

Things to know before performing Gongyo

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 - a. There are five prayers to be recited for morning Gongyo (First, second, third, fourth, and fifth prayers)
 - b. There are three prayers to be recited for evening Gongyo (Second, third, and fifth prayers only; no “first” and “fourth” prayers)
- ② There are three sections in the “Liturgy of Nichiren Shoshu”
 - a. Part A ... The *Hoben* chapter (p. 1 ~ 4)
[from “*Ni ji se-son*” to “*hon-mak ku-kyō tō*”]
 - b. Part B ... The *Juryo* chapter 1 (p. 5 ~ 22)
[From “*Ni ji butsu gō*” to “*Ni setsu ge gon*”]
 - c. Part C ... The *Juryo* chapter 2 (p. 22 ~ 31)
[From “*Ji ga toku bud’rai*” to “*Soku jō-ju bus-shin*”]
※ Silent prayers (p. 32 ~ 37)

If you have already enshrined the Gohonzon

Ideally, a Buddhist altar should be positioned on the north wall. However, if the arrangement of the room does not allow the placement of the altar in this manner, you can be flexible with regards to the direction. In some cases, the altar may be on the west wall, and you would have to turn your back to the Gohonzon when you face east to recite the first prayer in morning Gongyo. To avoid turning your back completely to the Gohonzon in such instances, turn slightly off line from the Gohonzon during the first prayer. If the altar is on the east wall and you cannot do the first prayer without directly facing the Gohonzon, again, seat yourself slightly off line.

If you haven’t received the Gohonzon

First, choose the most respectful and appropriate room in your house to perform this Buddhist ceremony (Gongyo). Gongyo is a solemn ceremony that will become the foundation of your practice and the source of benefit, and thus, even without the Gohonzon, the room where you perform daily Gongyo should always be kept clean and set aside for your daily practice.

Inside of the room, choose the wall that you will be facing to perform Gongyo. There should not be any objects on the wall, such as a framed photo or a book shelf. Facing this blank wall, perform Gongyo every morning and evening, while visualizing the temple *joju* Gohonzon in your mind.

When your daily morning and evening Gongyo becomes solid and consistent, and if you are determined to enshrine and protect the Gohonzon at your home, you may request to loan the Gohonzon from the temple. Please consult your sponsor or the temple before requesting the Gohonzon.

How to perform Gongyo

First Prayer ※ The bell is not rung during the first prayer

- 1) Face the Gohonzon, chant Nam-Myoho-Renge-Kyo three times, and bow.
- 2) Face east, chant Nam-Myoho-Renge-Kyo three times (and bow).
- 3) Recite part A (The portion of part A from “*Sho-i sho-ho*” to “*nyo ze hon-mak-ku-kyo to*” is always repeated three times) and bow.
- 4) Recite only the title of the Juryo chapter (the first two lines of part B).
- 5) Recite part C, and bow at the end of part C.
- 6) Chant three prolonged Daimoku.
- 7) Chant three times, offer the first silent prayer.
- 8) Chant three times.

Second Prayer

- 1) Face the Gohonzon, ring the bell seven times.
- 2) Recite part A.
- 3) Ring the bell three times, and recite part B & C (this is the only time part B is read) and bow at the end of part C.
- 4) Chant three prolonged Daimoku.
- 5) Ring the bell five times, chant three times, and offer the second silent prayer.
- 6) Chant three times.

Third Prayer

- 1) Ring the bell seven times.
 - 2) Recite part A.
 - 3) Ring the bell three times.
 - 4) Recite only the title of the Juryo chapter.
 - 5) Recite part C, and bow at the end of part C.
 - 6) Chant three prolonged Daimoku.
 - 7) Ring the bell five times, chant three times, and offer the third silent prayer.
 - 8) Chant three times.
- ※ For *evening* Gongyo, the following prayer should also be included at the end of the third silent prayer.

I sincerely pray for the actual achievement of establishing a membership of 800,000 Hokkeko believers by 2021, the year of the 800th anniversary of the advent of our Founder Nichiren Daishonin.

Fourth Prayer

- 1) Ring the bell seven times.
- 2) Recite part A.
- 3) Ring the bell three times.
- 4) Recite only the title of the Juryo chapter.
- 5) Recite part C, and bow at the end of part C.
- 6) Chant three prolonged Daimoku.
- 7) Ring the bell five times, chant three times, and offer the fourth silent prayer.
- 8) Chant three times.

※ For *morning* Gongyo, the following prayer should also be included in the second part of the fourth silent prayer.

I sincerely pray for the actual achievement of establishing a membership of 800,000 Hokkeko believers by 2021, the year of the 800th anniversary of the advent of our Founder Nichiren Daishonin.

Fifth Prayer

- 1) Ring the bell seven times.
- 2) Recite part A.
- 3) Ring the bell three times.
- 4) Recite only the title of the Juryo chapter.
- 5) Recite part C, and bow at the end of part C.
- 6) Then, strike the bell seven times while beginning to do Shodai.
- 7) To end the Shodai, strike the bell five times and bow to the Gohonzon.
- 8) Chant three times.
- 9) While slightly bowing your head, offer the fifth silent prayer. Strike the bell continuously during the first part of the fifth silent prayer (for the deceased).
- 10) Chant three times.
- 11) Offer the second part of the fifth silent prayer.
- 12) Strike the bell three times.
- 13) Chant three times and bow.

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)