

## *How to perform Shodai at times other than morning and evening Gongyo*

- 1) Chant three times, ring the bell seven times.
- 2) Recite Part A.
- 3) Ring the bell three times, and recite only the title of the Juryo Chapter.
- 4) Recite Part C.
- 5) Ring the bell seven times as you begin to chant Daimoku.
- 6) Chant as much Daimoku as you wish.
- 7) Finish by striking the bell five times as you chant the final Daimoku.
- 8) Chant three times.
- 9) Silently read the Second Silent Prayer.
- 10) Chant three times.
- 11) Silently read the Third Silent Prayer.
  - ※ 1 Chant three times when appropriate in between the sections of the Third Silent Prayer.
  - ※ 2 Include the prayer for Kosen-rufu (and your personal prayer, if applicable) at the end of the last prayer in the Third Silent Prayer.
- 12) Chant three times.
- 13) Silently read the second part of the Fifth Silent Prayer.
- 14) Ring the bell three times.
- 15) Chant three times.

Fifty-ninth High Priest, Nichiko Shonin, stated the following guidance:

“The Daimoku that we chant must be performed attentively and diligently.  
When chanting, we should not have trivial thoughts in our minds.  
The speed should not be too fast and our pronunciation should not be slurred.  
We must maintain a medium pitch and chant calmly, resolutely and steadily.  
There is no established number of Daimoku that we must chant.  
The amount depends on individual circumstances . . .  
When we chant, our entire body should feel a tremendous surge of joy.  
We must persevere until we become totally one with the Gohonzon.”

(Nichiren Shoshu Koyo, p.134)