



The Lotus Sutra says that a Buddha dwells Inside each of us.



Celebrating the 800th Anniversary  
of the Birth of Nichiren Shonin

**NICHIREN SHU**

[www.nichiren.or.jp/english](http://www.nichiren.or.jp/english)



**YOU'RE A BUDDHA**



*Bowing to the Buddha in You*





When we press our palms together in gassho and bow to greet others, we are seeing the Buddha within them that is part of their true nature. Never-Despising Bodhisattva never met a man or woman he didn't like. Within every

person, he could see the divine Buddha nature or Buddha seed within waiting to be acknowledged and nourished. This is one of the most compelling teachings of Buddhism. We are all Buddhas. Everything we need is already inside us. It's just a matter of our faith and practice to peel away layers to reveal what is already there.

This can be a long process, or it can happen in an instant. The road to enlightenment is unpredictable, but the journey fundamentally an internal exploration.

Nichiren Shonin taught that chanting the Odaimoku, or *Namu Myoho Renge Kyo*, instantly and deeply connects us with the full merit of the *Lotus Sutra*. This powerful shorthand of seven syllables bring the full teachings and deep wisdom contained in this sacred sutra into our lives.



Through these teachings, we are able to find deeper understanding and peace of mind. Nichiren Shu Buddhism gives us the necessary tools to become more focused and clear about the way we conduct ourselves in our daily lives. And that can truly change the world that we live in.

As we approach the 800th anniversary of the birth of Nichiren Shonin, who was born in 1222, it is a time to celebrate and recommit to the power of his ideas and how his reforms and deep commitment to the teachings of the *Lotus Sutra* have changed our lives. *Namu Myoho Renge Kyo*.

