



1727 Pali Highway
Honolulu, Hawaii 96813

GOJI

Vol. 72, No. 09



SEPTEMBER 2017
NEWSLETTER
of the
Honpa Hongwanji
Hawaii Betsuin
www.hawaiihetsuin.org

2017 Slogan:
Embrace Change:
Action
(Open Communications)

BETSUIN MINISTERS

Chief Minister
Rev. Toyokazu Hagio

Ministerial Staff
Rev. Yuika Hasebe
Rev. Arthur Kaufmann
Rev. Joshin Kamuro
Rev. Sol Kalu

The Gomonshu Visit To Hawaii: Will Visit Neighbor Islands and Attend PBA Dedication

The Honpa Hongwanji Mission of Hawaii welcomes the arrival of His Eminence Monshu Kojun Ohtani, the 25th generation descendant of Shinran Shonin in September 2017. The Gomonshu is the Head Priest and Spiritual Leader of the Jodo Shinshu Hongwanji-ha organization. While in Hawaii, His Eminence Monshu Kojun Ohtani will visit Jodo Shinshu Hongwanji temples on the islands of Oahu, Maui, Kauai and the Big Island and will perform three confirmation ceremonies (kikyoshiki) at Hilo Betsuin on the Big Island, Wailuku Hongwaji on Maui and the Honpa Hongwanji Hawaii Betsuin on Oahu. Also, His Eminence Monshu will attend the dedication service of the newly completed building of the Pacific Buddhist Academy on September 8, and the 100th year anniversary kickoff service of the Honpa Hongwanji Hawaii Betsuin on September 10. We invite the members of the Honpa Hongwanji Mission of Hawaii to extend a most cordial welcome to the Chief Priest of Jodo Shinshu Hongwanji-ha, His Eminence Kojun Ohtani on his visit to Hawaii.

The Honpa Hongwanji Hawaii Betsuin also observes the O-higan service on September 17, 2017. The guest speaker will be Rev. Kenneth Fujimoto of the San Jose Buddhist Church Betsuin in San Jose, California. Please join us in the observance of this major service, the O-Higan at the Betsuin.

O-Higan Service Scheduled for September 17th: Speaker Will Be Rimban K. Ken Fujimoto of the San Jose, CA Betsuin



Rimban K. Ken Fujimoto was born in 1948 in Tokyo, Japan when his father was assigned with the U.S. occupation forces as a translator. In 1953 the family returned to the U.S. and he completed his education in California graduating high school in 1967 and the University of California, Santa Cruz in 1971 with a degree in Economics. Fujimoto Sensei then attended Ryukoku University from 1972 to 1977 where he received a MA in Shin Buddhist studies. He has been assigned to various locations in California from 1977 to the present and has served on numerous Boards and Councils in the California area. Rimban Fujimoto and his wife, Miyuki, have three children; two sons, Genta Eugene and Wesley Yusuke and a daughter, Mina. Sensei Fujimoto currently is assigned as Rimban at the San Jose Betsuin, a position he has held since 2006.

Please remember to
donate to the Betsuin when
shopping at Foodland during
the month of September!

Our number is 78500



give aloha
Foodland's Annual Community Matching Gifts Program

Dharma Message: “The Gift”

During this season of Obon I hope we took the time to reflect on the many reasons that we have to be grateful. Over the years we tend to take things for granted as if everything was preordained. We forget about the myriad of causes and conditions that surrounded each and every occurrence in our lives and each and every person that has come in or gone out of our lives.

It was the Shakamuni Buddha who taught us of the inter-dependency and inter-relatedness of all life so that we may come to appreciate all aspects of our lives.



GOJI

The **GOJI** is a monthly publication of the Honpa Hongwanji Hawaii Betsuin, Tel. (808) 536-7044. There is no newsletter published for the month of August.

DEADLINE:

Articles must be submitted no later than the 10th of the month prior to publication by e-mail (execdir@hawaiiibetsuin.org), mail (1727 Pali Hwy, Honolulu, HI, 96813) or fax (536-0919). Address submissions to the **GOJI**. Please include your name and contact information. Original images should be labeled on the reverse side with caption and return information.

GOJI STAFF:

Editorial: *Jo desMarets; Dianne Ida, Randy Kawamoto, Rev. Yuika Hasebe, Japanese section editor*, Production: *Stacy Bradshaw, Colleen Kumishige; Joyce Tomita*, Circulation: *Stacy Bradshaw*; Contributing reporters from *Hongwanji Mission School, Buddhist Women's Association, Dharma School & Parents, Project Dana, Wednesday Gang and Gals, Boy Scouts, Girl Scouts, Pacific Buddhist Academy, and the Kyodan*

The opinions expressed by individual contributors are their own and do not necessarily reflect those of the Honpa Hongwanji Hawaii Betsuin.

