

What is the practice of true Buddhism?

The three aspects of practice are faith, practice, and study. Faith is the developing belief and conviction in the Gohonzon. Practice includes practice for oneself and practice for others. Practice for oneself is chanting Nam-Myoho-Renge-Kyo and the twice daily recitation of Gongyo, consisting of portions of the Lotus Sutra. Once you begin to experience the actual benefit of the practice, you naturally will wish to share it with others. The act of propagating this Buddhism with a spirit of deep compassion is to help others to overcome their sufferings. Study is also an important aspect of the practice for the purpose of deepening our faith and confidence in the teachings.

For a new believer who has little or no experience with true Buddhism, faith can be described as an expectation that benefit will manifest through chanting Nam-Myoho-Renge-Kyo to the Gohonzon. As your practice continues, you will develop confidence that you can bring forth the enlightened nature of Buddhahood in your life. Faith then develops in the form of conviction, and conviction develops through actual proof that gives you the confidence to continue the practice.