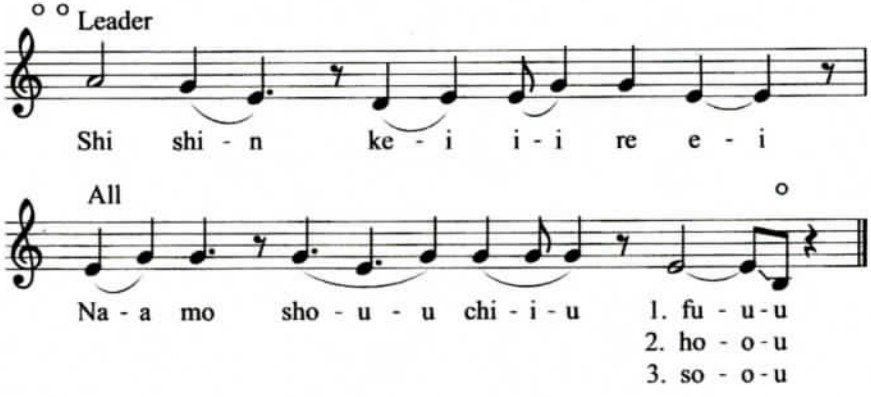
# **Shishinrai** (至心礼)

(Bowing with Sincere Mind)




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

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# Four Noble Truths

| *Leader*: | *All*: |
|---|---|
| *Duhkha* – Difficulty | Dissatisfaction comes from not living in accord with the truth of impermanence and interdependence. |
| *Samudāya* – Arising | The delusion of self-importance, expressed through greed and anger, is the cause of *duhkha*. |
| *Nirodha* – Cessation | The transformation of greed, anger, and delusion is the cure for *duhkha*. |
| *Mārga* – Path | Śākyamuni Buddha taught the Eightfold Path as medicine for putting an end to *duhkha*. |

# Eightfold Path to Happiness

*Leader:*

The teachings of the Buddha help us to understand the oneness of all life. To lead us in the right direction, the Buddha provided us with the Eightfold Path:

*All:*

Right Views: To keep free of prejudice and superstition and to see the true nature of life.

Right Thoughts: To turn our minds away from violence and hatred.

Right Speech: To refrain from harmful talk and to use our words wisely.

Right Conduct: To see that our deeds come from peace and goodwill. To grow every day in the Buddha's teachings.

Right Livelihood: To try to earn our living in such a way that we avoid causing suffering.

Right Energy: To use our energies to promote the overcoming of ignorance and destructive desires.

Right Mindfulness: To cherish a good mind, for all that we think and do has its roots in the mind.

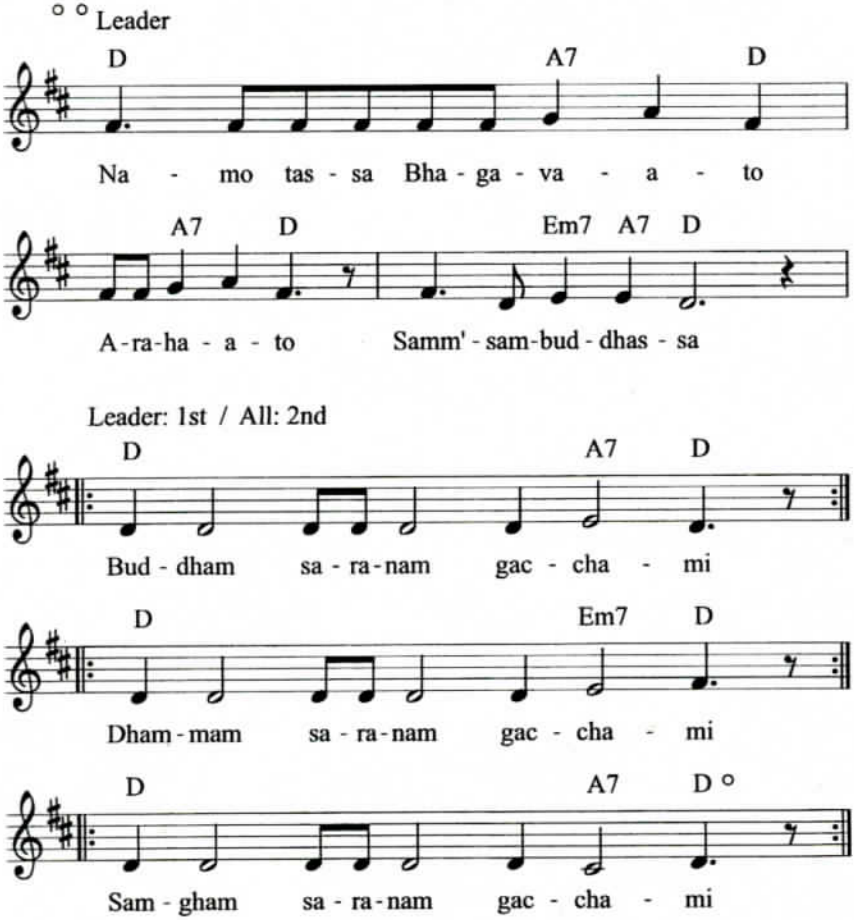
Right Meditation: To study the teachings of the Buddha and to practice them to the best of our abilities.

