

Silent Meditations

First Meditation

Appreciation to the *Shoten Zenjin*

I offer gratitude to *Bonten, Taishaku, Nitten, Gatten, Myojoten* and all other *shoten zenjin*, the universal forces within all life, the guardians of Buddhism, who night and day protect those who embrace their Buddha nature and the sanctity of all life in the universe.

(chant Namu-Myoho-Renge-Kyo three times)

Second Meditation

Appreciation to the Law of Self-Manifestation

I solemnly praise the true law of Self-Manifestation, the core of the *Juryo* chapter of *Honmon*, the supreme law hidden in the depths of the *Lotus Sutra*, the inscrutable essence of the universe, the perfect fusion of *Taiji* and *Qi*, the entity of Time without beginning, the entity of the Buddha of absolute freedom, the eternal manifestation of the *Ten Worlds*, the embodiment of *Ichinen Sanzen*, the oneness of Person and Law, the manifestation of all phenomena as both a reflection and result of my own making in this universe. I also give thanks for the immeasurable benefits I have received.

(Chant Namu-Myoho-Renge-Kyo three times)

Third Meditation

Appreciation to all great Teachers and Sages

I offer praise and deep gratitude to Nichiren, T'ien-T'ai, Dengyo, Miao-Lo, and Nagarjuna, all great scholars and sages who dedicated their lives to the correct transmission of the Buddha's teachings.

(Chant Namu-Myoho-Renge-Kyo three times)

I offer praise and deep gratitude to all teachings free of mortal conceits and containing eternal truths, self evident and clearly leading to the realization of Self-Manifestation throughout all time without beginning or end.

(Chant Namu-Myoho-Renge-Kyo three times)

Fourth Meditation

For the attainment of *Kosen Rufu*

I sincerely project my thoughts for the earliest possible realization of *Kosen Rufu* throughout the entire world.

(Chant Namu-Myoho-Renge-Kyo three times)

I concentrate my thoughts further to erase my negative Karma (tendencies and conditions) created by my own past causes and to attain and sustain my intrinsic Buddha nature in this lifetime and throughout all time.

(Chant Namu-Myoho-Renge-Kyo three times)

Fifth Meditation

Memorial for the Deceased

I offer my thoughts of Love and Appreciation for my deceased relatives and for all who have passed away, especially these individuals –

(Chant Nam-Myoho-Renge-Kyo and begin ringing the bell.)

(Offer special memorial thoughts while sounding the bell continuously. Then chant Namu-Myoho-Renge-Kyo three times to stop ringing the bell.)

Lastly, I focus my thoughts on the teachings of the Threefold Lotus Sutra to spread throughout the world and bring peace and happiness to all humankind and to all universes.

(Sound the bell and conclude Gongyo by chanting Namu-Myoho-Renge-Kyo three times.)

Chant the Daimoku until the Butsudan is closed and the Gohonzon secured. Ring bell or gong five times with each of the characters of Myo-Ho-Ren-Ge-Kyo. Then conclude with Daimoku Sansho (NaMuMyoHoRenGeKyo three times).