

TEN-PHRASE LIFE-PROLONGING SUTRA



Shin Buddhist Fellowship UK

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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
 CHO 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

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.