*Leader:*

May the presence of the Buddha, who said that he would live in his teachings, be our guide. May we follow this path until we, too, realize nirvāna.

# Vandana Ti-Sarana

(Homage and Three Refuges)




Homage to Śākyamuni Buddha, the Blessed One, the Noble One, the Perfectly Awakened One.

I go to the Buddha for guidance.
I go to the Dharma for guidance.
I go to the Sangha for guidance.

NAMO KIE BUTSU ↘
NAMO KIE HO° →
NAMO KIE SOO ↘

# Jūseige (重誓偈)

○ ○

*Ga gon chō se gan*
His-shi mu jō dō
Shi gan fu man zoku
Sei fu jō shō gaku
↓
Ga o mu ryō kō
Fu i dai se shu
Fu sai sho bin gu
Sei fu jō shō gaku

Ga shi jō butsu dō
Myō shō chō jip-pō
Ku kyō mi sho mon
Sei fu jō shō gaku

Ri yoku jin shō nen
Jō e shu bon gyō
Shi gu mu jō dō
I sho ten nin shi

Jin riki en dai kō
Fu shō mu sai do
Shō jo san ku myō
Kō sai shu yaku nan

Kai hi chi e gen
Mes-shi kon mō an
Hei soku sho aku dō
Tsū datsu zen shu mon

Ko so jō man zoku
I yō rō jip-pō
Nichi gatsu shū jū ki
Ten kō on fu gen ↴

I shu kai hō zō
Kō se ku doku hō
Jō o dai shu chū
Sep-pō shi shi ku

Ku yō is-sai butsu
Gu soku shu toku hon
Gan-ne shitsu jō man
Toku i san gai o

Nyo butsu mu ge chi
Tsū datsu mi fu shō
Gan ga ku e riki
Tō shi sai shō son

Shi gan nyak-kok-ka
Dai sen ō kan dō
Ko kū sho ten nin
Tō u chin myō ke ○

*Na man da bu* ○
Na man da bu
Na man da bu
Na man da bu
Na man da bu
Na man da bu ○

*Gan ni shi ku doku*
Byō dō se is-sai
Dō ho'n bo dai shin
Ō jō an rak-koku

○ ○ ○

## Jūseige (重誓偈)

*The Larger Sutra of Immeasurable Life*

Dharmākara Reiterates the Vows

I have established the all-surpassing vows
And will unfailingly attain supreme enlightenment.
If these vows should not be fulfilled,
May I not attain perfect enlightenment. [12th Vow]

If, for countless kalpas to come,
I should not become a great benefactor
And save all the destitute and afflicted everywhere,
May I not attain perfect enlightenment. [13th Vow]

When I have fulfilled the Buddha-way,
My name shall pervade the ten quarters;
Should there be any place it is not heard,
May I not attain perfect enlightenment. [17th Vow]

Freed from greed and with deep right-mindedness
And pure wisdom, I will perform the sacred practices
In pursuit of supreme enlightenment
And become the teacher of devas and humans.

Emitting a great light with my majestic power,
I will completely illuminate the boundless worlds;
Dispelling, thereby, the darkness of the three defilements,
I will deliver all beings from suffering and affliction.

Having acquired the eye of wisdom,
I will remove the darkness of blind passions;
Blocking the path to the evil realms,
I will open the gate to the good realms.

When my practice and merits are fulfilled,
My majestic brilliance shall reach everywhere in the ten quarters,
Outshining both the sun and the moon;
Even the heavenly lights shall be hidden and obscured.

For the sake of all beings I will open forth the Dharma-store
And universally bestow its treasure of virtue upon them.
Among the multitudes of beings
I will always preach the Dharma with a lion's roar.

Making offerings to all the Buddhas,
I will acquire all the roots of virtue;
With my vows fulfilled and wisdom perfected,
I will be the hero of the three worlds.

Like your unimpeded wisdom, O Buddha Lokeśvararāja,
My wisdom shall reach everywhere and illuminate all;
May the power of my virtue and wisdom
Be equal to that of yours, O Most Honored One.

If these vows are to be fulfilled,
The great thousand worlds will shake in accord,
And from the sky all the devas
Will rain down rare and wondrous flowers.

As soon as Bhiksu Dharmākara finished speaking these verses, the entire earth shook with six kinds of tremors. The heavens rained down wondrous flowers upon it. There was spontaneous music in the sky, which praised him, saying, "You will unfailingly attain supreme, perfect enlightenment." Hereupon, Bhiksu Dharmākara, fully possessed of these great vows and his mind being sincere and not false, made a supramundane aspiration and earnestly sought to attain nirvāna.

From *The Three Pure Land Sutras*, Vol. II, © 2009 Jōdo Shinshū Hongwanji-ha, pp. 30-31.