

今月の宗祖のおことば Founding Master Ippen's Thought of Third Month (Mar.)

もっぱら西方を持念(じねん)して、心を九域(くいき)に分かつことなかれ 「時宗制誡」

**Solely adhering to the chants for the Pure Land in the western direction,
never get your mind deviated to the nine areas (in full of the blind desires) .
Quote from Master Ippen's "Ji-Group Precepts"**

～一遍～上人のおこころ～ **Master Ippen's Innermost Thought**

こころは西方浄土を念じ、他の世界のことに想いを分けることのないように。

**With your heart and mind devoted to the Nenbutsu prayers for rebirth in the Pure Land,
you shouldn't dream of drifting into other worlds.**

本日の目標は何ですか？ **What is your objective today?**

三月は、寒い冬を越え草木が芽吹きだす季節であります。気温の上昇により、花粉症の方にとっては少々辛い季節かもしれません。私にとっては、球春到来と申しますように、選抜高校野球大会(春の甲子園)やプロ野球[®]ナントレスの開幕と、趣味の野球を存分に楽しめる季節です。

突然ですが、「目標がその日その日を支配する」。この言葉は、社会教育者・後藤静香(せいこう)さんの詩「第一歩」の一節であり、横浜高校野球部前監督の渡辺元智(もとのり)さんが選手達によく言い聞かせていた言葉です。横浜高校というと、数多くのプロ野球選手を輩出し、甲子園大会でも春夏通算5度の全国優勝を果している全国屈指の強豪校です。高校生活二年半の限りある時間の中で、全国制覇という大きな目標を達成するための小さな個人目標として、どんなことに取り組まなければいけないかと、しっかりと自覚させるために伝えていたそうです。確かに、朝起きてその日の取り組むべき目標をもって生活することと、ただなんとなく毎日過ごすことでは、雲泥(うんでい)の差です。

March is the season for plants emerging in the fields with the passing of cold winter As it gets warmer, the season may bring a little bit hard time for those suffering from pollen allergies. For me, personally, as the words go, with the advent of ballgame season, it is time to have a lot of fun in my hobby watching games in the national high school baseball invitation tourney (at the Kōshien Stadium), and the start of pro-baseball pennant races. All of sudden, though, I'd quote the terms, "The target governs daily tasks", part of a passage in the social educator Seikō Gotō's poetry "The First Step", and the same phrase was frequently used by Yokohama high school baseball team's manager Motonori Watanabe in giving advice to his players. Yokohama high school has yielded numerous pro-baseball players, winning five times in total the championship of the spring and summer Kōshien tournaments, as one of the most victorious high school teams. His strategy is said to have made his players fully aware of how to grapple with the impending issues, within the 2-1/2 years' limit, in order for attaining the major target on winning the championship of the national high school baseball tournament, subservient to fulfilling the student individuals' minor goals. Surely, there is a world of difference between life directed in pursuit of something worthy when waking up in the morning and life just spending days somehow.

私たち仏教徒の最終目標は、迷いなく極楽浄土へ往生することです。迷いなく往生とは、この世に後悔を残さないことでもあります。球児達のように、人生にも限りがあり、夢や目標、目的を持たずにただ毎日を過ごしてしまうと、間違った方向に進むことや、迷いの煩惱に襲われてしまうこととなります。今月のおことばは、阿弥陀さまがおられる西の方角以外(九域...東・南・北・東南・西南・西北・東北・上・下)は見ることなく、ただ一心に精進し

なさいという意味があります。大きな夢や目標と定め、それを達成するために、よそ見することなく、コツコツと小さなものをこなしていくことが大切であると捉えることができます。あと少しでお彼岸を迎えます。煩惱に満ちた世界(此岸)から、迷いのない悟りの世界(彼岸)へ渡るための修行期間であるお彼岸には、改めて自分の生き方や人生の目的について見つめなおす時間を持つてみてはいかがでしょうか。加えて、中日(春分の日・20日)は太陽が真西に沈むことから、阿弥陀様がおられる西方極楽浄土を想像するにふさわしい日と言われます。夕暮れ時には西の方へ思いをはせることも良いかもしれません。 合 掌

(内近司(ないごんす) 常盤(ときわ) 慈人(じじん))

The ultimate goal for us, Buddhists, is a rebirth in the Pure Land without losing our ways. To die in peace without getting lost means leaving no repentance to this world. Like high school ball players, there is a limit to our lives. If one keeps spending days aimlessly, one may head for the wrong direction, ending up being struck with the blind desires. This month's language by the Master implies that, without looking around the directions (in the nine regions ... the east, the south, the north, the south-east, the south-west, the north-east, the upward, and the downward) other than the west where the Buddha resides, one should devote oneself wholeheartedly to the way, It can be taken to signify the importance that, by embracing a big dream or setting up an aim at achieving the goal, one should toil through one's task without looking aside. Soon, the vernal equinox comes. It is the disciplinary period for enabling ones to transit from the world (present world) filled with worldly desires to the world (afterlife) in awakening without being turned adrift in the way. Why not to spare some time to reflect on the way and the objective of your life. In addition, in the middle day (of the vernal equinox, falling on 20th) since the sun sinks in the due west, the day is taken as the most appropriate time to imagine the western pure land presided over by the Buddha. It would be advisable to extend your thought to the west at the twilight.

In Prayers

Written by the temple inner-affairs attendant: Priest Jijin Tokiwa

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