

THREE RITUALISED FORMS OF NEMBUTSU

DHARMA ARCHIVE ENTRY #20

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.
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.