

## **ROKU HARAMITSU**

Mihotoke sama no mikokoro ni tachikae rasasete itadaite:

1. Hitotsu, kyo ichijitsu, kiyorakana manako, atatakai nasake, tsutsumashi yakana taidode kurashimasho;
2. Hitotsu, kyo ichijitsu, hara wo tatematsumai;
3. Hitotsu, kyo ichijitsu, fuhei, fusoku, uso wo moshimasumai;
4. Hitotsu, kyo ichijitsu, watakushi no shigoto ni zenshin, zenryoku wo agete, tsukusasete itadakimasho;
5. Hitotsu, kyo ichijitsu, yoru hiru tsune ni, watakushi wo mamorasetamo wo, Mihotoke no go-on wo yorokobasasete itadakimasho;
6. Hitotsu, kyo ichijitsu, NAMO AMIDA BUTSU wo tonaesasete itadakimasho;

## **SIX PARAMITAS- Turning Our Thoughts to the Buddha**

1. Let us throughout the day, live with clear eyes, warm hearts, and humble attitude;
2. Let us throughout the day, not become angry;
3. Let us throughout the day, not utter words of discontent, dissatisfaction and untruth;
4. Let us throughout the day, do our daily work with all our power;
5. Let us throughout the day, rejoice in the Love and Compassion of the Buddha, who is constantly watching over us day and night;
6. Let us throughout the day, repeat the Holy Name, NAMO AMIDA BUTSU;

## **PROMISE**

The Buddha is our Eternal Father and Mother; the Buddha always keeps watch over us. We promise to listen to the Teachings of the Buddha, and perfect ourselves by following the Buddha's ideals.