

GYOHATSŪ NENJU

○ : right after the gassho before sitting down

○ : when everybody is silent

Hands in gasshō

Bus-shō kabira

Sep-pō harana

Nyorai o **ryōki**

Gangu is-sai shū

Jo do makada

nyu metsu kuchira

Gakon toku **futen**

To san rin ku ja ku.

Open the bowl

○ **Shin jin** **pashin** birū **sha no fu**

○ **En mon ho shin** ru**shā no fu**

○ **Sen pai** **kashin** shikyā **mu ni fu**

○ **To rai** **asan** mirū **son bu**

○ **Ji ho san shi** **ishī shi fu**

○ **Dai jin myo** harin **ga kin**

○ **Dai shin bun** jusu **ri bu sa**

○ **Dai jin** **fuen bu sa**

○ **Daihi kan** shiin **bu sa**

○ **Shi son bu sa mo ko sa**

○ **Mo ko hōja ho ro mi.**

gassho – shashu - zazen

○ Hitotsu ni wa, **kō** no tashō o hakari
kano **raisho** o hakaru.

Futasu ni wa onore ga toku**gyō** no
zen ketto hakatte ku ni **ōzu**.

Mitsu ni wa **shin** o fusegi toga o hanaruru koto wa
tontō o **shū** to su.

Yotsu ni wa, masani **ryōyaku** o koto to suru wa
gyōko o **ryōzen** ga tame nari.

Itsutsu ni wa **jōdō** no tame no yue ni
ima kono jiki o uku.

Ino (at noon)

○ **Jiten** kijinshu **Gokin** suji **kyu**

Suji **hen jihō** Ishi kijin **kyu**.

Jo bun san bo **Chu bun** shion

Gekyū roku **do** **Kai do** kuyō.

Ik-ku idan is-sai aku

Sanku ido shoshu **jo**

Niku ishu **is-sai zen**

Kaigu jo butsu **do**.

Before drinking the tea

○ Gashi **sen pas-sui**

Seyo kijin **shu**

On makura **sai** sowaka.

Nyo ten kan ro mi

Shitsu **ryo** toku **bo man**

○○ : before the announcements

○○ : before samu

Ino

○ Shishi **kai jiki kun jiren** kafu **jashī**

Shin shin jin cho ihi kishu **rinbu** joson. ○○ : End