

HOW TO GO TO THE "HIGAN" (= that shore = the realm of nirvana)

or to Prepare for Your Death While You are Enjoying Health

(1) Try to live the simple life - and keep your living area neat and tidy

- All the time with the mind of giving

What remains behind is not what you have collected but what you have given.

(2) Keep your self-respect - as a good follower of Buddha

- San-ki-e (The threefold refuge in the Buddha, dharma, and samgha (Buddhist community))

"My brothers and sisters, when you let a novice in Buddhism and administer the Buddhist precepts to him/her, do as follows: At first, shave his/her head and face, put 'Kesa' (Buddhist's robe) on him/her with a top coat on his/her shoulder, place his/her knees on the ground in front of you with gassho (palms joined), and prompt him/her to chant as follows twice or thrice:

'I take refuge in Buddha. I take refuge in dharma. I take refuge in samgha.'

Then I will admit him/her to membership as Buddhist and reception of the precepts."

- *Sakyamuni*

(From the verse chanted when taking the vows of priesthood [3rd and 4th lines])

When one disregards attachment to one's family to enter the realm of nirvana,
Truly can one fulfill one's debt of gratitude to one's family. 'Your Holy Name.'

- Sange (Repentance)

Self-examination (The three poisons: attachment, hatred, and delusion)

= The importance of utterance of "Excuse me" and "Thank you"

(3) Three obstacles on your way to the "Higan":
Attachment to the world where you were born and you live; attachment to your existence; and anxiety about your future life.

(4) Undesirable goals: {Agony, Pain, Anger, Harshness, Hunger, Thirst, Darkness}

(5) How to reach the "HIGAN" without losing yourself

門門不同八万四 … 一声称念罪皆除

= Although there are a wide variety of sects and teachings in Buddhism, ...
Once you 'Nembutsu,' your sins will disappear entirely and permanently.

- *Goma-ge*

(6) A description of the "HIGAN"

Arriving upon the "HIGAN," our lotus blossoms bloom and we can hear the wondrous Dharma.

Then the vows and practices within the ten directions can naturally be attained.

- *SANZONRAI (Homage to the Three Venerable Ones)*

(7) If you hold to His Name...

Amida Buddha will appear before him/her at the very moment of departing from this world with the sacred assembly.

At the end of life, without falling into confusion, such a person achieve birth in Amida Buddha's [Pure Land of] Ultimate Bliss.

- *Amitabha Sutra*