

**Gongyo (Goin' gee yo)**  
**Prayer Pronunciation**  
**Guide of Japanese**  
**Names:**

"Nichiren Daishonin"  
Knee chee wren Dye show neen  
"Dai Gohonzon"  
Dye Go hone zone  
"Nikko"  
Neek co (Neek rhymes with  
"peek")  
"Nichimoku"  
Knee chee mow coo  
"Soka Gakkai"  
So kaa Gaak ky (Gaak rhymes  
with "rock"; "ky" rhymes with  
"by")  
"Kosen Rufu"  
Co sen Rue foo (Rue, a French  
street)  
"Tsunesaburo Makiguchi"  
TSue nay saa boo row  
Ma key goo chee (as in  
"Tsunami")  
"Josei Toda"  
Joe say Toe daa  
"Daisaku Ikeda"  
Dye saa coo E K daa  
"shoten zenjin"  
show ten zen gene

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Shaded words are often  
mispronounced during Gongyo.  
UNDERLINED words are said  
in ONE BEAT.

1. Nam myo ho ren-ge kyo  
Nam me yo ho wren ge(t) key yo  
As in "wren" a bird, twirl the "r"  
"ge(t)" is get without "t"

*Expedient Means*  
**PART A**

2. Myo-ho ren-ge kyo  
Me yo ho wren ge(t) key yo
3. Ho-ben-pon. Dai ni.  
Ho Ben pone. Dye knee.  
As in corn "pone"
4. Ni-ji se-son.  
Knee G se(t) sewn.  
"G" is the letter "g"

5. Ju san-mai  
Ju saan my.  
"saan" rhymes with con
6. An-jo ni ki.  
Aan Joe knee key.
7. Go shari-hotsu.  
Go sha ri hoat Sue.  
"shari" rhymes with sorry  
"hoat" rhymes with "oat"
8. Sho-but chi-e.  
Show boot chee A.
9. Jin-jin mu-ryo.  
Gene gene moo rio.  
As in "gene" therapy/"rio" as in  
"Rio" Bravo
10. Go chi-e mon.  
Go chee eh moan.
11. Nan-ge nan-nyu.  
Non ge(t) non knew.  
As in "non" fat
12. Is-sai sho-mon.  
Es sigh show moan.  
"Es" plural "e"
13. Hyaku-shi-buttsu.  
He yaa coo she boot Sue.  
3 sounds in 1 beat
14. Sho fu no chi.  
Show foo no chee.
15. Sho-I sha ga.  
Show E sha gaa.
16. Butsu zo shin-gon.  
Boot Sue zo sheen goin'.  
As in "goin' home"
17. Hyaku sen man noku.  
He yaa coo sen maan no coo.  
"maan" rhymes with con
18. Mu-shu sho butsu.  
Moo shoo show boot Sue.

19. Jin gyo sho-butsu.  
**Gene gee yo Show boot Sue.**
20. Mu-ryo do-ho.  
**Moo rio doe ho.**
21. Yu-myo sho-jin.  
**U me yo show gene.**
22. Myo-sho fu mon.  
**Me yo show foo moan.**  
*As in "Foo" Fighters*
23. Jo-ju jin-jin.  
**Joe ju gene gene.**
24. Mi-zo-u ho.  
**Me zo ooo ho.**  
*"ooo" as in ooo aah*
25. Zui gi sho setsu.  
**Zoo E gee show set Sue.**  
*"gee" rhymes with "see"*
26. I-shu nan-ge.  
**E shoo non ge(t).**
27. Shari-hotsu.  
**Sha ri hoat Sue.**
28. Go ju jo-butsu i-rai.  
**Go ju Joe boot Sue E rye.**  
*As in "rye" bread, twirl "r"*
29. Shu-ju in-nen.  
**Shoo ju een nen.**  
*"een" rhymes with "keen"*
30. Shu-ju hi-yu.  
**Shoo ju he U.**
31. Ko en gon-kyo.  
**Co N goin' key yo.**  
*As in "co-ed"*
32. Mu shu ho-ben.  
**Moo shoo ho Ben.**
33. In-do shu-jo.  
**Een doe shoo Joe.**
34. Ryo ri sho jaku.  
**Rio ri show jaa coo.**

