

01 Taiko Drum: Shichi, Go, San 和太鼓 七、五、三

Historically, the Taiko drum (Wadaiko, or Japanese drum) is used within Shinto rituals to commune with the gods. The Taiko announces the beginning and end of the ritual and is present in both Shinto and Buddhism. Taiko are included as otodama (sound spirits) to invoke a deity during festivals. *Shichi, Go, San* - literally, 'Seven, Five, Three' - is a traditional Japanese technique called *otoshi*, which creates a sublime atmosphere. Since ancient times, almost all minorities have used the Taiko as a means for channeling, so *wadaiko* can be regarded as the origins of channeling in Japan.

02 Horagai Opening 法螺貝 金峯山寺流法螺 「護摩始」

The horagai, made from a Triton conch shell, is inseparable from Shugendo. Its origins of use within rituals date from ancient India and Tibetan Mahayana Buddhism. In modern era India, the *shankha* conch shell trumpet is used in Brahmanic and Hindu *homa* rituals. Horagai reproduce the sacred primordial sounds of *a-un*, or *om* and *aum*, generated by the cosmic vibration that resulted in the creation of the universe and earth, which are also expressed in the chants and mantra of Tantric Buddhism.

Horagai are important in the creation of *otodama*, or sound spirits. By reproducing the sound of the sacred mantras, the Shugendo practitioner instantaneously creates a meditative state of *Nada Yoga*, momentarily generating *ichion-jobutsu* - the attainment of enlightenment through a single note - and *sougon-sekai*, the majestic world. Along with the *wadaiko*, the horagai has been used for channeling by many minorities in Japan, creating sound spirits to connect with the deities since ancient times.

03 Heart Sutra 般若心經

The Heart Sutra, or *Hannya Shingyo* in Japanese, meaning 'The Heart of the Perfection of Wisdom', is the most important sutra chanted in Mahayana Buddhism, preaching the important truths of the universe. Importantly, the sound vibration of the sutra itself, provides purification and spiritual cleansing to the listener.

Translation:

The Bodhisattva of Compassion, when he meditated deeply, saw the emptiness of all five skandhas and sundered the bonds that caused him suffering. Here then, form is no other than emptiness, emptiness no other than form. Form is only emptiness, emptiness only form. Feeling, thought, and choice, consciousness itself, are the same as this. All things are by nature void. They are not born or destroyed. Nor are they stained or pure. Nor do they wax or wane. So, in emptiness, no form. No feeling, thought, or choice. Nor is there consciousness. No eye, ear, nose, tongue, body, mind; No colour, sound, smell, taste, touch, or what the mind takes hold of, nor even act of sensing. No ignorance or end of it. Nor all that comes of ignorance; No withering, no death, no end of them. Nor is there pain, or cause of pain, or cease in pain, or noble path to lead from pain; Not even wisdom to attain! Attainment too is emptiness. So know that the Bodhisattva holding to nothing whatever, but dwelling in Prajna wisdom, is freed of delusive hindrance, rid of the fear bred by it, and reaches clearest Nirvana. All Buddhas of past and present, Buddhas of future time, using this Prajna wisdom, come to full and perfect vision. Hear then the great dharani, the radiant peerless mantra, the Prajnaparamita whose words allay all pain; hear and believe its truth!

Gate Gate Paragate Parasamgate Bodhi Svaha.

Gone, gone, gone beyond. Gone altogether beyond. Oh, what an awakening. All hail!

This completes the 'The Heart of the Perfection of Wisdom'.

04 **Tuning Forks** 音叉

When listening to two tuning forks resonating at different pitches - 263.8Hz and 256Hz - your brain waves try to synch at 7.8Hz, within the difference between the two pitches. 7.8Hz is one of the frequencies of the Earth's electromagnetic field spectrum called the Schumann Resonances (SR), and also the frequency of alpha- and theta- waves within the brain. This frequency regulates human brain activity, enabling you to easily enter a state of meditation. When striking a pair of cymbal-like bells called *tingsha*, Tibetan Buddhist practitioners synch their meditating brain waves with the difference of pitch between the two bells. For this purpose, these ritual cymbals are struck together at the opening and ending of periods of meditation.

05 **Waterfall Meditation: Nada Yoga Meditation** 赤目滝「不動滝」の音と静寂

06 **Buddhist Bell Meditation: Nada Yoga Meditation** 528Hの鐘の音と静寂

07 **Tanpura Meditation: Nada Yoga Meditation** タンプーラと静寂

08 **Shugendo Mantra** 修験道の真言

This mantra of purification has been chanted within Shugendo ceremonies for over 1300 years.

'The sky I belong to is pure. The land I belong to is pure. Both my outer and inner self is pure. My six senses are pure. My mind is pure. Thus, my body is clean, without impurity. Because my body is pure, it can connect with the sacred gods. Every deed and behavior should be conducted, as it follows holy providence. Be clear and pure and your wishes and dreams will come true. You will receive limitless fortune. The heavenly bliss of spiritual treasure. Now I am content to have enough, as my mind is clean and pure.'

