

THREE STYLES OF NEMBUTSU



Shin Buddhist Fellowship UK

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There are at least three styles for reciting the *nembutsu* in Jodo Shu Buddhism, and these are:

1. **Jūnen** (十念) – this just means to recite the *nembutsu* ten times consecutively, and is inspired by the 18th vow of Amida Buddha from the *Sutra of the Buddha of Immeasurable Life* ([link to Hisao Inagaki comprehensive translation from here](#)).
2. **Nembutsu Ichi-é** (念仏一会) – this just means to recite the *nembutsu* over and over without a particular number in mind.
3. **Sanshōrai** (三唱礼) – this means the “three prostrations”. It’s a particular style of *nembutsu* recitation used in some services where you recite the *nembutsu* three times -in ‘strident’ or ‘penetrating’ monotones (e.g. *naaaaaa maaaaan daaaaa buuuuu*), then bow – with *gassho* and *onjue* - at the end of the third recitation. The cycle then repeats two more times (3 x 3 = 9 times total). This is the version that we perform as the penultimate chant in the SBFUK Buddha Service.