

Things to know before performing Gongyo

- ① 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 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, an 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.