



Guidance for Prayer at the Shrine of Soshin Kangiten

Please note: photos of the shrine or the image within are not permitted.

1. Come to the shrine clean in body and mind.

Bathe and wear clean clothing. If possible, on the day of your visit before arriving please abstain from alcohol or other intoxicants, meat and fish, and pungent vegetables like onions, garlic, scallions, and chives.

2. Traditional offerings to bring include one of the following:

- A clean, uncut/unpeeled daikon radish
- Small pastries or sweets (wrapped)
- Sake: sealed single-serving containers
- Rice, mochi, whole fruit, or fresh seasonal produce

However, anything you offer sincerely is appropriate, other than animal products and the pungent vegetables mentioned above.

3. Approach quietly and respectfully. Present the offering on the front shelf of the shrine (if it is small and light) or on the flat stone below (if larger or heavier). Bow, and place your hands together in gassho.

It is good to begin by expressing gratitude for blessings already received in your life.

4. Recite the HEART SUTRA if you are able. *See reverse.*

5. Recite the KANGITEN MANTRA seven times: ON KIRIKU GYAKU UN SOWAKA

6. State your prayer sincerely, clearly, and briefly.

Pray only for a proper purpose. Do not pray for anything immoral, or for harm or misfortune to come to another person. Material wishes are not improper, if they do not arise from selfish greed. In all cases, prayer should be accompanied by gratitude, followed by upright conduct and sincere personal effort in one's life.

7. Do not make promises that you cannot fulfill.

For example, if you pray, "Please grant my wish, and I will definitely do such-and-such," it is crucial that you follow through completely.

8. Conclude by placing your hands in gassho and bowing respectfully.

9. Should your prayer be answered, return promptly to report its fulfillment and offer thanks.

It is traditionally considered very important to return to Kangiten to express gratitude, as soon as possible. Bring a suitable offering as described above, or make a donation to the temple, or do whatever you can according to your means.

MAKAHANNYA HARAMITTA SHINGYO

KAN-JI-ZAI-BO-SA^{TSU}, GYO-JIN-HAN-NYA HA-RA-MIT-TA-JI, SHO-KEN-GO-ON-KAI-KU, DO IS-SAI KU-YAKU. SHA-RI-SHI, SHIKI-FU-I-KU, KU-FU-I-SHIKI, SHIKI-SOKU-ZE-KU, KU-SOKU-ZE-SHIKI, JU-SO-GYO-SHIKI, YAKU-BU-NYO-ZE. SHA-RI-SHI, ZE-SHO-HO-KU-SO, FU-SHO FU-METSU, FU-KUFU-JO, FU-ZO FU-GEN. ZE-KO KU-CHU, MU-SHIKI MU-JU-SO-GYO-SHIKI, MU-GEN-NI-BI-ZESSHIN-I, MU-SHIKI-SHO-KO-MI-SOKU-HO, MU-GEN-KAI-NAI-SHI-MU-I SHIKI-KAI-MU-MU-MYO-YAKU MU-MU-MYO-JIN, NAI-SHI-MU-RO-SHI, YAKU-MU-RO-SHI JIN, MU-KU SHU-METSU-DO, MU-CHI-YAKU MU-TOKU. I-MU SHO-TOK-KO, BO-DAI-SAT-TA, E-HAN-NYA HA-RA-MI-TA-KO, SHIN-MU-KEI-GE, MU-KEI-GE-KO, MU-U-KU-FU, ON-RI IS-SAI TEN-DO MU-SO, KU-GYO, NE-HAN. SAN-ZE SHO-BUTSU, E HAN-NYA HA-RA-MI-TA-KO, TOKU-A-NOKU TA-RA-SAN MYAKU-SAN-BO-DAI. KO-CHI HAN-NYA HA-RA-MIT-TA, ZE-DAI-JIN-SHU, ZE-DAI-MYO-SHU, ZE-MU-JO-SHU, ZE-MU-TO-DO-SHU. NO-JO IS-SAIKU, SHIN JITSU FU-KO, KO SETSU HAN-NYA HA-RA-MIT-TA-SHU. SOKU SETSU-SHU-WATSU, “GYA-TEI GYA-TEI, HA-RA-GYA-TEI HARASO GYA-TEI, BO-JI SOWAKA.” HANNYA-SHINGYO.