

Gyohatsunenju

Ouvrir les bols

Bussho Kapila **Jodo** Makada
Seppo Harana Nyumetsu Kuchira
Nyorai **oryoki** Ga **kon** toku futen
Gan gu **issai shu To sanrin kujaku.**

*Gassho
Shashu
Zazen*

Shin jin pa **shin** Birusha no fu
Enmon hoshin Rusha no fu
Sen pa i kashin Shikyamuni fu
Torai a **san** Miruson fu
Jiho san shi ishi shi fu
Dai jin Myoha ringakin
Dai shin Bunjusuri busa
Dai jin Fuen busa
Dai hi kanshiin busa
Shi son busa mokosa
Moko hoja horomi.

Hitotsu ni wa **ko** no tasho o hakari
Ka no **raisho** wo hakaru.
Futatsu ni wa onorega toku **gyo** no
Zen ketto hakatte kuni **o** zu.
Mitsu ni wa **shin** fusegi toga o hana ru ru ko to wa
Tonto o shu to su.
Yotsu ni wa masa ni ryoyaku o koto to suru wa
Gyoko o ryo **zen** ga tamenari.
Itsutsu ni wa **jodo** no tame no yue ni
Ima kono jiki o uku.

Godô/ino

Jiten ki **jin** shu, Go **kin** suji kyu.
Suji **hen ji ho**, Ishi ki **jin** kyu.

Cuillères et baguettes

Jobun sambo, Chubun shi on.
Gekyu roku **do, Kai do** kuyo.

Lever le bol de Bouddha

Ikku i **dan issai** a ku
Niku i shu **issai zen**
San ku i do sho shu **jo**
Kai gu **jo** butsu **do.**

Offrir l'eau

Ga shi **sen passui, Nyo ten kanro mi,**
Se yo **kijin shu, Shitsuryo** toku **bo man,**
On makurasai so wa ka.

Godô/ino

Shi shi **kai jiki kun,** jiren ka fu ja **shi**
Shin shin jin cho i hi, Ki shu **rin bu jo son.**

Syllabes longues = syl. en gras.