



Myohoji Temple

Did You Know?

How to ring the Bell during Gongyo

We carry out our practice of Gongyo as disciples and believers of Nichiren Daishonin. Performing Gongyo properly will enable us to polish our minds and bodies, eradicate slanders, and transform our lives, thus purifying the six senses. How to perform Gongyo is outlined in the first few pages of **The Liturgy of Nichiren Shoshu** sutra book. Please read it for more detailed instructions about why and how to do Gongyo.

- **First Prayer (Morning Gongyo only) The bell is not rung during this prayer**
(do not ring the bell) Face the Gohonzon, chant Nam-Myoho-Renge-Kyo three times
(do not ring the bell) Face east, chant Nam-Myoho-Renge-Kyo three times
Recite part A, the title of part B, then skip to and recite part C from the Sutra book
(do not ring bell) chant Prolonged Daimoku—**Namu-Myoho-Renge-Kyo**—three times
Chant Daimoku three times, then offer the first silent prayer
- **Second Prayer (Morning and Evening Gongyo)**
Facing the Gohonzon, ring the bell seven (7) times
Recite part A - Ring the bell three (3) times
Recite parts B and part C
Chant Prolonged Daimoku three times – Ring the bell five (5) times
Chant Daimoku three times, then offer the second silent prayer
- **Third Prayer (Morning and Evening Gongyo)**
Facing the Gohonzon, ring the bell seven (7) times
Recite part A - Ring the bell three (3) times
Recite title of part B, then skip to and recite part C
Chant Prolonged Daimoku three times – Ring the bell five (5) times
Chant Daimoku three times, then offer the third silent prayer
- **Fourth Prayer (Morning Gongyo only)**
Facing the Gohonzon, ring the bell seven (7) times
Recite part A - Ring the bell three (3) times
Recite title of part B, then skip to and recite part C
Chant Prolonged Daimoku three times – Ring the bell five (5) times
Chant Daimoku three times, then offer the fourth silent prayer
- **Fifth Prayer (Morning and Evening Gongyo)**
Facing the Gohonzon, ring the bell seven (7) times
Recite part A - Ring the bell three (3) times
Recite title of part B, then skip to and recite part C – Ring the bell (7) times
while beginning the chanting of Daimoku. To end Daimoku, ring the bell five (5) times
as you finish. Then, chant Daimoku three times. Offer the fifth silent prayer, ring the bell
three (3) times and conclude Gongyo by chanting Nam-Myoho-Renge-Kyo three times.