

H9 B!D< F5 G9 '@ 9 !DF C @CA<=B; 'G! HF5  
 f9 AA9=>I ??I ?5 BBCB'; MC'L



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

