

**INTERNATIONAL
ENGLISH GONGYO
for SGI Members from
English Speaking
Countries other than the
United States and
Canada**

*An unofficial pronunciation
guide for the SGI Gongyo.*
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1. Nam myo ho ren-ge kyo.

UNDERLINED words are
said in ONE BEAT

*Expedient Means
PART A*

2. Myo-ho ren-ge kyo
3. Ho-ben-pon. Dai ni.
4. Ni-ji se-son.
5. Ju san-mai
6. An-jo ni ki.
7. Go shari-hotsu.
8. Sho-but chi-e.
9. Jin-jin mu-ryo.

10. Go chi-e mon.
11. Nan-ge nan-nyu.
12. Is-sai sho-mon.
13. Hyaku-shi-butsu.
14. Sho fu no chi.
15. Sho-I sha ga.
16. Butsu zo shin-gon.
17. Hyaku sen man noku.
18. Mu-shu sho butsu.
19. Jin gyo sho-butsu.
20. Mu-ryo do-ho.
21. Yu-myo sho-jin.
22. Myo-sho fu mon.
23. Jo-ju jin-jin.
24. Mi-zo-u ho.
25. Zui gi sho setsu.
26. I-shu nan-ge.
27. Shari-hotsu.
28. Go ju jo-butsu i-rai.
29. Shu-ju in-nen.
30. Shu-ju hi-yu.
31. Ko en gon-kyo.
32. Mu shu ho-ben.
33. In-do shu-jo.
34. Ryo ri sho jaku.
35. Sho-I sha ga.
36. Nyo-rai ho-ben.
37. Chi-ken hara-mitsu.
38. Kai I gu-soku.
39. Shari-hotsu.
40. Nyo-rai chi-ken
41. Ko-dai jin-non.
42. Mu-ryo mu-ge.
43. Riki.
44. Mu-sho-i.
45. Zen-jo.
46. Ge-das.
47. San-mai.

48. Jin nyu mu-sai.
49. Jo-ju is-sai.
50. Mi-zo-u ho.
51. Shari-hotsu.
52. Nyo-rai no.
53. Shu-ju fun-betsu
54. Gyo ses sho ho.
55. Gon-ji nyu-nan.
56. Ek-ka shu-shin.
57. Shari-hotsu
58. Shu yo gon shi.
59. Mu-ryo mu-hen.
60. Mi-zo-u ho.
61. Bus shitsu jo-ju.
62. Shi shari-hotsu.
63. Fu shu bu setsu
64. Sho-I sha ga.
65. Bus sho jo-ju.
66. Dai I-chi ke-u.
67. Nan-ge shi ho.
68. Yui butsu yo butsu.
69. Nai no ku-jin.
70. Sho-ho jis-so.

Repeat Three Times

71. Sho-I sho-ho.
72. Nyo ze so.
73. Nyo ze sho.
74. Nyo ze tai.
75. Nyo ze riki.
76. Nyo ze sa.
77. Nyo ze in.
78. Nyo ze en.
79. Nyo ze ka.
80. Nyo ze ho.
81. Nyo ze hon-mak ku-kyo to.

Life Span PART C

1. Myo ho ren ge kyo
2. Nyo-rai ju-ryo-hon.
3. Dai ju-ro-ku.
4. Ji ga toku bur rai.
5. Sho kyo sho kos-shu.
6. Mu-ryo hyaku sen man.
7. Oku sai A-so-gi.
8. Jo sep-po kyo-ke.
9. Mu-shu oku shu-jo.
10. Ryo nyu o butsu-do.
11. Ni-rai mu-ryo ko.
12. I do shu-jo ko.
13. Ho-ben gen ne-han.
14. Ni jitsu fu metsu-do.
15. Jo ju shi sep-po.
16. Ga jo ju o shi.
17. I sho jin-zu-riki.
18. Ryo ten-do shu-jo.
19. Sui gon ni fu ken.
20. Shu ken ga metsu-do.
21. Ko ku-yo sha-ri.
22. Gen kai e ren-bo.
23. Ni sho katsu-go shin.
24. Shu-jo ki shin-buku.
25. Shichi-jiki I nyu-nan.
26. Is-shin yok ken butsu.
27. Fu ji shaku shin-myo.
28. Ji ga gyu shu-so.
29. Ku shutsu ryo-ju-sen.
30. Ga ji go shu-jo.
31. Jo zai shi fu-metsu.
32. I ho-ben-rik ko.
33. Gen u metsu fu-metsu.
34. Yo-koku u shu-jo.
35. Ku-gyo shin-gyo sha.
36. Ga bu o hi chu.
37. I setsu mu-jo ho.

