

## GYOHATSŪ NENJU

○ : de suite après le gassho avant de s'asseoir

○ : quand tout est silencieux

Gassho                      **Bus-shō** kabira                      **Jo do** makada  
                                 **Sep-pō** harana                      **nyu** metsu kuchira  
                                 Nyorai o **ryōki**                      **Gakon** toku futen  
                                 **Gangu is-sai shū**                      **To san rin ku** ja ku.

Ouvrir les bols                      ○ **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 seul (à midi)                      ○ **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                      Niku ishu **is-sai zen**  
**Sanku** ido shoshu **jo**                      **Kaigu jo** butsu **do.**

Avant de boire la tisane :                      ○ Gashi **sen pas-sui**                      **Nyo ten kan** ro mi  
                                 Seyo kijin **shu**                      Shitsu **ryo** toku **bo man**  
                                 **On** makura **sai** sowaka.

○○ : avant les annonces

○○ : avant samu

Ino seul                      ○ **Shishi kai jiki kun,**                      **Jiren kafu jashī,**  
                                 **Shin shin jin cho** **ihī,**                      **Kishu rinbu josen.** ○○ : fin