

Does Nichiren Shoshu teach silent meditation?

There is a principle in general Buddhism called the three types of learning. They are precepts, meditation, and wisdom. Precepts are meant to help the people stop evil in thoughts, words, and deeds. Meditation fosters a focused and tranquil mind. Wisdom helps one conquer illusions and awaken to the truth. All of the doctrines and practices of Buddhism fall into one of these three categories.

Silent meditation was an appropriate practice in earlier forms of Buddhism that suited the capacity of the people in earlier ages. Now in this period, which we call the Latter Day of the Law, silent meditation no longer brings benefit. The correct three types of learning in the Latter Day of the Law correspond to the Three Great Secret Laws revealed by the true Buddha, Nichiren Daishonin. Precepts correspond to the High Sanctuary of the Essential Teaching. Meditation refers to the Dai-Gohonzon of the High Sanctuary. Wisdom corresponds to the Daimoku (Nam-Myoho-Renge-Kyo) of the Essential Teaching.

Thus, Nichiren Shoshu believers do not conduct silent meditation, a practice that is not suited to this time period. The practice of true Buddhism is chanting Nam-Myoho-Renge-Kyo to the Gohonzon.