

Shōdai Gyō MEDITATION

1. RAIHAI (Reverent Salutation, Deep Bow)

2. PERCEIVING THE DOJO (Dōjō-Kan)

Leader: This is something indeed, Which we should all know,

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.

3. DEVOTIONS TO THE THREE TREASURES (Honmon Sanki)

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 Myo-ho-Ren-ge-Kyo.

Leader: Honor be,

All: To our Founder, Representing Jogyo,
The Great Bodhisattva, Nichiren Shonin.

4. DEVOTION (Unso)

The Wonderful truth expounded in the Lotus Sutra whose Odaimoku we now chant, is what the past Buddhas taught, the present Buddhas are teaching, and the future Buddhas shall teach.

It is the Great Dharma, true and pure, the propagation of which was transmitted primarily to Jogyo Bodhisattva, by the Buddha on Mt. Sacred Eagle.

Once we chant Namu Myoho Renge Kyo, we shall attain the right view, that the three thousand worlds exist in our minds, just as they are; the Pure land of Tranquil Light shall be made manifest in our sight: and together with all other beings, we shall enjoy living in the Land of Truth.

May the sound of our chanting the Odaimoku permeate the whole world, be offered to the Three Treasures, and be bestowed on all beings.

May all beings enter the World of the One Reality, the Great Vehicle;

May the Buddha land be adorned, and all beings favored with the merits of our chanting.

5. MEDITATION OF PURE HEART (Jōshingyō)

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

6. CHANTING ODAIMOKU (Shō Shō Gyō)

Na- mu Myo Ho Ren Ge Kyo

南無 妙法蓮華經

7. MEDITATION OF DEEP FAITH (Jinshingyō)

Silent meditation to deepen faith with the merit of the Odaimoku.

8. PRAYER (Kigan Ekō)

With reverence, we offer the merits we have accumulated through chanting the Odaimoku, so that all people throughout the four corners of the world may return their lives to the Wonderful Dharma of Myo-ho Ren-ge Kyo and so that everywhere under the heavens may equally become a tranquil land, and may all the people in those lands enjoy happy lives.

We also pray that all households be safe from harm, and that everyone within each family increase their faith, that they enjoy good health and long life, and that all transgressions be erased and their lives purified.

We further pray that the spirits of our ancestors, the people who have formed a relationship with the Buddha and those who have not, all follow the benevolent life of the Tathagata, sit upon a lotus blossom and obtain the true wisdom of the Buddha.

We pray that these merits be passed on to all beings, so that all other beings and myself may all attain the enlightenment of the Buddha.

Na-mu Myo-ho Ren-ge Kyo

9. FOUR GREAT VOWS (Shigu Seigan)

Leader:

We vow to save all beings,

All:

however countless they may be.

We vow to eliminate all desires,
however numerous they may be.

We vow to master all the Buddha's doctrines,
however limitless they may be.

We vow to enter into the Way of the Buddha
and attain supreme Enlightenment.

10. VOW TO EMBRACE AND MAINTAIN FAITH (Juji)

Leader:

With this body,

All:

Until I attain Buddhahood,
I will maintain my faith in the Lotus Sutra.

Na-mu Myo-ho Ren-ge Kyo
Na-mu Myo-ho Ren-ge Kyo
Na-mu Myo-ho Ren-ge Kyo

11. RAIHAI (Reverent Salutation, Deep Bow)