

Shishinrai (至心礼)

(Bowling with Sincere Mind)

Leader

Shi shi - n ke - i i - i re e - i

All

Na - a mo sho - u - u chi - i - u 1. fu - u - u
2. ho - o - u
3. so - o - u

し しん けい れい な も しょう ちう ぶつ
至 心 敬 礼 南 无 常 住 仏
し しん けい れい な も しょう ちう ほう
至 心 敬 礼 南 无 常 住 法
し しん けい れい な も しょう ちう そう
至 心 敬 礼 南 无 常 住 僧

With a sincere mind, bow reverently, and take refuge in the timeless Buddha.

With a sincere mind, bow reverently, and take refuge in the timeless Dharma.

With a sincere mind, bow reverently, and take refuge in the timeless Sangha.

Three Treasures

Leader:

How rare and wondrous it is to have been born into human life, and now I live it. How rare and wondrous it is to be able to listen to the Buddha-Dharma, and now I am able to hear it. If I do not transcend the world of delusion in this life, when will I ever attain spiritual liberation? May I, along with the entire Sangha, with sincere heart and mind, rely on that which can be truly relied on in life – the Three Treasures.

All:

I rely on the Buddha. May I, along with all sentient beings, awaken to the Great Path with my entire being and discover the highest aspiration, which is to become a Buddha.

I rely on the Dharma. May I, along with all sentient beings, deeply reflect on the meaning of the sutras and gain wisdom that is as deep and vast as the ocean.

I rely on the Sangha. May I, along with all sentient beings, become one Sangha of life, able to move forward and live with a dynamic spirit that is hindered by nothing.

Leader:

The unsurpassed, deep, and wondrous Dharma, even in millions of kalpas, is extremely difficult to encounter, but now I am able to experience and embrace it. May I come to understand and revere the true meaning of the Tathāgata.

Shōshinge (正信偈)

Jūnirai (十二礼)

Leader All

Ki myō mu ryō ju nyo rai Na mo fu ka shi gi kō

Hō zō bo sa-tsu in ni ji Zai se ji zai ō bus-sho

2.

To ken sho bu-tsu jō do in Ko-ku do nin den shi zen maku

Kon ryū mu jō shu shō gan Chō ho-tsu ke u dai gu zei

3.
Go kō shi yui shi shō ju
Jū sei myō shō mon jip-pō
Fu hō mu ryō mu hen kō
Mu ge mu tai kō en nō

4.
Shō jō kan gi chi e kō
Fu dan nan ji mu shō kō
Chō nichī gakkō shō jin setsu
Is-sai gunjō mu kō shō

5.
Hon gan myō gō shō jō gō
Shi shin shin gyō gan ni in
Jō tō gaku shō dai ne han
His-shi metsu do gan jō ju

6.
Nyo rai sho i kō shus-se
Yui setsu mi da hon gan kai
Go joku aku ji gun jō kai
Ō shin nyo rai nyo jitsu gon

7.
Nō hotsu ichi nen ki ai shin
Fu dan bon nō toku ne han
Bon jō gyaku hō sai e nyū
Nyo shu shi nyū kai ichi mi

8.
Ses-shu shin kō jō shō go
I nō sui ha mu myō an
Ton nai shin zō shi un mu
Jō fu shin jitsu shin jin ten

9.

Hi nyo nik-kō fu un mu
 Un mu shi ge myō mu an
 Gyaku shin ken kyō dai kyō ki
 Soku ō chō zetsu go aku shu

10.

Is-sai zen maku bon bu nin
 Mon shin nyo rai gu ze i gan
 Butsu gon kō dai shō ge sha
 Ze nin myō fun da ri ke

11.

Mi da butsu hon gan nen butsu
 Ja ken kyō man aku shu jō
 Shin gyō ju ji jin ni nan
 Nan chū shi nan mu ka shi

12.

In do sai ten shi ron ge
 Chū ka jichi iki shi kō sō
 Ken dai shō kō se shō i
 Myō nyo rai hon ze i ki

13.

Shaka nyo rai ryō ga sen
 I shu gō myō nan ten jiku
Ryūju dai ji shut-to se
 Shitsu nō zai ha u mu ken

14.

Sen zetsu dai jō mu jō hō
 Shō kan gi ji shō an raku
 Ken ji nan gyō roku ro ku
 Shin gyō i gyō shi dō raku

15.

Oku nen mi da butsu hon gan
 Ji nen soku ji nyū hitsu jō
 Yui nō jō shō nyo rai gō
 Ō hō dai hi gu ze i on

16.

Tenjin bo satsu zō ron setsu
 Ki myō mu ge kō nyo rai
 E shu ta ra ken shin jitsu
 Kō sen ō chō dai sei gan

17.

Kō yu hon gan riki e kō
 I do gun jō shō is-shin
 Ki nyū ku doku dai hō kai
 Hitsu gyaku nyū dai e shu shu

18.

Toku shi ren ge zō se kai
 Soku shō shin nyo hos-shō jin
 Yu bon nō rin gen jin zū
 Nyū shō ji on ji ō ge

19.

Hon shi *Donran* ryō ten shi
 Jō kō ran sho bo satsu rai
 San zō ru shi ju jō kyō
 Bon jō sen gyō ki raku hō

20.

Tenjin bo satsu ron chū ge
 Hō do in ga ken sei gan
 Ō gen ne kō yu ta riki
 Shō jō shi in yui shin jin

21.

Waku zen bon bu shin jin potsu
 Shō chi shō ji soku ne han
 His-shi mu ryō kō myō do
 Sho u shu jō kai fu ke

22.

Dōshaku kes-shō dō nan shō
 Yui myō jō do ka tsū nyū
 Man zen ji riki hen gon shu
 En man toku gō kan sen shō

23.
San pu san shin ke on gon
Zō matsu hō metsu dō hi in
Is-shō zō aku chi gu ze
Shi an nyō gai shō myō ka

24.
Zendō doku myō bus-shō i
Kō ai jō san yo gyaku aku
Kō myō myō gō ken in nen
Kai nyū hon gan dai chi kai

25.
Gyō ja shō ju kon gō shin
Kyō ki ichi nen sō ō go
Yo i dai tō gyaku san nin
Soku shō hos-shō shi jō raku

26.
Genshin kō kai ichi dai kyō
Hen ki an nyō kan is-sai
Sen zō shū shin han sen jin
Hō ke ni do shō ben ryū

27.
Goku jū aku nin yui shō butsu
Ga yaku zai hi ses-shu chū
Bon nō shō gen sui fu ken
Dai hi mu ken jō shō ga

28.
Hon shi Genkū myō buk-kyō
Ren min zen maku bon bu nin
Shin shū kyō shō kō hen shū
Sen jaku hon gan gu aku se

29.

Gen rai shō ji rin den ge Ket-chi gi jō i sho shi

So-ku nyū ja-ku jō mu i raku Hit-chi shin jin i nō nyū

30.

Gu kyō dai ji shū shi tō Jō sai mu hen go-ku jō-ku aku

Do - u zo - ku ji shu gu do — u shin

Yu - i ka shin shi ————— ko - u so - u setsu

Leader

All



Gan ni shi ku do - o - o ku - u Byo-u do-u se i - is-sa - i



Do - u ho-tsu bo da - i shin O - u jo - u a - n ra - ak - ko