

## The Miraculous Power of Words and Phrases or *Koto-dama* (言霊)

June 2, 2013

At this Kannon Temple of Nevada we often recite and chant Japanese words and phrases even though you do not understand the words at all. I am not suggesting that you to learn Japanese, but I would like you to understand that the words and phrases have miraculous power.

Please look at the systematic table of the Japanese syllables. At the top line, we pronounce the vowels, あ い う え お。 The first vowel, “あ” is the same sound with “Ah!” in English. The second vowel “い” is like “easy.” The third “う” is “u” in “you” in English. “え” is the same pronunciation with “red” or “egg.” And “お” is in “oak.” Let us pronounce them, just vowels; あ い う え お。 I will not go through all 50 pronunciations now, but please look at the last one, “ん。” There are no words that start with this character “ん。” It is always at the end of words. When you lift up something heavy, you must put some strength to your lower abdomen like ‘nn’, and then lift it up. It produces power and energy.

Please look at these two Buddhist brawny muscles statues of Nioh, 仁王。 They are the guardian gods at a temple gate. They have Herculean strength so that these two statues protect the temple from evil. Look at their mouth carefully. One of them opens his mouth saying “あ” while the other one saying “ん。”

Today during the meditation we practiced deep breathing. We must exhale first in order to empty the lungs while we say “あ---,” and also push in your lower abdomen. When we inhale, we cannot say anything, but swell out your lower abdomen and slowly inhale so your abdomen will push outward this time.

When we recite the Buddhist scriptures, and when we chant Odaimoku, “Namu Myoho Renge Kyo,’ we are supposed to use this technical method of exhale and inhale. When you

chant, please take a long inhale, even though you stop chanting vocally but chanting mentally. Once we start chanting the sutra in Japanese, we do not stop; that means, we take turn to inhale while others chanting. When you chant in this method, you feel energy within yourself and your body warmed up. As the result you will be healthier and clear in your mind and soul.

Using this technical method, I pray soulfully every morning and evening here at this Kannon Temple. This morning you wrote your name and prayers on this prayer form, I read all of them and pray for you every morning for a month. When you attend this monthly Okaji Blessing next month, you will receive this one and replace with your new prayers. Then my prayers may have miraculous power. You can do the same by practicing. Our spoken words have energy and power; therefore, you should avoid any negative words. Be careful our spoken words in any language have both positive and negative words. Be an optimist. When you say, "I am happy," you will be happy. When you say, "I am lucky," you will be lucky.

I'll tell you to practice in becoming a lucky person. When you see a digital watch or clock and a same number like 5:55, or 12:00 exactly, say loudly, "I am lucky!" Your spoken word, "Lucky," will bring you some good luck. It is magic of a saying, "Like attract like!"