

■ 手水舎 [てみずや / **temizuya**]

— place for ritual cleansing of hands and mouth with water when visiting shrines

1. 左手 [ひだりて / **hidari te**] — left hand
2. 右手 [みぎて / **migi te**] — right hand
3. 左手 [ひだりて / **hidari te**] — left hand
4. 口 [くち / **kuchi**] — mouth
5. 左手 [ひだりて / **hidari te**] — left hand
6. dipper handle

■ assemble 神籬 [ひもろぎ / **himorogi**]

— early shrine, sacred spaces or altars. In their simplest form, they are square areas with bamboo or sakaki at the corners supporting shimenawa with shide. A yorishiro at the center acts as physical representation of the the kami.

- base
- 4 bamboo poles
- 標縄 [しめなわ / **shimenawa**]
— rope used to cordon off consecrated areas, a talisman against evil
- fold and place 紙垂 [しで / **shide**]
— zigzag-shaped paper streamer used to identify sacred objects

■ assemble altar

- 八足案 [はつきやくあん / **hakkyaku(an)**]
— eight-legged table (stand for religious offerings)
- 依代 [よりしろ / **yorishiro**] — object to which a spirit is drawn or invited
 - 神体 [しんたい / **shintai**] — object in which a deity visits
- 三方 [さんぼう / **sanbô**] — small offering stand
 - 御塩 [おしお / **oshio**] — salt
 - 御水 [おみず / **omizu**] — water
 - 御神酒 [おみき / **omiki**] — sanctified rice wine
 - 御米 [おこめ / **okome**] — uncooked rice

■ 拝礼 [はいれい / **hairei**] — formal manner of paying worship to kami

1. 神の前に立つ [かみのまえにたつ / **kami no mae ni tatsu**] — stand in front of kami
2. 二礼 [にれい / **nirei**] — two deep bows
3. 二拍手 [にはくしゅ / **nihakushu**] — clap hands twice
4. 神迎え [むかえ / **kami mukae**] — inviting kami
5. [奉る / **matsuru**] — to offer
 - 神饌 [しんせん / **shinsen**] — offering
6. 祈願 [きがん / **kigan**] — prayer
7. 祝詞 [のりと / **norito**] — invocation to the kami
8. 神送り [/ **kami okuri**] — seeing kami off
9. 一礼 [いちれい / **ichirei**] — one deep bow

■ 神棚 [かみだな / **kamidana**] — household shrine placed or hung high on a wall

- 神棚拝詞笏 [かみだなはいししゃく / **kamidana haishi shaku**] — kamidana prayer baton

■ 祭 [まつり / **matsuri**] — festivals or rituals celebrating or honoring kami or ancestral spirits

1) 祓 [はらえ / **harae**] — purification, exorcism

▪ 神迎 [かみむかえ / **kami-mukae**] — invitation to kami to attend

a. 降神の儀 [こしんのぎ / **kôshin-no-gi**]
— descent of kami at opening of ritual

2) 神饌 [しんせん / **shinsen**] — food or offerings presented to kami

3) 祝詞 [のりと / **norito**] — beautiful words or invocations addressed to kami, ritual prayer

▪ 神送 [かみおくり / **kami-okuri**] — sending off of kami

a. 昇神の儀 [しょしんのぎ / **shôshin-no-gi**]
— ascent of kami at the end of a ritual

4) 直会 [なおらい / **naorai**] — communal feast consisting of the offerings

■ 不浄 [ふじょう / **fujô**] — impurity, defilement

□ 穢 [けがれ / **kegare**]

— spiritual pollution, ritual impurity or injury resulting from naturally occurring phenomena

□ 罪 [つみ / **tsumi**]

