

GYOHATSU NENJU

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 rushā 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.

At « hakari » put the hands in shashu, then in zazen mudra

Hitotsu ni wa, kō no tashō o hakari kano raisho o hakaru.
Futatsu ni wa onore ga tokugyō 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.*

Put the spoon in the bowl

Jo bun san bo Chu bun shion
Gekyū roku do Kai do kuyō.

Raise the bowl at face level

Ik-ku idan is-sai aku Niku ishu is-sai zen
Sanku ido shoshu jo Kaigu jo butsu do.

Hold the bowl at face level before drinking the tea

Gashi sen passui
Nyo ten kan ro mi
Seyo kijin shu
Shitsu ryo toku bo man
On makura sai sowaka.

Ino

Shishi kai jiki kun, *Jiren kafu jashī,*
Shin shin jin cho ihi, *Kishu rinbu joson.*