



BLUE LOTUS ASSEMBLY

DAILY RECITATION PRACTICES FOR AVOWED PRACTITIONERS



Two Daily Recitation Meditation Practices for Those Having Taken SAN-KI-E Triple Refuge

As a minimum practice to remind you of your ideal, at the start of each morning, sit in front of an appropriately inspiring image and perform the following two practices:

1. 三禮 SAN-RAI Three Salutes

Recite the following 3-section practice:

- Sit cross-legged or kneel in seiza with hands in palm-to-palm gassho, or...
- Stand with hands in gassho, and then kneel with a prostration so that head, backs of hands, elbows, and knees all touch the floor or earth

Bring your hands in palm-to-palm gassho to your forehead (enlightened action OM white light) for lines 1 & 2, throat (enlightened speech AH red light) for lines 3 & 4, and chest (enlightened thought HUM blue light) for lines 5 & 6. Use either the Japanese in "single beat" rhythm, or the English with two English syllable beats for each single Japanese syllable beat

一心	ISH-SHIN	Sin-gle-heart-ed	With singularity of heart
頂禮	CHO RAI	awed praise to the	I reverently salute to
十方	JIP PO	ten di-rec-tions	the ten directions of
法界	HO KAI	of the cos-mos	the infinite universe
常住	JO JU	e-ter-nal truth	the everlasting key of
三宝	SAN BO	of Three Trea-sures	the Three Treasures!

1. KI-E BU' KYO 佛 "Enlightened One" - My potential to be fulfilled
2. KI-E HO KYO 法 "True Path Teaching" - Method for reaching my potential
3. KI-E SO KYO 僧 "Guides and Mentors" - Proof of the potential and method demonstrated in the lives of those already on the path

"I believe in my potential! I am confident! I can accomplish my goals!

"I believe in what I study! I am disciplined. I am ready to learn and advance!"

"I believe in my teachers! I show respect to all who help me progress!"



2. 懺悔文 SAN-GE MON Purifying Affirmation

Purification of spirit through acknowledging personal lacks, limits, or failures is an important part of the journey towards enlightenment. By being willing to acknowledge our imperfection, we can more effectively cultivate an inner sense of the most potent opportunities for increased insight. Recite once:

我 昔 所 造 諸 惡 業
GA SHAKU SHO ZO SHO AKU GO

I have - from be - gin-ning - less time - cre-a - ted neg - a-tive

皆 由 無 始 貪 瞋 癡
KAI YU MU SHI TON JIN CHI

kar-ma - through ig - nor-ance - greed and - an-ger - ma-ni - fes-ted

從 身 口 意 之 所 生
JU SHIN GO I SHI SHO SHO

through my - ac-tions - words and - thoughts mis - di-rec - ted and - mis-used.

一 切 我 今 皆 懺 悔
IS - SAI GO KON KAI SAN - GE

For all - of these - I here - and now - ac-know - ledge and - at-one.



**Three Daily Recitation Meditation Practices for Those Having Taken
SAN-JU-JO-KAI Three Pure Pledges**

As a minimum practice to remind you of your promises, at the start of each morning, sit in front of an appropriately inspiring image and perform the previous two SAN-KI-E recitations, add a period of silent seated meditation, and close with the following additional practices:

3. 回向文 *EKO MON* Dedicating Merit

Recite the following one time:

We dedicate the benefits of our work not to small personal satisfaction, but to the advancement of the entire spectrum of energies that makes up the world that we know and have yet to know.

- **As we revel in the touch of love and friendship sent our way, may we will such kindness on to all others immeasurably. (*Maitri*)**
- **As we appreciate the help of those who assist us in times of trouble, may we will such compassion on to all others immeasurably. (*Karuna*)**
- **As we delight in the direct experience of all the wonders of a life fully lived, may we will such joy on to all others immeasurably. (*Mudita*)**
- **As we honor the gift of understanding that results from broadness of vision, may we will such peace of mind on to all others immeasurably. (*Upeksha*)**

May we be of positive influence in the universal experience shared by all.

May the cycles of nature provide for all an abundance of sustenance and prosperity

**...so that all beings in all lands may secure the means to live in peace and dignity,
...thereby permitting all to discern the inclination towards the pursuit of light.**

May all beings be led to the freedom of awakening to supreme wisdom.

May the radiant glory of highest truth illuminate the world to banish confusion and distress.

May our work be auspicious.

May wholeness, significance, and virtue be promoted in every way.



Recite the following one time:

願 似 此 功 德
GAN NI SHI KU DOKU

My pledge! - May all - the me - rit and - vir tue

普 及 於 一 切
FU GYU O IS - SAI

of this - good work - be ex - tend-ed - to all,

我 等 與 衆 生
GA TO YO SHU JO

that I - and all - sen-ti - ent be - ings may

皆 共 成 佛 道
KAI GU JO BUTSU DO

at-tain - the way - to full - a-wake - en-ing.



**Five-part Daily Recitation Meditation Practices for Those Having Taken
SORYO JUKAI TOKUDO Sangha Member Ordination**

As a minimum practice to remind you of your promises, at the start of each morning, sit in front of an appropriately inspiring image and perform the previous two SAN-KI-E recitations plus the following additional practice, add a period of silent seated meditation, and close with the SAN-JU-JO-KAI Dedication of Merit (#3 above):

4. 十四戒 JU-YON KAI 14-Point Mindful Action Code

We vow to live our lives guided by a code of heroic moral ethics!

弟子其甲盡未來際 DE-SHI MU-KO JIN MI-RAI SAI

This seeker vows from this moment to the end of the future:

不殺生 FU-SES-SHO

I protect life and health.

I avoid violence whenever possible.

不偷盜 FU-CHU-TO

I respect the property and space of all.

I avoid taking what has not been offered.

不邪淫 FU-JA-IN

I develop significant relationships.

I avoid abusing others for selfish pleasure.

不妄語 FU-MO-GO

I thoughtfully express the truth.

I avoid the confusion of dishonest words.

I cultivate a positive attitude, a healthy body, and a clear mind.

I avoid whatever would reduce my physical or mental well-being.

不惡口 FU-AK-KU

I communicate health, happiness, and peace of mind to everyone I meet.

I avoid violent, disturbing, and unduly critical speech.



不兩舌 FU-RYO-ZETSU

**I promote harmony and positive momentum to bring out the best in everyone.
I avoid causing alienation, doubt, and division among others.**

不綺語 FU-KI-GO

**I encourage all to speak purposefully from the heart.
I avoid the dull contentment of gossip and small talk.**

不貪欲 FU-TON-YOKU

**I am as enthusiastic about others' fulfillment as I am about my own.
I avoid treating others' successes as the cause of my lacks.**

不瞋恚 FU-SHIN-NI

**I promote the enjoyment of life and encourage others with my smile.
I avoid setting myself against the world.**

不邪見 FU-JA-KEN

**I strive for the personal realization of truth.
I avoid the seductive comfort of narrow-mindedness.**

**I accomplish what must be done in a timely and effective way.
I avoid putting off what will benefit me and my world today.**

**I strive to be so strong that nothing can disturb my peace of mind.
I avoid the negative effects of worry, doubt, and regret.**

**I work to build love, happiness, and loyalty among all members of my family.
I avoid putting temporary personal benefit ahead of the welfare of those I love.**

After a period of silent sitting meditation...

*...perform the GO SHIN BO if you have learned it, and close with recitation of 回向文 EKO
MON Dedicating Merit (#3 above)*