35. Sho-I sha ga.  
**Show E sha gaa.**
36. Nyo-rai ho-ben.  
**Knee yo rye ho Ben.**
37. Chi-ken hara-mitsu.  
**Chee Ken ha rah meet Sue.**  
*As in "Ken" and Barbie*
38. Kai I gu-soku.  
**Ky E goo so coo.**  
*"Ky" rhymes with "by"*
39. Shari-hotsu.  
**Sha ri hoat Sue.**  
*As in "Sha na na" not sherry*
40. Nyo-rai chi-ken  
**Knee yo rye chee Ken.**
41. Ko-dai jin-non.  
**Co dye gene known.**
42. Mu-ryo mu-ge.  
**Moo rio moo ge(t).**  
*The cow goes "moo"*
43. Riki.  
**Reek E.**  
*"Reek" as in stink*
44. Mu-sho-i.  
**Moo show E.**
45. Zen-jo.  
**Zen Joe.**
46. Ge-das.  
**Ge(t) das.**  
*"s" is nearly silent in "das"*
47. San-mai.  
**Saan my.**
48. Jin nyu mu-sai.  
**Gene knew moo sigh.**
49. Jo-ju is-sai.  
**Joe ju Es sigh.**
50. Mi-zo-u ho.  
**Me zo ooo ho.**

## FORMAT OF GONGYO

### Morning:

- (1) Ring the bell;  
 (2) Chant 3 Daimoku;  
 (3) Chant 3 Daimoku;  
 (4) Offer 1st Silent Prayer:  
*I offer appreciation to the functions in life and the environment (shoten zenjin) that serve to protect us and pray that these protective forces be further strengthened and enhanced through my practice of the law.*  
 (5) Chant 3 Daimoku,  
 (6) Ring the bell,  
 (7) Recite Part A,  
 (8) Ring the bell,  
 (9) Recite Part C,  
 (10) Chant continuous Daimoku and ring the bell at start of Daimoku,  
 (11) Ring the bell to end Daimoku,  
 (12) Chant 3 Dai moku,  
 (13) Offer 2nd Prayer:  
*I acknowledge my debt of gratitude and offer profound appreciation to the Dai-Gohonzon of the Three Great Secret Laws, which was bestowed upon the entire world; to Nichiren Daishonin, the Buddha of the Latter Day of the Law; and to Nikko Shonin. I acknowledge my debt of gratitude and offer appreciation to Nichimoku Shonin.*  
 (14) Chant 3 Daimoku,  
 (15) Offer 3rd Prayer:

*I pray that the great desire for kosen-rufu be fulfilled and that the Soka Gakkai International develop in this endeavor for countless generations to come. I acknowledge my debt of gratitude and offer appreciation to the three founding presidents-- Tsunesaburo Makiguchi, Josei Toda and Daisaku Ikeda--as eternal models of selfless dedication to the propagation of the Law.*  
 (16) Chant 3 Daimoku,  
 (17) Offer 4th Prayer:  
*I pray to bring forth Buddhahood from within my life, and accomplish my own human revolution, change my destiny and fulfill my wishes in the present and the future. (Offer additional prayers here.) I pray for my deceased relatives and for all those who have passed away, particularly for these individuals: (Sound the bell continuously while offering prayers. Chant 3 Daimoku)*  
*I pray for peace throughout the world and the happiness of all humanity.*  
 (18) Ring the bell,  
 (19) Chant 3 slow Daimoku.