This is part of the process of awakening to gratitude that is the goal of all Shin Buddhists.

Over the years, there has been some concern that these major services may lose their significance; that we may forget their purpose. As human beings we tend to do that so we need to be reminded of their significance. Each service has an important lesson to teach, one that can enhance our lives and perspectives about our life. We should think of each service in the terms of “Ichi go, ichi e”, a once in a life time experience. Here at the Betsuin we are very fortunate as we have five different perspectives on the Dharma as presented by the five priest that work here.

It is said that our “practice” as Shin Buddhists is “monpo”, deep listening. Let me give you an example. When I was studying Aikido in Denver at Nippon Kan dojo our head instructor was Sensei Gaku Honma of Akita Prefecture in Japan. Sensei would teach the opening class for the brand new students. This first class consisted mostly of talking and a little stretching. His technique was quite interesting. Although he was proficient in the English language, Honma Sensei would use what he called “Japenglish”, a mixture of Japanese and English. The effect would be interesting.

As he started to explain the art of Aikido in his “Japenglish” the new students, seated on the dojo mat, would physically lean forward, their eyes opened a little wider and it almost seemed as if their ears turned forward as they tried to decipher just what he was saying. It was a sight to see.

Rev. Arthur Kaufmann



As with Honma Sensei’s technique, hearing or listening was not something done with the ears alone, “monpo” is done with your whole being. I do not remember who said it, but there is a saying about “listening” that has always given me a chuckle. It goes, “Listen to the Dharma as if your hair were on fire”. This does not just imply the importance of the Dharma but also the attitude or intensity with which one should listen.

Monpo or deep listening is something we can develop over time. We could use it at each and every service, the major holidays, seminars, Dharma discussions and with our friends and families, when visiting folks in the hospital and especially when we listen to our spouses.

The Buddha’s Dharma is a gift that surpasses all gifts, it has been passed down to us over the past 2,550 years through the efforts of countless people to this very day, this very moment. It is the working of wisdom and compassion.

Namoamidabutsu

Betsuin BWA News and Events

Fujiko Motobu

SEPTEMBER EVENTS

September 10: Sunday, Centennial Kick-off service at 9:30 am. At 2:00 pm Kikyoshiki Confirmation ceremony will take place with the new Monshu from Honzan in Kyoto. Those who are interested in receiving confirmation should have registered in the office.

Saturday, September 16, BWA Executive board meeting from 10 am in the Dining room.

Saturday, September 30: Honolulu United BWA Workshop/Conference at Hawaii Betsuin. Members from all four units, Betsuin, Kailua, Jikoen and Moiliili will be attending. We encourage all BWA members to plan on attending this workshop/conference. Registration will be from 8:30 am. It's your chance to wear your purple BWA shirt.

NEW MEMBERS: Sharyn Sekine reported that three new members joined our BWA, therefore, our membership now numbers 125 active members and 80 Associate members. June Okazawa, daughter of Keiko Okazawa, joined our BWA group together with Wendy Harman and Noreen Liem. Welcome to all of you. We hope you will participate in all of the activities and enjoy the fellowship.

WE ALL LIE: Honesty is known as the best policy, but dishonesty and deception are all part of being a human. None of you can say, "I have never lied." Because you always do. According to studies, 36% lie to protect yourself. 44% lie to promote yourself; 11% lie to protect others, and 9% lie but unclear as to why they lie.

According to age, over a 24 hour period, 59% of age group 13-17 lie. 45% of ages 18 to 44 lie during a 24 hour period. 9 to 12 year olds lie comprising of 43 %. 39% of ages 45 to 59 are in the fourth category. Ages 60 to 77

, 34% lie, and ages 6 to 8 comprises 29% of liars. Therefore, no matter what age, all human beings lie.

In the year 1919, nearly a century ago, some of the Chicago White Sox baseball players accepted a bribe, as much as \$100,000. (about \$1.4 million today), to deliberately lose the world series from the Cincinnati Reds. Suspicions appeared in the first game after sloppy pitching by the White Sox, who were favored to win. Pitcher Eddie Cicotte testified before the grand jury, "I don't know why I did it. I must have been crazy." He and seven other players were indicted on nine counts of conspiracy and banned from the game for life.

