

VOICES: What do you focus on when you chant daimoku — and how do you keep yourself focused?

Members from Washington, D.C., Joint Territory respond:

It is very easy to lose focus, but I either focus on world peace or continuously on “I am the Buddha of absolute freedom.” When I am faced with a crucial moment my focus is to never give up or “I better not be defeated.”

— MARVA TELEMAQUE, Silver Spring, Md.

I focus on myself, my activities, my family and friends. Chanting gives me courage and energy to understand and to take action in my daily life. I stay focused through prayers and determinations to change and connect my life with Nam-myoho-renge-kyo.

— YOLA JEAN-GILLES, Germantown, Md.

What helps me is knowing my goals will be realized through chanting daimoku. Anything is possible with the Gohonzon. Knowing this is the impetus to keep me chanting.

— ROBERT AKINSEHINWA, 15, Silver Spring, Md.

I focus on my desire to teach peace with my life. As an artist I offer deep appreciation for my talents and skills. In addition, I offer prayers that my creations serve as medicine that heals Earth and all of her children.

— RUTHIE CARROLL, Washington, D.C.

I focus on my Buddha nature while chanting. To stay focused I start chanting for my friends and fellow members who are presently suffering. When someone I care about forgets that they have a Buddha nature it makes me remember my mission to chant for the happiness of others and that their happiness is my happiness.

— MARY JO GALLAGHER, Silver Spring, Md.

My main focus is my school work and grades. While I’m chanting I picture papers with A’s on them and report cards with straight A’s. I also chant for the happiness of my family, and I picture my ideal family in front of the Gohonzon.

— NONI PEARSON, 15, Silver Spring, Md.

I focus on the characters *myoho* on the Gohonzon. I try to fuse my Buddha life with the Gohonzon. I think about my goals and dreams first, then I just chant to become one with the Gohonzon. If my mind starts to wander I refocus on the *myoho* characters and once again remind myself of my goals, my family and the members. I want to become happy.

— JANICE WATCH, Silver Spring, Md.

I have been chanting for a year now and I focus my eyes on the “myoho” character on the Gohonzon. Mentally I focus on deepening my faith and bringing out my Buddha nature. Then I focus on achieving the day’s goals. I also mentally reach for courage. “A sword is useless in the hand of a coward.”

— KENNETH JOHNSON, Washington, D.C.

Ms. Snelling (pioneer DC member) always said to chant with joy and happiness. So now,

Title: Voices: What do you focus on when you chant daimoku--and how do you keep yourself focused?

Subject: World Tribune 04/25/97 n.3136 p.2 WT970425p02

Author:

Keywords: chant daimoku focus focused January June keep Opinion Practice Prayer Tribune Voices
World yourself

instead of focusing on the problem, the worry or the grief, I bring to mind, body and soul - happiness, peace and love. I try to feel victory on the other side of my problem. Then victory surely comes.

— MICHIKO DIBY, Silver Spring, Md.

I enjoy chanting. I chant to experience joy and happiness. When I am unable to chant because of illness I read the World Tribune, Living Buddhism or the Goshō. I keep focused by having my prayers in a certain sequence and most of my prayers come from my readings. When I sit before the Gohonzon I feel that this is the best I could ever possibly feel. I chant a lot. ,

— FAITH E. CHIN, Silver Spring, Md.

Title: Voices: What do you focus on when you chant daimoku--and how do you keep yourself focused?
Subject: World Tribune 04/25/97 n.3136 p.2 WT970425p02
Author:
Keywords: chant daimoku focus focused January June keep Opinion Practice Prayer Tribune Voices
World yourself