

## The manner of copying the Odaimoku

1. **Purify your body.** Even though you copy the seven characters, it should be considered the same as copying the entire Lotus Sutra. Before you begin to copy, purify your body by washing your hands and rinsing your mouth.
2. **Meditation.** Do meditation for seven to ten minutes in order to calm down and make your mind void.
3. **Read the Sutra.** When you achieve concentration of your mind, put your hands together in Gassho, chant the Odaimoku three times, then read the following phrase. "Anyone who keeps, reads and recites this Lotus Sutra, memorizes it correctly, studies it, practices it, and copies it, should be considered to see Sakyamuni Buddha, and hear this sutra from the Buddha's mouth. He should be considered to be making offerings to the Buddha. He should be considered to be praised by the Buddha with the word 'Excellent!' He should be considered to be caressed by the Buddha on the head. He should be considered to be covered with the Buddha's robe. Namu Myoho Renge Kyo."
4. **Copy the Odaimoku.** Take a brush or pen, and start copying the Odaimoku.
5. **Ending the copy.** When you finish copying, please read this prayer. "May all sentient beings be blessed with these merits, and may we altogether attain Buddhahood. Namu Myoho Renge Kyo, Namu Myoho Renge Kyo, Namu Myoho Renge Kyo"

**Materials for copying.** *You may use a pen or brush.*