Many sportsmen, politicians, entertainment showmen, and others have all lied. When you seriously think about all the lying that goes on, isn't it sad? But remember, we are part of it. What can we do? What should we do?

June 2017 issue of NATIONAL GEOGRAPHIC has an article, "WHY WE LIE"

FIFTY GREAT WAYS TO LIVE LONGER (from AARP bulletin)

1. Vitamin D: a by-product of sunlight has health benefits, a link to longevity, but too much vitamin D increases our risk for dying, so you need to take the right amount. Ask your doctor for the right amount.
2. Cut back on pain pills: Too much may raise your risk of heart attack and stroke by 10% according to FDA.
3. Go to bed. Consistently sleeping less than 6 hours a night nearly doubles your risk of heart attack and stroke. For good shut eye: make the room pitch black and set thermostat between 60 and 67 degrees. *Stick to regular sleep schedule, going to bed and getting up at the same time each day. Exercise ev-

ery day. *Shut down your electronics an hour before bed time, as the light from some devices can stimulate the brain. *Replace your mattress if it is more than 10 years old.

4. But don't always go right to sleep. "A Duke University study that followed 252 people for 25 years concluded that frequent sex was a significant predictor of longevity for men."

5. Get or Stay Hitched. A 2014 study by New York University's Langone Medical Center found that married men and women had a 5 % lower risk of cardiovascular disease. Married men had a 46% lower risk of death than never married men.

6. Ripeness Matters: Fully ripened fruit has more life lengthening health benefits.

7. Say Yes to that Extra Cup: Coffee does more than help you wake up. It reduces your risk of stroke, diabetes and some cancers. Harvard researchers discovered that people who drank 3 to 5 cups of coffee per day had about a 15% lower risk of premature mortality compared to people who didn't drink coffee.

8. Frozen is Fine: Frozen fruits and vegetables can be as good as or even better for life extending nutrients.

9. Go Green: If coffee is not your thing, green tea is also good for longevity. It contains powerful antioxidants *catechins that may help combat diabetes and heart disease.

10. Don't sweeten with sugar: American Heart Association recommends that women consume no more than 6 teaspoons of added sugar a day, and no more than 9 teaspoon for men.

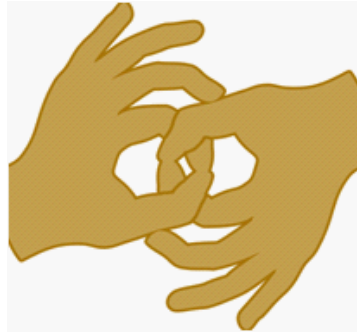
(TO BE CONTINUE IN THE OCTOBER 2017 GOJI)

*catechins: a crystalline flavonoid compound C₁₅H₁₄O₆ or its derivatives having antioxidant properties and used in dyeing and tanning.

continued on page 4

Golden Chain Grants: Next Application Deadline is October 31

The Golden Chain Grant Program is intended to help you put Dharma into action. Grant applications are reviewed by the Honpa Hongwanji Mission of Hawaii Committee on Social Concerns, which recommends grant awards of up to \$1000 for selected projects.



Do you have an idea that can make a positive impact in our community? For example, would you like to organize a film screening and discussion but need help with the screening fee? Do you have a plan for a peace garden and need funds to cover materials for raised beds? Use your imagination! Just be sure the project employs an innovative approach to a defined problem or need and has clear, logical, and realistic plans. Any person or group part of the Hongwanji Mission of Hawaii ohana can apply.

Applications are reviewed three times per year with the next deadline set for October 31, 2017. A PDF with complete details and the application form may be found at <http://bit.ly/goldenchain2017> or in the offices of Hawaii Betsuin or Mission Headquarters. The committee looks forward to seeing your project ideas!

- David Atcheson, HHMH Social Concerns Committee Member

Please join our week day Morning Service! Hawaii Betsuin opens its door to everybody who would like to chant sutra.

Date: Monday - Saturday
Time: 8:00 to 8:30 AM
Sutra: Shoshinge

Shoshinge was written by our founder, Shinran Shonin, to encapsulate the teachings of Jodo Shinshu. It is an important sutra for Jodo Shinshu followers and encourages all to entrust themselves in Amida Buddha. You are invited to join the Hawaii Betsuin ministers every morning from 8 to 8:30 AM to chant Shoshinge, the Gatha of True Faith.

Please feel free to join any time.

No reservation is needed. Walk-ins are welcome!

