

# **The Manner of Shakyo & Shabutsu**

## **Purify the body**

Before you begin, purify your body by washing your hands and rinsing your mouth. Put powdered incense on your hands. Prepare your ink and station quietly and mindfully. Put on a facemask that covers your nose and mouth.

## **Meditation**

Silently meditate for five to ten minutes in order to calm & clear your mind.

## **Read the Sutra**

When your mind is clear, put your hands together in Gassho, chant the Odaimoku three times, then read one of the following passages aloud:

*{Shakyo (Ch. 28, page 346-347 Third Edition)}*

“Anyone who keeps, reads and recites this Sūtra of the Lotus Flower of the Wonderful Dharma, memorizes it correctly, studies it, practices it, and copies it, should be considered to see me, and hear this sūtra from my mouth. He should be considered to be making offerings to me. He should be considered to be praised by me with the word ‘Excellent!’ He should be considered to be caressed by me on the head. He should be considered to be covered with my robe.” Namu Myoho Renge Kyo.

*{Shabutsu (Ch 2, page 42 Third Edition)}*

“Those who drew or caused others to draw in color / A picture of the Buddha adorned with his physical marks, / Each mark representing one hundred merits, / Have already attained the enlightenment of the Buddha.

The boys who by playing drew / A picture of the Buddha / With a piece of grass or wood, / Or with a brush, / Or with the back of their fingernails, / Became able to accumulate merits one by one. / Having great compassion towards others, / They attained the enlightenment of the Buddha, / Taught only Bodhisattvas, / And saved many living beings.” Namu Myoho Renge Kyo.

## **Copy**

Take a brush or pen and begin.

*If you must get up during your practice, please be mindful of others. Chant Odaimoku three times before you leave and again when you return.*

## **Finishing**

At the end of your session, please read this prayer aloud (Ch. 7, page 142 Third Edition):

May the merits we have accumulated by this offering / Be distributed among all living beings, / And may we and all other living beings / Attain the enlightenment of the Buddha!

Namu Myoho Renge Kyo,  
Namu Myoho Renge Kyo,  
Namu Myoho Renge Kyo.

**Save your drawings and offer them to your altar. If you must dispose of them, mail them to: Nichiren Buddhist Kannon Temple of Nevada, 1600 E. Sahara Ave., Las Vegas, NV 89104, along with donation for the special Burning Ceremony.**

