



真妙法蓮華經

Astrāsana · Yoga Flow by Janine Claudia Nizza

April 2012

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



One night I had a dream, staring at me a nice oriental face smiling for a long time. I woke up that morning and I started to say Nam-myoho-renge-kyo all day long. After a few weeks of spontaneous mental repetition I called up my buddhist best friend and asked her who I had dreamed. After I described the phenomenon and the face of the man she showed me the picture of Josei Toda and I found out that he was one of the most important follower and founder of Nichiren Daishonin Buddhism. This mantra has the power of a sword for me, anytime I need to fight my internal hell to recoll my internal paradise I practice it and I win. Thank You Josei and Nichiren!



The essence of the Gohonzon

Nichiren explained that attaining enlightenment is achieved through awakening to the fact that one's own life embodies the Dhrama. This principle of attaining enlightenment is expressed in the centre of the Gohonzon in bold characters as the Oneness of the Universal Dharma (Nam-Myoho-renge-Kyo) and the Human Being (or Person represented by Nichiren, as a factual example). From this perspective, the Gohonzon is an embodiment of the life of the Buddha. In essence, the Gohonzon is a reflection of the enlightened state of life, called also the life of the Buddha, or the Buddha nature. Just as a mirror can reveal one's physical appearance, the spiritual essence of the Gohonzon triggers the Buddha nature within one's life. Nichiren explains, however, that only belief in one's inner Buddha nature can validate the benefit of the Gohonzon.

On the left the original drawing of the Gohonzon designed by Nichiren Daishonin

To learn and practice Gongyo search the word in YouTube and look for the video posted by "kcchin8888"

This calendar is a tribute to all asanas, mantra and spiritual practices that I wish to share with you all along 2012, for a better practice and for a better world. With love Om Shanti your Janine Claudia Nizza

Calendar Project and Asanas performed by Janine Claudia Nizza

My thanks to **Photographer** Claudio Corrivetti **Graphics** Sonia Ridolfini **Location** Ostia Capocotta Mediterranea

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