



THE TEN-PHRASE LIFE-PROLONGING SUTRA (EMMEI JUKKU KANNON GYO)



Hakuin Ekaku (1686-1769), Two Blind Men Crossing a River

Towards the end of his life, the great Zen Master Hakuin (1689-1769) (self-portrait below left) took an increasing interest in life outside the monastery and in the lives and practices of his lay disciples, government ministers and the aristocracy.

In a letter dated 1754 to Lord Nabeshima he tells of the virtues required of a good leader and the merits attached to recitation of the *Enmei Jukku Kannon Gyo* (Ten Phrase Life Prolonging Kannon Sutra).

Along with the letter he sent a copy of the Sutra and told Lord Nabeshima of the miracles that were associated with its recitation, both in China and Japan.



Hakuin expresses the hope that his lordship will recite it two or three hundred times each day and encourage his retainers, the uneducated and illiterate, to do so as well. He goes on: 'The reason lies in the testing. Give this to those who are seriously ill or have met with disaster for their consolation.

If it is recited with sincerity, miracles will without fail be accomplished and the person who recites it will be free from disease and attain a long life. This applies to anyone at all.'



THE TEN-PHRASE LIFE-PROLONGING SUTRA

KANZEON!
SALUTATION AND DEVOTION TO THE BUDDHA!
WE ARE ONE WITH THE BUDDHA
IN CAUSE AND EFFECT
RELATED TO ALL BUDDHAS
AND TO BUDDHA DHARMA AND SANGHA.
OUR TRUE NATURE IS
ETERNAL, JOYOUS, SELFLESS AND PURE.
SO LET US CHANT EVERY MORNING
KANZEON WITH NEN (ATTENTION)
EVERY EVENING KANZEON WITH NEN!
NEN NEN ARISES FROM MIND
NEN NEN IS NOT SEPARATE FROM MIND.

EMMEI JUKKU KANNON GYO

KAN-ZE-ON NA-MU BUTSU
YO BUTSU U IN
YO BUTSU U EN
BU PO SO EN
JO RAKU GA JO
GHO NEN KAN-ZE-ON
BO NEN KAN-ZE-ON
NEN NEN JU SHIN KI
NEN NEN FU RI SHIN

延命十句觀音經
 觀世音南無佛
 與佛有因與佛有緣
 佛法僧緣常樂我淨
 朝念觀世音暮念觀世音
 念念從心起念念不離心
 延命十句觀音經