

GYOHATSU NENJU

Hands in gasshō

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.

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 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.

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Ino (at noon)
Bread for the *gakis*

Jiten kijinshu
Suji hen jihō

Gokin suji kyu
Ishi kijin kyu.

Spoon in the bowl

Jo bun san bo
Gekyū roku do

Chu bun shion
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.

Before drinking the tea:

Raise the bowl at
face level

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,
Shin shin jin cho ihi,

Jiren kafu jashī,
Kishu rinbu joson.



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