

KISSHUKU GE KISSAI GE
(BEFORE BREAKFAST) (BEFORE LUNCH)

SHU YU JU RI SAN TE RU MI
MYO I AN JIN SHI FU GYU ZUN
GOHO BU HEN HAKAI YU JIN
KYU KIN JO RA FU ZUN KYUN NYO

SA BA GE (VERSES OF THE HUNGRY GHOST)

JITEN KIJIN SHU. GOKIN SUJI KYU. SUJI
HEN JIHO. ISHI KIJIN KYU.

GO KAN MIN (THE FIVE REFLECTIONS)

HITO TSUNI WA. KO NO TASHO O HAKA RI
KANO RAI SHO O HAKA RU. FUTA TSUNI
WA. ONO REGA TOKU GYO NO ZEN KET TO
HAKA ATTE KUNI O ZU. MITSU NIWA SHIN
O FUSE GI TOGA TON TO O HANA RURU O
SHU TOSU YOTTSU NIWA MASA NI RYO YAKU
O KOTO TO SURU WA GYO KO RYO ZEN GA
TAME NARI ITSU TSUNI WA DO GYO O JYO
ZEN GA TAME NI MASA NI KONO JIKI O
UKU BE SHI.

SAN SHI GE (THE THREE MORSELS OF FOOD)

IKU IDAN IS SAI AKU NIKU I SHU IS SAI
ZEN SAN KUI DO SHOSHU JO KAI KU JO
BUTSU DO.

SESSUI GE (AFTER WASHING UP)

GASHI SEN PA SUI NYOTEN KAN ROMI SEYO
KIJIN SHU SHI RYO TOKU BO MAN OM
MAKURA SAI SOWA KA.

SHUKU HITSU GE JIKI HITSU GE
(AFTER BREAKFAST) (AFTER LUNCH)

NYAKKI SHUKU I BON JI KI KO CHI
TO GAN SHUJO SHIKI RIKI JU
SHOSA KAI BEN ISHIN JIP PO SAN
GUSHO BU PO ZEYU E IN TEN KA
FUSAI NEN I SSAI
SHUJO YAKU JIN ZU

