Hope—prayer is the sun of hope. To chant daimoku each time we face a problem, overcoming it and elevating our life-condition as a result—this is the path of “earthly desires are enlightenment” taught in Nichiren Daishonin’s Buddhism. (My Dear Friends, p. 464).

Chanting daimoku allows us to accumulate the supreme treasure of the universe in our lives day by day. The origin of the universe is Nam-myoho-renge-kyo, our lives are Nam-myoho-renge-kyo and the Daishonin’s name is Nam-myoho-renge-kyo. Chanting daimoku enables us to tap this supreme power in our own lives and, at the same time, make it resonate powerfully in our surroundings. Therefore, we need fear nothing. (My Dear Friends in America, p. 265)

But how great is the difference between the blessings received when a sage chants the daimoku and the blessings received when we chant it?” To reply, one is in no way superior to the other. The gold that a fool possesses is no different from the gold that a wise man possesses; a fire made by a fool is the same as a fire made by a wise man. (“The Fourteen Slanders,” The Writings of Nichiren Daishonin, vol. 1, p. 756)

From the moment we begin to pray, things start moving. The darker the night, the closer the dawn. From the moment we chant daimoku with a deep and powerful resolve, the sun begins to rise in our hearts. (My Dear Friends, pp. 463–64)

Birds have their own language, their own speech. People do not understand it, but other birds do. There are many examples among humans, as well—codes, abbreviations or foreign languages are well understood by experts or native speakers but unintelligible to others. In the same way, the language of gongyo and daimoku reaches the Gohonzon and the realms of the Buddhas and bodhisattvas of the three existences and the ten directions. We might call it the language of the Buddhas and bodhisattvas. That is why the voice of gongyo and daimoku directed to the Gohonzon, whether we understand it or not, reaches all the Buddhas, bodhisattvas and heavenly deities. They hear it and say, “Excellent, excellent!” in response, rejoicing and praising us, and the entire universe envelops us in light. (My Dear Friends, p. 262)

Hi! Help us improve the Toolbox! Please send comments, suggestions, short videos, sample intro-to-Buddhism scripts, ice-breakers etc., to: DMtoolbox@sgi-usa.org