



Myokei Caine-Barrett Shonin: May the Sound of the Odaimoku Permeate the Whole World



Myokei Caine-Barrett Shonin is the Bishop of the Nichiren Shu Order of North America and resident priest of Myoken-ji Temple in Houston, TX. She is engaged in racial healing and managing conflict since the early 1990s. She has been a student of Buddhism for over 50 years. She has worked extensively in Prisons and with interfaith communities and is involved with Texas for Heroes for healing warrior hearts. Explore the Heart of the Lotus Sutra through chanting and guided meditation and discover the meaning of the Odaimoku: An incrementally guided teaching in learning the chant and hand gestures. Participate in the Chanting ritual and experience the Odaimoku.

TOP EMBODIMENT TIP: Chanting can be perceived as a ritual, as a mediation that is embodiment.

The Odaimaku will open you up so your Buddha nature is shown and starts to grow and develop and become a foundation for your life.

- Practices include small periods of silent meditation in preparation for active chanting and lots of noise through drumming and ringing of bells.
- Through the practice of chanting, you're able to develop compassion, wisdom and courage and it is spoken in the teachings that your life will straighten out.
- Chanting can be perceived as a ritual, as a mediation that is embodiment.

Chanting:

- Odaimoku means Sacred title of the Lotus sutra.
- Is spoken in the Shindoku language which is the Japanese pronunciation of the Ancient Chinese.
- Neo ho (wonderful Dharma) Engay (lotus flower) Cho (sutra).
- We chant it by adding “namu “ (reverence).
- Meaning “I revere or devote myself to the wonderful dharma of the lotus sutra”.
- This chant is an act of cleansing your life - like polishing a mirror.
- Aids in digestion and works with metabolism whereby warmth is created.

Adding Hand Gestures:

- Action is thought to integrate both hemispheres of the brain.
- It has a settling effect and calms down anxiety. May also be activating as it takes coordination.
- The founder believed that this chant represented chanting the whole sutra in one line.

Resources:

❖ **Social:** [Myoken-ji Temple](#)



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