38. Nyo-to fu mon shi.
39. Tan ni ga metsu-do.
40. Ga ken sho shu-jo.
41. Motsu-zai o ku-kai.
42. Ko fu i gen shin.
43. Ryo go sho katsu-go.
44. In go shin ren-bo.
45. Nai shutsu i sep-po.
46. Jin-zu-riki nyo ze.
47. O A-so-gi ko.
48. Jo zai ryo-ju-sen.
49. Gyu yo sho ju-sho.
50. Shu-jo ken ko jin.
51. Dai ka sho sho ji.
52. Ga shi do an-non.
53. Ten-nin jo ju-man.
54. On-rin sho do-kaku.
55. Shu-ju ho sho-gon.
56. Ho-ju ta ke-ka.
57. Shu-jo sho yu-raku.
58. Sho-ten gyaku ten-ku.
59. Jo sas shu gi-gaku.
60. U man-da-ra ke.
61. San butsu gyu daishu.
62. Ga jo-do fu ki.
63. Ni shu ken sho jin.
64. U-fu sho ku-no.
65. Nyo ze shitsu ju-man.
66. Ze sho zai shu-jo.
67. I aku-go in-nen.
68. Ka A-so-gi ko.
69. Fu mon san-bo myo.
70. Sho u shu ku-doku.
71. Nyu-wa shichi-jiki sha.
72. Sok-kai ken ga-shin.
73. Zai shi ni sep-po.
74. Waku-ji i shi shu.
75. Setsu butsu-ju mu-ryo.

76. Ku nai ken bus-sha.
77. I setsu butsu nan chi.
78. Ga chi-riki nyo ze.
79. E-ko sho mu-ryo.
80. Ju-myo mu-shu ko.
81. Ku shu-go sho toku.
82. Nyo-to u chi sha.
83. Mot to shi sho gi.
84. To dan ryo yo jin.
85. Butsu-go jip pu-ko.
86. Nyo i zen ho-ben.
87. I ji o shi ko.
88. Jitsu zai ni gon shi.
89. Mu no sek ko-mo.
90. Ga yaku i se bu.
91. Ku sho ku-gen sha.
92. I bon-bu ten-do.
93. Jitsu zai ni gon metsu.
94. I jo-ken ga ko.
95. Ni sho kyo-shi shin.
96. Ho-itsu jaku go-yoku.
97. Da o aku-do chu.
98. Ga jo chi shu-jo.
99. Gyo do fu gyo do.
100. Zui o sho ka do.
101. I ses shu-ju ho.
102. Mai ji sa ze nen.
103. I ga ryo shu-jo.
104. Toku nyu mu-jo do.
105. Soku jo-ju bus-shin.

FORMAT OF GONGYO

Morning:

- (1) **Ring the bell;**
- (2) Chant 3 Daimoku;
- (3) **Chant 3 Daimoku;**
- (4) Offer 1st Prayer;
- (5) **Chant 3 Daimoku;**

- (6) Ring the bell;
- (7) **Recite Part A;**
- (8) Ring the bell;
- (9) **Recite Part C;**
- (10) Chant Daimoku and ring the bell at start of Daimoku;
- (11) **Ring the bell to end Daimoku;**
- (12) Chant 3 Daimoku;
- (13) **Offer 2nd Prayer;**
- (14) Chant 3 Daimoku;
- (15) **Offer 3rd Prayer;**
- (16) Chant 3 Daimoku;
- (17) **Offer 4th Prayer with 3 Daimoku after sentence 2.**
- (18) Ring the bell after sentence 3;
- (19) **Chant 3 slow Daimoku.**

Evening: Same as Morning, except, SKIP 3, 4, and 5.

1st Silent Prayer: I offer appreciation to the functions in life and the environment (shoten zenjin) that serve to protect us and pray that these protective forces be further strengthened and enhanced through my practice of the law.
2nd Silent Prayer: I offer profound appreciation and pray to repay my debt of gratitude to the Dai- Gohonzon of the Three Great Secret Laws, which was bestowed upon the entire world; to Nichiren Daishonin, the Buddha of the Latter Day of the Law; and to Nikko Shonin. I offer

appreciation and pray to repay my debt of gratitude for Nichimoku Shonin.

3rd Silent Prayer: I pray that the great desire for kosen-rufu be fulfilled and that the Soka Gakkai International develop in this endeavor for countless generations to come. I offer appreciation and pray to repay my debt of gratitude for the three founding presidents-- Tsunesaburo Makiguchi, Josei Toda and Daisaku Ikeda--as eternal models of selfless dedication to the propagation of the Law.

4th Silent Prayer: I pray to bring forth Buddhahood from within my life, change my karma and fulfill my wishes in the present and the future. (*Offer additional prayers here.*)

I pray for my deceased relatives and for all those who have passed away, particularly for these individuals: (*Sound the bell continuously while offering prayers.*)

I pray for peace throughout the world and the happiness of all living beings.

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