If you have any questions, please contact the Betsuin Office.

BWA News continued
from page 3

Now For A Little Bit Of Humor: Brains Need Stimulation

*How was the Roman empire cut in half? With a pair of Caesars

*What kind of music did the pilgrims like? Plymouth Rock

*Why were the early days of history called the Dark Ages? Because there were so many knights

*A great day for rice. The recipe said wash thoroughly before steaming the rice. It seemed sort of silly, but I took a shower and washed myself thoroughly. I can't say it improved the rice any.

*A Frenchman was at a London hotel. He called room service on the phone and asked for pepper. The man answering him said, "Oh certainly. Would you like black pepper or white pepper?" The man answered him, "I want toilet pepper."

*An old man hobbled with a cane as he entered the ice cream parlor. He went to the counter and ordered an ice cream cone. The man working behind the counter said to the old man, "Ground nuts, grandpa?" The old man responded, "Nah, arthritis."

English Services
from the Betsuin on
KZOO radio
(1210 AM
on the dial)
Sundays at
10:00 AM



Excerpts From Comments Shared At The Hawaii Kyodan 2017 Giseikai Rick Stambul, President-Elect Buddhist Churches of America

...Your members live the Nembutsu by their actions. A friend of mine in the dharma, Rev. Harry Bridge, shares an old African saying that reminds me of the attitude of your members: "If you want to go fast, go alone; If you want to go far, go together." We share much in common as fellow travelers of Shin Buddhism. I have come to appreciate that what is more important than even the health of our institutions is to ensure that our Teachings are nourished and survive for our children, grandchildren, and for future generations. Each of us brings our own life experiences, and our own personal beliefs about Jodo Shinshu to our everyday lives.

For me, Jodo Shinshu is not only about the 4 Noble Truths... the ending of suffering, stress, or craving. Shin

is also about compassion. Wisdom becomes compassion. It is about developing our full potential as beings who have art, literature, music, history, etc. as parts of our cultures. Jodo Shinshu is also about love and kindness. From a different context, I would like to talk for a brief moment about the power of love in the face hatred and cruelty.

Current political events have forced me to recall harsh and important lessons I learned during my life. Lessons about hatred; and about equality. Forgive me for sharing a bit of my own life-story to illustrate a point.

I was politically active as a young man in the civil rights movement in the 1960's. I marched with Rev. Dr.

Martin Luther King; I worked in Mississippi to register African-Americans to vote, and I learned, for the first time, about hatred. I was beaten and hospitalized by men who spewed hate. My boyhood neighbor, Mickey Schwerner, was killed that summer. Yet I have always separated my politics from my love of and appreciation for Jodo Shinshu. I respect the differing opinions of others and I try to remember that we are all embraced under Amida's wings.

However, when some of the core teachings of Jodo Shinshu are under attack, I believe there is a moral imperative to speak out as a Buddhist. The Executive Order signed by our President has been causing serious concerns and suffering for many people, especially Muslims and immigrants. Yet, all of us are immigrants! That is one of the great strengths of our American experiment. In the 1980's I worked as an attorney doing research on the legal team that brought the Coram Nobis Petition to the U.S. Supreme Court seeking redress for the 120,000 Japanese and Japanese-Americans who were incarcerated during the War. This was a powerful lesson for me in actively seeking equal treatment for all people regardless of their religion or ethnicity.

All people deserve to be respected and treated equally. Shinran taught that the 18th Vow, and the Pure Land is for everyone, with no exceptions. Jodo Shinshu honors the notions of equality, and equal treatment for every person. How do we relate to and deal with hatred when it is in our midst? What weapons can we use to

continued on page 7

Registration Open for Dharma Light Courses

The new semester of Dharma Light classes for July-December has started. Already underway at Wahiawa Hongwanji is "Understanding Shin Buddhism: First Steps," but three others offered at the Buddhist Study Center start in the coming weeks.

The classes are:

- Buddha's Café Happy Hour, monthly starting September 14, featuring an exploration of *The Big Picture: On the Origins of Life, Meaning, and the Universe Itself* by Sean Carroll,
- ABCs of Buddhism, weekly starting October 5, and
- Pure Land Buddhism & the Shin Path: Introduction to Jodo Shinshu, weekly starting November 6.

The Dharma Light Program originated at Hawaii Betsuin and is now a project of the Buddhist Study Center. Courses are \$20-25; tuition waivers are available. Complete information is available at bschawaii.org and hawaiibetsuin.org. To register, pick up a brochure/registration form at the office or print one from the website.



