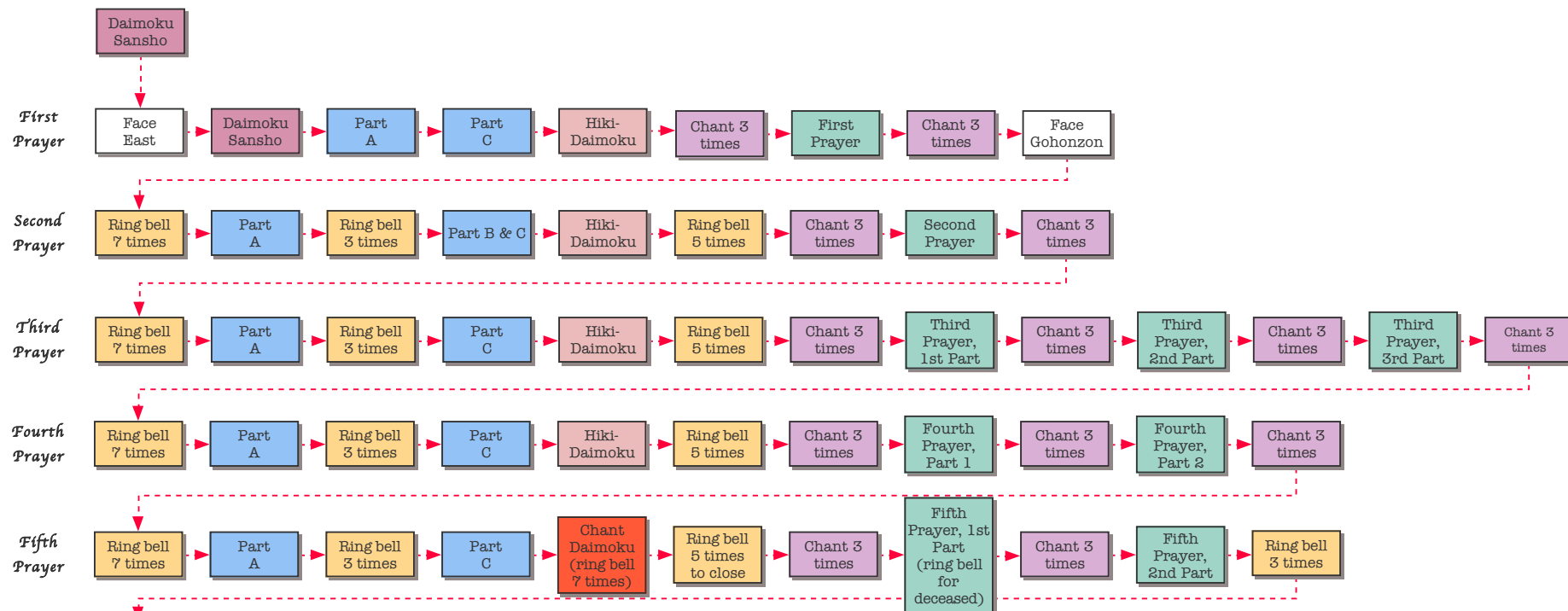


Morning Gongyo



Key Terms

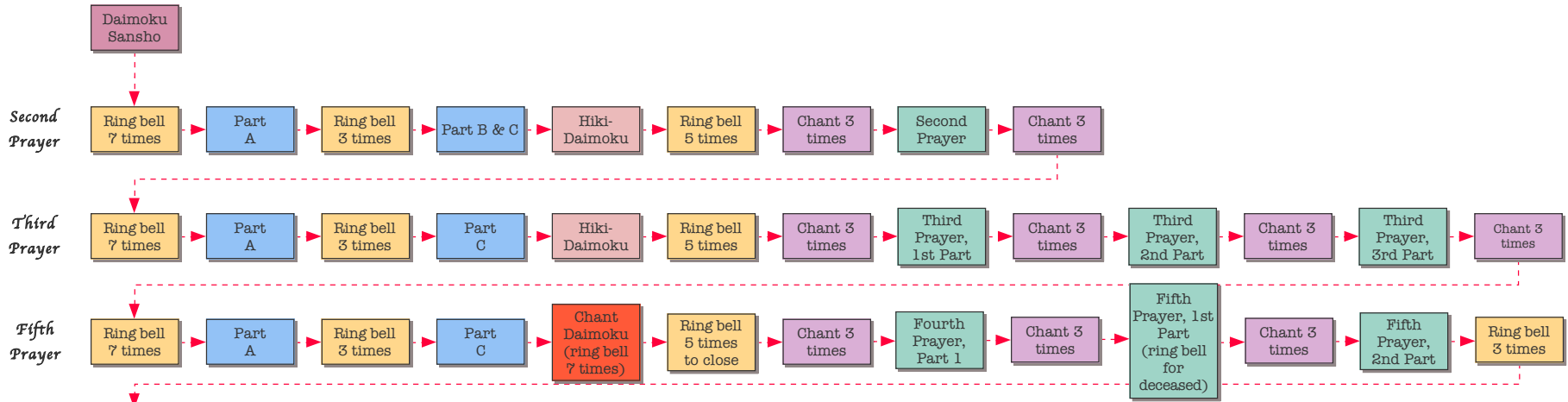
Daimoku: Chanting "Nam-MyoHo-Renge-Kyo" repeatedly
Daimoku Sansho: Chanting "Nam-MyoHo-Renge-Kyo" 3 times slowly

Part A: From "MyoHo-Renge-Kyo, Ho-ben-pon. Dai ni." (pg 1) to "Nyo zen hon-mak ku kyo to." (pg 4)
 Part B: From "MyoHo-Renge-Kyo, Nyo-rai ju-ryo-hon. Dai ju-roku" (pg 5) to "Ni setsu ge gon" (pg 22)
 Part C: From "Ji ga toku bud' rai" (pg 22) to "Soku jo-ju bus-shin." (pg 31)

Hiki-Daimoku: Chant "Namu" (inhale) "MyoHo-Renge-Kyo, Namu" (inhale) "MyoHo-Renge-Kyo, Namu" (inhale) "MyoHo-Renge-Kyo"



Evening Gongyo



Key Terms

Daimoku: Chanting "Nam-MyoHo-Renge-Kyo" repeatedly
Daimoku Sansho: Chanting "Nam-MyoHo-Renge-Kyo" 3 times slowly

Part A: From "MyoHo-Renge-Kyo, Ho-ben-pon. Dai ni." (pg 1) to "Nyo zen hon-mak ku kyo to." (pg 4)
 Part B: From "MyoHo-Renge-Kyo, Nyo-rai ju-ryo-hon. Dai ju-roku" (pg 5) to "Ni setsu ge gon" (pg 22)
 Part C: From "Ji ga toku bud' rai" (pg 22) to "Soku jo-ju bus-shin." (pg 31)

Hiki-Daimoku: Chant "Namu" (inhale) "MyoHo-Renge-Kyo, Namu" (inhale) "MyoHo-Renge-Kyo, Namu" (inhale) "MyoHo-Renge-Kyo"