



Let's do Shakyo at home

By putting our wholehearted effort into writing each character, we reflect on ourselves.

1 Preparation for Shakyo

Make sure you have the shakyo paper, a felt mat to place under the paper (or something similar), a brush and black ink.

It's OK to use a brush pen or ballpoint pen.

2 Relax your mind

Whether you are sitting in "Seiza" style or on a chair, have good posture and take a deep breath. Then put your hands in Gassho, and recite, "Namu Shakyamuni Butsu".



3 Start copying

Copy each character of the sutra slowly and carefully with full concentration.

If you make a mistake...

Write a small dot on the RIGHT side of the incorrect character, and then write the correct character in the space above or below the dot. In case you have omitted a character, write a small dot on the RIGHT side of the position where the character is supposed to be. Then, write the correct character below the dot.

4 Put your feelings into the Shakyo - write the reason why you are doing the Shakyo

If you are writing in memory of someone who had passed away :

Write this at the end : 右為 and either

[the kaimyo (Buddhist name) of a beloved family member] or
[your family name "家先祖代々"]
and finally "追善供養".

If you are writing to pray and wish for something :

Write one or more of these wishes at the end :

交通安全 safe driving

心願成就 achievement of your dream

病氣平癒 recovery from illness

家内安全 May my family be blessed and healthy

学業成就 academic achievement

世界平和 peace all over the world

諸縁吉祥 good relationship with everyone and everything in the universe or another wish not written here.

On the next line, indent and write the date that you complete the Shakyo, and on the next line write your full name above "敬写".



5 When you are finished

Put your hands in Gassho, and recite, "Namu Shakyamuni Butsu" .