Nagasaki Peace Walk 2017

Rev. Joshin Kamuro

The 72nd Anniversary of the Bombing of Hiroshima & Nagasaki
The Interfaith Ceremony and Service to Encourage the Building of World Peace

Honolulu's annual Hiroshima Peace Bell Ceremony and Nagasaki Peace Walk Service were held to commemorate the 72nd anniversary of the bombing of Hiroshima and Nagasaki. The 28th annual Hiroshima Peace Bell Ceremony was held at the Hiroshima Peace Bell in Chinatown on



August 7. The Hiroshima Peace Bell was presented by the City of Hiroshima to the City and County of Honolulu in 1985 to commemorate our sister city relationship. It has been located at and cared for by the Izumo Taisha shrine since 1990. The community and religious leaders: Mr. Edwin Hawkins (City and County of Honolulu), Mrs. Hiromi Peterson (2nd Generation A-Bomb Survivor), Bishop Eric Matsumoto (Honpa Hongwanji Mission of Hawaii, Buddhist), Dr. Gregg Kinkley (Congregation of Sov Ma'arav, Jewish), Dr. Kahu Kaleo Patterson (Pacific Justice & Reconciliation, Christian), and Mr. Jordan Kaneshiro (YMCA of Honolulu, Youth) gave messages of peace to the world.

The 8th annual Nagasaki Peace Walk Service was held on August 9 to remember the day in 1945 that an atomic bomb shattered the city of Nagasaki. About 50 people attended the walk which was co-sponsored by the Honpa Hongwanji Mission of Hawaii, the Honolulu Quakers and the Newman Catholic Center. Participants walked the one mile from the Honpa Hongwanji Hawaii Betsuin to the Nagasaki Peace Bell memorial at the Frank F. Fasi Civic Grounds. As the sutra, Praises of the Buddha (Sanbutsuge) says "The great voice of-awakening resounds through the ten quarters," let us continue to ring the bell for peace. May peace and tranquility prevail throughout the world!



The Hiroshima Peace Bell located and maintained by the Sangha at the Izumo Taisha Shrine located in Chinatown area of downtown Honolulu.

If you are unable to come to the temple and would like to have a minister visit you in your home, please call
Rev. Yuika Hasebe
at 536-7044



to request a home visit.
We miss you and do not want to lose contact with you!

*The Wisteria Ballroom
Dancing Club
Invites You to Dance!*

*Mondays,
7:00 pm to 9:00 pm
in the Social Hall*



Dances change every 8 weeks!

For Information, please contact
Claire Groom (286-3486)
or Mary Fujitani (595-4533)

Betsuin Dharma School News Debbie Kubota

August 7 - Full Moon Hike

Hiking up the trail to the Makapu'u Lighthouse was a wonderful activity for our Dharma School families and ministers to get to know each other, connect with nature and enjoy a special opportunity to see the spectacular views. Oh the sights we saw; Koko Crater, Alan Davis Beach with the Pele's Chair rock formation, and at the top of the trail the Makapu'u Lighthouse and an amazing vantage point to see Rabbit Island, Sea Life Park, the Waimanalo coastline, Mokulua Islands and as far out as Kaneohe Bay Marine Corps Base.

We marveled at the spectacular rays of sunlight coming through the peaks of Olomana at sunset before being treated to the climax of the night; just beyond the lighthouse, the brilliant full moon peeking through the clouds, shining it's wondrous light upon all of us. After grabbing some photo opportunities for a group shot (minus Rimban Hagio, who went exploring on his own to get closer to the lighthouse), individual family and friends' photos and of course, the full moon, we enjoyed a moonlit walk down the trail back to our cars. We all had a fantastic time. We invite you to join us at the next Full Moon Hike on September 6!

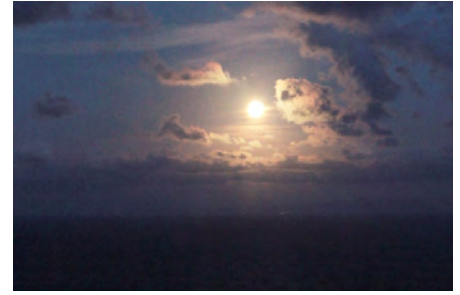
Here is the upcoming schedule for our new, and always, fun Dharma School Year!

