATSU PERSECUTION (August 27)
3. TATSUNOKUCHI PERSECUTION (September 12)
4. SADO PERSECUTION (October 10)
5. KOMATSUBARA PERSECUTION (November 11)



Recommended Reading

Nichiren Buddhist Sangha of New England
www.newenglandbuddhist.org

* "Awakening to the Lotus"

published by Nichiren Buddhist International Center. ISBN 0-9719645-0-5: An introduction into Nichiren Shu Buddhism. A handbook for those just beginning practice or as a resource for those who would like to know more about Nichiren Buddhism. Only available at NBIC (www.nichiren-shu.org) or this Temple.

"Shakyamuni Buddha"

by Nikkyo Niwano, published by Kosei, ISBN 4-333-01001-2: A short narrative biography of the historical Buddha.

"Basic Buddhist Concepts"

by Kogen Mizuno, published by Kosei, ISBN 4-333-01203-1: A basic primer for the study of Buddhism.

* "The Lotus Sūtra"

translated by Senchu Murano, published by University of Hawaii Press; ISBN 978-0-971964-56-3: The Nichiren order follows the teachings of the Lotus Sutra. The highest teaching of the Buddha. *This translation is currently, Available from NBIC, at this Temple or in ebook format at amazon.com or itunes store.*

* "Introduction to the Lotus Sūtra"

by Shinjo Suguro, published by Jain, ISBN 0-87573-078-7: This text explains and illustrates the many meanings of the Lotus Sūtra. It references the Murano translation above, but can be used with other translations of the Lotus Sūtra.

* "Nichiren"

by J.A. Christensen, published by Jain, ISBN 0-87573-086-8: A Biography of the life of Nichiren Daishōnin, the founder of the Nichiren Order.

"Writings of Nichiren Shōnin" 7 Volume Set

compiled by Kyotsu Hori, distributed by University of Hawaii Press, ISBN 0-8248-2733-3, 0-8248-2551-9, 0-8248-2931-X Compiled volumes of Nichiren's writings including his five major writings. Volumes 1, 2, 3, 4, 5 and 6 are available at this time. 7 is coming soon.

Practice 行

* "Liturgy"

Published by NBIC: Liturgy contains the parts used in the practice of daily service. Several versions of the Liturgy book for Nichiren Shu style services are available from the NBIC or here at your local Temple.

* "Romanized Lotus Sutra"

Published by Nichiren Buddhist Sangha of Greater New England, Lulu Press: The practice of this Temple contains chanting of the whole Lotus Sutra in the traditional way every month. The Chinese characters have been romanized (Shindoku reading) for easy reading. lulu.com

* "Morning Service"

Published by Nichiren Buddhist Sangha of Greater New England, Lulu Press: Liturgy book used at our Temple for service. Designed to be used with the Romanized Lotus Sutra above. lulu.com

* "Phrase a Day"

Published by NONA: Contains 31 sayings of our founder to use during Morning Service.

* = usually available at this Temple.