

Shakyo Manner

*Before starting *Shakyo*, create a quiet space where you will not be disturbed, preferably in front of your *butsudan* or home altar.

1. Purification of the Body

Before you take a seat, please wash your hands and gargle with water. Rub your palms with incense lightly.

2. Meditation

Calm the mind and relax for about five minutes.

3. Chant the Following Sutra:

Odaimoku (Namu Myo Ho Renge Kyo) 3 times, then:

"If there is a man or woman who keeps, reads, memorizes and copies this sutra, he or she should know that this person sees the Sakyamuni Buddha just as listening to the Buddha Dharma directly from the Buddha's mouth.

He or she should know that this person offers the sutra to the Buddha.

He or she should know that the Buddha praises this person.

He or she should know that the Buddha puts his hand on this person's head.

He or she should know that the Buddha covers this person's body with his robe."

Chant *Odaimoku* once.

4. Tracing the Sutra (*Shakyo*)

Start tracing the sutra. (pen or thin marker pen ok)

5. After Finishing *Shakyo*, Chant the Following Sutra:

"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."

6. Chant *Odaimoku* Three Times

Complete *Shakyo* with date, name, address and special prayer or dedication to deceased ancestors.