September

- 06 - Full Moon Hike at Makapu'u Lighthouse Trail
(Moonrise @7:23 pm)
- 10 - Gomonshu visit, Betsuin 100th Anniversary Service, lunch, program and Confirmation Rights
- 22 - Peace Day Interfaith service
(Dharma School will be singing during service)
- 30 - Family Promise at Jikoen Hongwanji (Saturday)

October

- 15 - Nembutsu Seminar - "What Would a Buddhist Do? Living Life Jodo Shinshu Style" 11AM - 2 PM, Betsuin Social Hall, Child care available
- 21 - Dinner Dance (Saturday)
- 28 - Halloween with Pack 49 (Saturday)
- 29 - Queen Liliuokalani Service
(Dharma School will lead the Golden Chain of Love)



Stambul continued from page 5

fight against such hatred? We can use love. We can use Namo Amida Butsu. We can demonstrate our kindness to each other. Because...As Nelson Mandela said so eloquently at the end of his life: "I have walked a long walk to freedom. It has been a long road, and it is not over yet. I know that my country was not made to be a land of hatred. No one is born hating another person because of the color of her skin, or the place of their birth. People learn to hate. They can be taught to love. For love comes more naturally to the human heart." Namo Amida Butsu.
Thank You.

Hongwanji

Radio Programs
SEPTEMBER 2017
KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM

- 02 Rev. Joshin Kamuro
 09 Rimban Toyokazu Hagio
 16 Rev. Thomas Okano
 23 Rev. Kenneth Fujimoto
 30 Rev. Ai Hironaka

Betsuin Services**Asaji Service 8:00 AM**

- 03 Rev. Yuika Hasebe
 10 **100th Kick-off**
Service 9:30 am
 17 Spring Ohigan Family Ser.
 9:30 am Rev. Kenneth Fujimoto

Adult English Services
10:00 AM

- 03 Rev. Sol Kalu
 10 **100th Kick-off**
Service 9:30 am
 17 Spring Ohigan Family Service
 9:30 am Rev. Kenneth Fujimoto

Nicchu Service 1:00 PM

- 03 Rev. Yuika Hasebe
 10 No service
 17 Rev. Joshin Kamuro
 24 Rimban Toyokazu Hagio

Dharma School
Service 9 am

- 03 Rev. Joshin Kamuro
 10 **100th Kick-off**
Service 9:30 am
 17 Spring Ohigan Family Service
 9:30 am Rev. Kenneth Fujimoto

In Memoriam**JULY 2017**

The Hawai'i Betsuin extends its deepest sympathy to the families of the following members who recently passed away. May the family members find solace and comfort in the Nembutsu. Namo Amida Butsu

- | | |
|--------------------------------|----------------------------------|
| 2 ONO, Edith Sadako (95) | 24 OKAMOTO, Kazuyo (92) |
| 5 IGE, Betty Shizuka (92) | 24 TSUNEMOTO, Marie (90) |
| 8 HARANO, Lora Fumiyo (95) | 25 FURUYA, Herbert Kiyoshi (88) |
| 10 KOGE, Kiyoshi (91) | 26 TSUKIYAMA, Judith Fumie (91) |
| 11 AKAZAWA, James Hachiro (87) | 27 LEISEK, Kathleen Tatsue (72) |
| 17 MURAKAMI, Ruth Satoko (87) | 29 FUJIMOTO, Ellen Shizue (90) |
| 18 JYO, Glenn Isamu (70) | 29 YOSHIOKA, Wilfred Makoto (68) |
| | 30 NOMURA, Walter Takeo (85) |

2017 Memorial Service Schedule

2017 is the memorial year for those who passed away in:

2016 – 1 year	2005 – 13 year	1985 – 33 year
2015 – 3 year	2001 – 17 year	1968 – 50 year
2011 – 7 year	1993 – 25 year	1918 – 100 year

Nursing Home Services

- 07 Hale Nani - Rev. Kamuro
 Hale Ho Aloha - Rev. Kaufmann
 08 Kuakini - Cancelled
 14 Maluhia - Rev. Kalu
 Liliha - Rev. Hasebe
 22 Leahi - Rev. Kalu
 28 Nuuanu Hale - Rev. Kaufmann



The great practice is to say the Name of the Tathagata of un-hindered light. This practice, comprehensively encompassing all practices, is perfect and most rapid in bringing them to fullness. For this reason, it is called "great practice." Saying the Name then breaks through all the ignorance of sentient beings and readily brings all their aspirations to fulfillment. Saying the Name is in itself mindfulness; mindfulness is nembutsu; nembutsu is Namo-amida-buttsu.

-Shinran Shonin