**Evening: Same as Morning, except, SKIP 3, 4, and 5.**

74. Waku-ji i shi shu.  
**Waa coo G E she shoo.**
75. Setsu butsu-ju mu-ryo.  
**Set Sue boot Sue ju moo rio.**
76. Ku nai ken bus-sha.  
**Coo nye Ken boos sha.**  
*"nye" rhymes with "bye"*
77. I setsu butsu nan chi.  
**E set Sue boot Sue non chee.**
78. Ga chi-riki nyo ze.  
**Gaa chee reek E knee yo ze.**
79. E-ko sho mu-ryo.  
**Eh co show moo rio.**
80. Ju-myō mu-shu ko.  
**Ju me yo moo shoo co.**
81. Ku shu-go sho toku.  
**Coo shoo go show toe coo.**
82. Nyo-to u chi sha.  
**Knee yo toe ooo chee sha.**
83. Mot to shi sho gi.  
**Moat toe she show gee.**
84. To dan ryo yo jin.  
**Toe Don rio yo gene.**
85. Butsu-go jip pu-ko.  
**Boot Sue go Jeep poo co.**
86. Nyo i zen ho-ben.  
**Knee yo E zen ho Ben.**
87. I ji o shi ko.  
**E G O she co.**
88. Jitsu zai ni gon shi.  
**Jeet Sue zye knee goin' she.**
89. Mu no sek ko-mo.  
**Moo no sec co mow.**  
*As in wait a "sec"*
90. Ga yaku i se bu.  
**Gaa yaa coo E say boo.**
91. Ku sho ku-gen sha.  
**Coo show coo gen sha.**
92. I bon-bu ten-do.  
**E bone boo ten doe.**
93. Jitsu zai ni gon metsu.  
**Jeet Sue zye knee goin' met Sue.**
94. I jo-ken ga ko.  
**E Joe Ken gaa co.**
95. Ni sho kyo-shi shin.  
**Knee show key yo she sheen.**
96. Ho-itsu jaku go-yoku.  
**Ho eat Sue jaa coo go yo coo.**
97. Da o aku-do chu.  
**Daa O ah coo doe chew.**
98. Ga jo chi shu-jo.  
**Gaa Joe chee shoo Joe.**
99. Gyo do fu gyo do.  
**Gee yo doe foo gee yo doe.**
100. Zui o sho ka do.  
**Zoo E O show kaa doe.**
101. I ses shu-ju ho.  
**E sez shoo ju ho.**
102. Mai ji sa ze nen.  
**My G saa ze nen.**
103. I ga ryo shu-jo.  
**E gaa rio shoo Joe.**
104. Toku nyu mu-jo do.  
**Toe coo knew moo Joe doe.**
105. Soku jo-ju bus-shin.  
**So coo Joe ju boos sheen.**
- 5/08/08
51. Shari-hotsu.  
**Sha ri hoat Sue.**
52. Nyo-rai no.  
**Knee yo rye no.**
53. Shu-ju fun-betsu.  
**Shoo ju foon bet Sue.**  
*"foon" rhymes with "moon"*
54. Gyo ses sho ho.  
**Gee yo sez show ho.**  
*As in "sez" who?*
55. Gon-ji nyu-nan.  
**Goin' G knee U non.**
56. Ek-ka shu-shin.  
**Eck kaa shoo sheen.**
57. Shari-hotsu  
**Sha ri hoat Sue.**
58. Shu yo gon shi.  
**Shoo yo goin' she.**
59. Mu-ryo mu-hen.  
**Moo rio moo hen.**
60. Mi-zo-u ho.  
**Me zo ooo ho.**
61. Bus shitsu jo-ju.  
**Boos sheet Sue Joe ju.**
62. Shi shari-hotsu.  
**She sha ri hoat Sue.**
63. Fu shu bu setsu  
**Foo shoo boo sets.**
64. Sho-I sha ga.  
**Show E sha gaa.**
65. Bus sho jo-ju.  
**Boos show Joe ju.**
66. Dai I-chi ke-u.  
**Dye E chee K ooo.**
67. Nan-ge shi ho.  
**Non ge(t) she ho.**
68. Yui butsu yo butsu.  
**U E boot Sue yo boot Sue.**
69. Nai no ku-jin.  
**Nye no coo gene.**
70. Sho-ho jis-so.  
**Show ho Gs so.**  
*Plural "G"*
- Repeat Three Times*
71. Sho-I sho-ho.  
**Show E show ho.**
72. Nyo ze so.  
**Knee yo ze so.**
73. Nyo ze sho.  
**Knee yo ze show.**
74. Nyo ze tai.  
**Knee yo ze tie.**
75. Nyo ze riki.  
**Knee yo ze reek E.**
76. Nyo ze sa.  
**Knee yo ze saa.**
77. Nyo ze in.  
**Knee yo ze een.**  
*"een" rhymes with "keen"*
78. Nyo ze en.  
**Knee yo ze N.**
79. Nyo ze ka.  
**Knee yo ze kaa.**
80. Nyo ze ho.  
**Knee yo ze ho.**
81. Nyo ze hon-mak ku-kyo to.  
**Knee yo ze hone mock coo key yo toe.**

