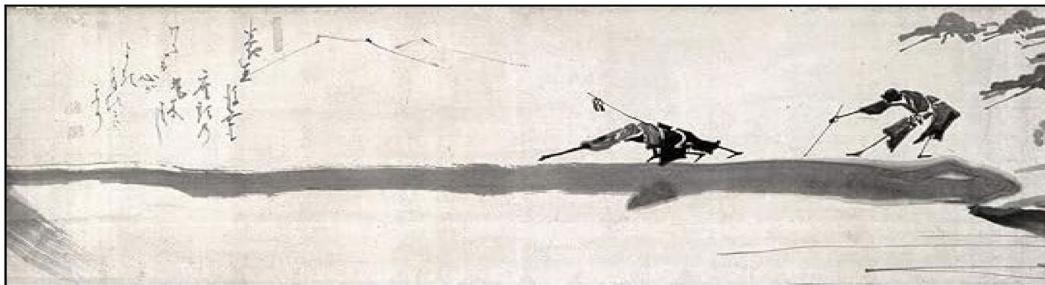


# TEN PHRASE LIFE PROLONGING SUTRA (EMMEI JUKKU KANNON GYO)



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.'

**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  
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