— imperfection, impurity, pollution, or uncleanness resulting from human actions

■ 精製 [せいせい / **seisei**] — purification

□ 大幣 [おおぬさ / **oonusa**] — ritual purification wand

▪ 祓串 [はらえぐし / **haraegushi**] — purification wand

1. Hold haraegushi upright with two hands in front of you

2. Swing from right to left and hold the top over your left shoulder
"harae tamae..."

祓給え [はらえたまえ] — exorcism please

3. Swing from left to right and hold the top over your right shoulder
"kiyome tamae..."

清め給え [きよめたまえ] — purification please

4. Swing from right to left and hold the top over your left shoulder
"mamori tamae..."

守給え [まもりたまえ] — protection please

5. Swing from left to right and hold the top over your right shoulder
"sachihae tamae..."

幸栄え給え [さちはえたまえ] — good luck and prosperity please

6. Return to upright in front of you

□ 香 [こう / **koh**] — incense

1. light koh

2. 中部 [ちゅうぶ / **chûbu**] — center, middle, heart

3. hidari kata (left shoulder), migi kata (right shoulder), hidari kata (left shoulder)

4. chûbu

5. 北 [きた / **kita**] — north, 東 [ひがし / **higashi**] — east,

南 [みなみ / **minami**] — south, 西 [にし / **nishi**] — west,

上 [うえ / **ue**] — above, 下 [した / **shita**] — below

6. chûbu

7. place koh in holder

□ 水 [みず / mizu] — water

▪ in a stream or waterfall

▪ in a pond or lake

▪ 禊 [みそぎ / misogi] — purification with water

1. in the shower turn water to as cold as you can tolerate

2. 二礼 [にれい / nirei] — two deep bows

3. 二拍手 [にはくしゅ / nihakushu] — clap hands twice

4. "mizu-no-kami* wa watashi no tsumi wo haratte kudasai"

[kami of water, my (internal) impurities cleanse, please]

a. 中部 [ちゅうぶ / chûbu] — center, middle, heart

b. sway so water runs over — hidari (left) / migi (right) / hidari (left)

c. chûbu

d. sway so water runs over — ushiro (back) / mae (front) / ushiro (back)

e. chûbu

f. ue (up) / kuchi (mouth) / shita (down & clear mouth)

g. chûbu

5. "mizu-no-kami* wa watashi no kegare wo haratte kudasai"

[kami of water, my (external) impurities cleanse, please.]

a. 中部 [ちゅうぶ / chûbu] — center, middle, heart

b. sway so water runs over — hidari (left) / migi (right) / hidari (left)

c. chûbu

d. sway so water runs over — ushiro (back) / mae (front) / ushiro (back)

e. chûbu

f. ue (look up) / kuchi (fill mouth) / shita (look down & clear mouth)

g. chûbu

6. 一礼 [いちれい / ichirei] — one deep bow

7. "mizu-no-kami* dômo arigatô gozaimasu"

[kami of water, I thank(ful) am]

* Or suijin, or mizuchi, or ryuujin

□ 浄火 [じょうか / jôka] — sacred fire

□ 塩 [しお / shio] — salt

□ 砂 [すな / suna] — sand, usually from an ocean or sea beach

□ 人型 [ひとがた / hitogata]

— human shaped paper cutout used to absorb fujô through contact with a person

1. 左足 [ひだりあし / hidariashi] — left leg, 右足 [みぎあし / migiashi] — right leg

2. 左腕 [ひだりうで / hidariude] — left arm, 右腕 [みぎうで / migiude] — right arm

3. 心肝 [しんかん / shinzô] — heart, 頭 [あたま / atame] — head

4. 息吹 [いぶき / ibuki] — breath

5. return to shrine, or dispose of in fire or running water

□ 鈴 [すず / suzu] — bells

1. 天清浄 [てんしょうじょう / ten shōjō] 𠄎 — heaven pure

地清浄 [ちしょうじょう / chi shōjō] — earth pure

六根清浄 [ろっこんしょうじょう / rokkon shōjō] 𠄎 — six roots of perception pure

2. 天清浄 [てんしょうじょう / ten shōjō] 𠄎

地清浄 [ちしょうじょう / chi shōjō]

六根清浄 [ろっこんしょうじょう / rokkon shōjō] 𠄎

3. 天清浄 [てんしょうじょう / ten shōjō] 𠄎

地清浄 [ちしょうじょう / chi shōjō]

六根清浄 [ろっこんしょうじょう / rokkon shōjō]

4. 一礼 [いちれい / ichirei] — one deep bow