Om bodhi-cittam utpadayami

Om, I aspire to evolve the awakened mind

Om samayas tvam

Om, I am united in the vow

09 **Buddhist Mantra** 仏教徒の真言

In Sanskrit, *sat* means 'truth' and *sang* 'to gather or associate'. *Satsang* can be interpreted as 'a group of people who seek the highest truth', or 'a community with a strong connection to the gods'. This mantra was chanted by the *sannyasin* (disciples) who gathered around Buddha 2500 years ago.

Buddham Saranam Gacchami

I will be under the protection of Buddha, the one who achieved enlightenment.

Sangham Saranam Gacchami

I will be under the protection of the commune of Buddha, the one who achieved enlightenment.

Dhamman Saranam Gacchami

I will be under the protection of the ultimate truth of Buddha, the one who achieved enlightenment.

Gate gate para-gate para-sam-gate bodhi svaha

Gone, gone, gone beyond. Gone altogether beyond. Oh, what an awakening. All hail!

10 Hindu Mantra ヒンドゥー教の真言

The *Gayatri Mantra*, a highly revered mantra of Hinduism, contains the essential wisdom of the *Vedas* - 3000 year-old religious texts - and was originally only permitted to be chanted by practitioners of yoga. It was widely dispersed internationally by followers of the Indian guru Sathya Sai Baba (1926-2011). Repeatedly chanting the *Gayatri Mantra* is believed to enable you to awaken your inner-self deity.

<i>Om bhūr bhuvah svah</i>	<i>Let us adore the supremacy of that divine sun, who illuminates all,</i>
<i>Tat savitur varenyam</i>	<i>Who recreates all, from whom all proceed, to whom all must return,</i>
<i>Bhargo devasya dhīmahi</i>	<i>Whom we invoke to direct our understandings aright</i>
<i>Dhiyo yo nah pracodayāt</i>	<i>In our progress toward his holy seat</i>
<i>Om, shanti, shanti, shanti</i>	<i>Om, peace, peace, peace</i>

11 Shinto Mantra 神道の真言 「ひふみ祝詞」

Hi-fu-mi literally means 'one, two, three'. This mantra is carved into *Kagami Ishi* rock at Heitate Shrine in Kumamoto Prefecture, and thought to date from over 15,000 years ago. Its ancient meaning is beyond human recognition. It was also included in the *Hitsuki Shinji* (Sun-Moon Revelation), composed using methods of automatic writing by Shinto scholar and painter Tenmei Okamoto (1897-1963). This holy mantra has an esoteric, spiritual power succeeded from ancient times.

'One, two, three, four, five, six, seven, eight, nine, ten, a hundred, a thousand, tens of thousands.

Plant the flower bulbs, knot the threads, grow an abundance of strong hemp.

May the rampant evils go far away. Dig with holiness, increasing in sweat.

Shaking, floating, shaking.'

'Counting one, two, three, four, five, six, seven, eight, nine, ten, a hundred, a thousand, tens of thousands.

Scatter the seeds, plant the bulbs, and you will receive auspicious blessings.

Hemp, strong in vitality and grown in abundance, will banish evil spirits.

You cultivate the land, provided from the heavens, with your sweat, with all your might.'

12 **Shakuhachi: Sokkan** 尺八 息觀

The shakuhachi is a Japanese bamboo flute that produces harmonic overtones. For practitioners of the *Fuke-shu* school of Zen Buddhism, playing this instrument during meditation is equivalent to chanting sutras. *Hozen* (walking Zen) of Shugendo and *Zazen* (seated Zen) of Zen Buddhism, *Suizen* (blowing Zen) are standard meditation methods in Japan. This track is titled *Sokkan*, meaning 'watching the breath'. Originally, *aji* - the letter A - was a monosyllabic Sanskrit character representing the *Mahavairocana Sutra*. It is thought that 'everything starts with the letter A and ends with the letter A', meaning 'the whole universe is ultimately a void'.

Ajikan, observing the letter 'A', is a visualization-mindfulness practice, where focus is applied on a specific Sanskrit letter during meditation. Among these methods are *Asokkan*, *Gachirinkan* and *Ajikan*, which are all related to *Zazen*. *Sokkan* is a masterpiece of the traditional repertoire, using the breathing method of *Asokkan*. It is performed by the shakuhachi master Toshimitsu Ishikawa, whose live performances can be heard at Sasayuri-ann.

13 **Bells & Bowls** 鐘

Improvisation with standing bells, hand bells and bowls.

14 **Salt of the Sound: Breathe New Life**

Music by Salt of the Sound, mixed with recordings of the flowing river at Akame 48 waterfalls, as featured in the soundtrack of '*Spiritual Mindfulness Adventure*', a video by Sasayuri-ann.

15 **Horagai Ending** 法螺貝 金峯山寺流法螺「護摩終」

Everything has a beginning and ending, as does each prayer, ritual and meditation. It is thought that 'everything starts with the letter A, and ends with the letter A'. Likewise, every Shugendo practice begins and ends with the sacred sound of '*a-un*'.

16 **Taiko Drum: Shichi, Go, San** 和太鼓 七、五、三

The sound of the Taiko drum announces the ending of the communion with 'something great'.