## Life Span PART C

1. Myo ho ren ge kyo  
**Me yo ho wren ge(t) key yo.**
2. Nyo-rai ju-ryo-hon.  
**Knee yo rye ju rio hone.**
3. Dai ju-roku.  
**Dye ju row coo.**
4. Ji ga toku bur rai.  
**G gaa toe coo boor rye.**
5. Sho kyo sho kos-shu.  
**Show key yo show co's shoo.**
6. Mu-ryo hyaku sen man.  
**Moo rio he yaa coo sen maan.**
7. Oku sai A-so-gi.  
**O coo sigh ah so gee.**
8. Jo sep-po kyo-ke.  
**Joe sep Poe key yo K.**
9. Mu-shu oku shu-jo.  
**Moo shoo O coo shoo Joe.**
10. Ryo nyu o butsu-do.  
**Rio knew O boot Sue doe.**
11. Ni-rai mu-ryo ko.  
**Knee rye moo rio co.**
12. I do shu-jo ko.  
**E doe shoo Joe co.**
13. Ho-ben gen ne-han.  
**Ho Ben gen nay Han.**
14. Ni jitsu fu metsu-do.  
**Knee jeet Sue foo met Sue doe.**
15. Jo ju shi sep-po.  
**Joe ju she sep Poe.**
16. Ga jo ju o shi.  
**Gaa Joe ju O she.**
17. I sho jin-zu-riki.  
**E show gene zoo reek E.**
18. Ryo ten-do shu-jo.  
**Rio ten doe shoo Joe.**
19. Sui gon ni fu ken.  
**Sue E goin' knee foo Ken.**
20. Shu ken ga metsu-do.  
**Shoo Ken gaa met Sue doe.**
21. Ko ku-yo sha-ri.  
**Co coo yo sha ri.**
22. Gen kai e ren-bo.  
**Gen ky eh wren bow.**
23. Ni sho katsu-go shin.  
**Knee show cot Sue go sheen.**
24. Shu-jo ki shin-buku.  
**Shoo Joe key sheen boo coo.**
25. Shichi-jiki I nyu-nan.  
**She chee G key E knee U non.**
26. Is-shin yok ken butsu.  
**Es sheen yoke Ken boot Sue.**
27. Fu ji shaku shin-myo.  
**Foo G sha coo sheen me yo.**
28. Ji ga gyu shu-so.  
**G gaa gee U shoo so.**
29. Ku shutsu ryo-ju-sen.  
**Coo shoot Sue rio ju sen.**
30. Ga ji go shu-jo.  
**Gaa G go shoo Joe.**
31. Jo zai shi fu-metsu.  
**Joe zye she foo met Sue.**
32. I ho-ben-rik ko.  
**E ho Ben reek co.**
33. Gen u metsu fu-metsu.  
**Gen ooo met Sue foo met Sue.**
34. Yo-koku u shu-jo.  
**Yo co coo ooo shoo Joe.**
35. Ku-gyo shin-gyo sha.  
**Coo gee yo sheen gee yo sha.**
36. Ga bu o hi chu.  
**Gaa boo O he chew.**
37. I setsu mu-jo ho.  
**E set Sue moo Joe ho.**
38. Nyo-to fu mon shi.  
**Knee yo toe foo moan she.**
39. Tan ni ga metsu-do.  
**Taan knee gaa met Sue doe.**
40. Ga ken sho shu-jo.  
**Gaa Ken show shoo Joe.**
41. Motsu-zai o ku-kai.  
**Moat Sue zye O coo ky.**  
*"zai" rhymes with "bye"*
42. Ko fu i gen shin.  
**Co foo E gen sheen.**
43. Ryo go sho katsu-go.  
**Rio go show cot Sue go.**
44. In go shin ren-bo.  
**Een go sheen wren bow.**
45. Nai shutsu i sep-po.  
**Nye shoot Sue E sep Poe.**
46. Jin-zu-riki nyo ze.  
**Gene zoo reek E knee yo ze.**
47. O A-so-gi ko.  
**O ah so gee co.**
48. Jo zai ryo-ju-sen.  
**Joe zye rio ju sen.**
49. Gyu yo sho ju-sho.  
**Gee U yo show ju show.**
50. Shu-jo ken ko jin.  
**Shoo Joe Ken co gene.**
51. Dai ka sho sho ji.  
**Dye kaa show show G.**
52. Ga shi do an-non.  
**Gaa she doe aan known.**
53. Ten-nin jo ju-man.  
**Ten neen Joe ju maan.**
54. On-rin sho do-kaku.  
**Own reen show doe kaa coo.**  
*"reen" rhymes with "keen"*
55. Shu-ju ho sho-gon.  
**Shoo ju ho show goin'.**
56. Ho-ju ta ke-ka.  
**Ho ju taa K kaa.**
57. Shu-jo sho yu-raku.  
**Shoo Joe show U rah coo.**
58. Sho-ten gyaku ten-ku.  
**Show ten gee yaa coo ten coo.**
59. Jo sas shu gi-gaku.  
**Joe saas shoo gee gaa coo.**
60. U man-da-ra ke.  
**Ooo maan daa rah K.**
61. San butsu gyu daishu.  
**Saan boot Sue gee U dye shoo.**
62. Ga jo-do fu ki.  
**Gaa Joe doe foo key.**
63. Ni shu ken sho jin.  
**Knee shoo Ken show gene.**
64. U-fu sho ku-no.  
**Ooo foo show coo no.**
65. Nyo ze shitsu ju-man.  
**Knee yo ze sheet Sue ju maan.**
66. Ze sho zai shu-jo.  
**Ze show zye shoo Joe.**
67. I aku-go in-nen.  
**E ah coo go een nen.**
68. Ka A-so-gi ko.  
**Kaa ah so gee co.**
69. Fu mon san-bo myo.  
**Foo moan saan bow me yo.**
70. Sho u shu ku-doku.  
**Show ooo shoo coo doe coo.**
71. Nyu-wa shichi-jiki sha.  
**Knew waa she chee G key sha.**
72. Sok-kai ken ga-shin.  
**Soak Ky Ken gaa sheen.**
73. Zai shi ni sep-po.  
**Zye she knee sep Poe.**

