

Morning Gongyo

5 Meditations

Always begin with Daimoku Shodai (extended period of chanting for a minimum of 30 minutes)



Definitions for sections **A**, **B**, and **C** are in the front pages of the Liturgy book as well as detailed instructions in the meditations for Daimoku etc...

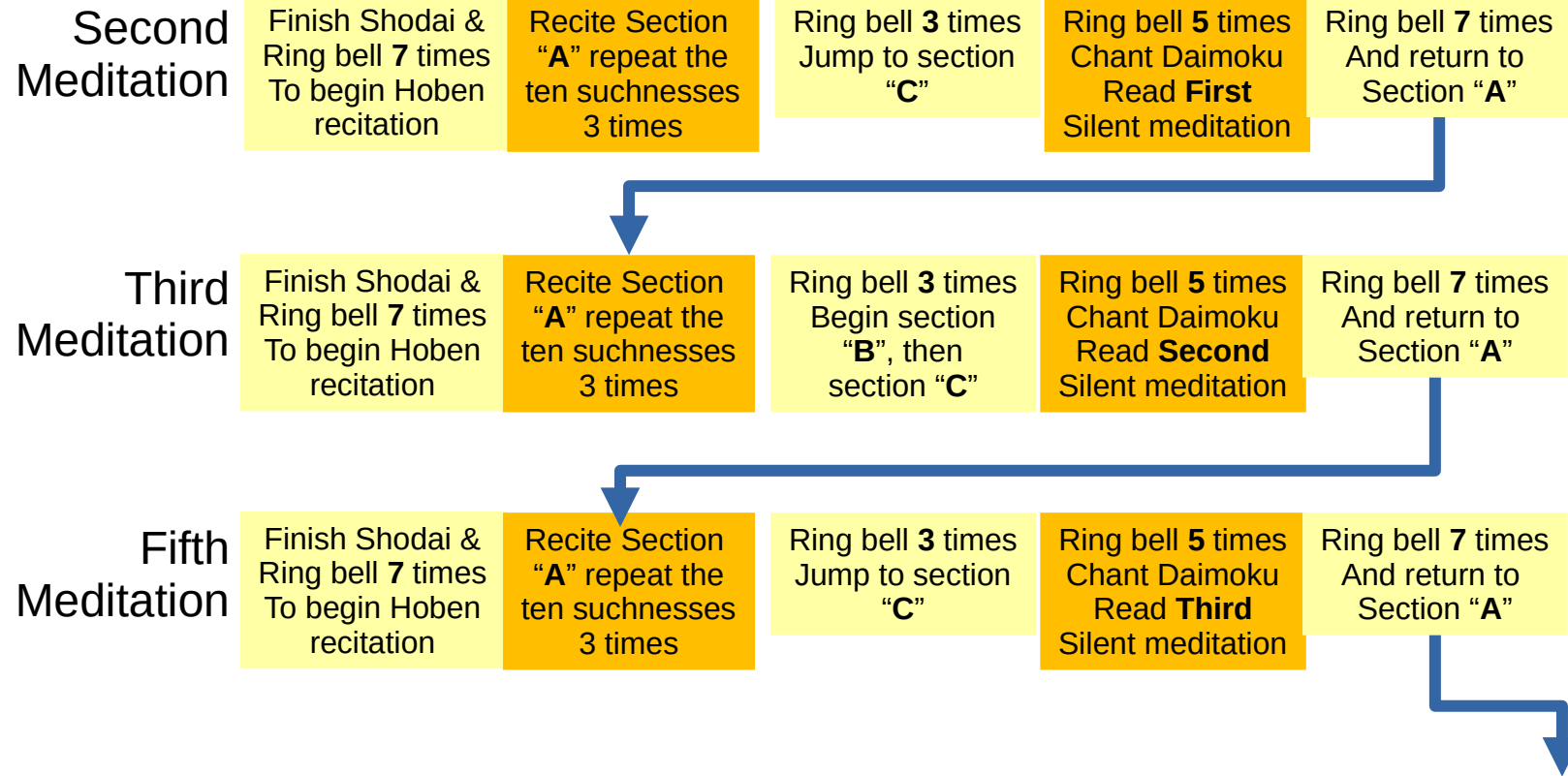
Discussion This is an opportunity to study on your own from the Goshō or Sutras. If you have guests, this can be opportunity to discuss Goshō, read together, and discuss topics for research. Alternatively, inviting a senior practitioner can be an opportunity for Questions and answers, or a talk on a specific topic.

Complete Gongyo Once study or lecture is complete it is time chant and secure the mandala by closing the Butsudan. Ring the bell 3 times, chant until the Butsudan is closed, ring the bell 3 times again and chant Daimoku Sanshō.

Evening Gongyo

3 Meditations

Always begin with Daimoku Shodai (extended period of chanting for a minimum of 30 minutes)



Definitions for sections **A**, **B**, and **C** are in the front pages of the Liturgy book as well as detailed instructions in the meditations for Daimoku etc...

Discussion This is an opportunity to study on your own from the Goshos or Sutras. If you have guests, this can be an opportunity to discuss Goshos, read together, and discuss topics for research. Alternatively, inviting a senior practitioner can be an opportunity for questions and answers, or a talk on a specific topic.

Complete Gongyo Once study or lecture is complete it is time to chant and secure the mandala by closing the Butsudan. Ring the bell 3 times, chant until the Butsudan is closed, ring the bell 3 times again and chant Daimoku Sansho.