

(One shallow bow, two deep bows, three handclaps,
and one deep bow)

Tah kah ah mah hah lah nee

kah mm zoo mah lee mah soo

kah moo loh ghee kah moo loh mee noh—

mee koh toh—moh chee teh

soo meh mee oh yah—

kah moo ee zah nah ghee noh—

mee koh toh

tsoo koo shee noh hee moo kah noh

tah chee hah nah noh

oh doh noh ah hah ghee hah lah nee

mee soh ghee hah lah ee tah moh—toh kee nee

nah lee mah seh loo

hah lah ee doh noh oh—kah mee tah chee

moh loh moh loh noh

mah gah goh toh tsoo mee keh gah leh oh

hah lah ee tah mah eh

kee yoh meh tah mah eh toh

mah oh soo koh toh noh yoh shee oh

ah mah tsoo kah mee koo nee tsoo kah mee

yah oh yoh loh zoo noh

kah mee tah chee toh moh nee

ah meh noh foo chee koh mah noh—

mee mee foo lee tah teh teh

kee koh shee meh seh toh kah shee koh mee

kah shee koh mee moh mah oh soo...

(Bow deeply)

Mee loh koo oh oh mee kah mee

mah moh lee tah mah eh

sah kee hah eh tah mah eh

mee loh koo oh / oh mee kah mee

mah moh lee tah mah eh

sah kee hah eh tah mah eh...

(Bow deeply)

Oh shee eh mee oh yah noo shee noh kah mee

mah moh lee tah mah eh

sah kee hah eh tah mah eh

oh shee eh mee oh yah noo shee noh kah mee

mah moh lee tah mah eh

sah kee hah eh tah mah eh...

(Bow deeply and pause for silent prayer)

Kah mm nah gah lah

tah mah chee hah eh mah seh

kah mm nah gah lah

tah mah chee hah eh mah seh...

(Bow deeply, rise, and three handclaps)

Approximate meaning

God and Meishusama, here I am. Please listen to my prayer, guide me, and enrich my spirit as you wish.

"Amatsunorito" is a compound of the words "amatsu", meaning "heavenly", and "norito", which is a form of Shinto ritual-prayer. It is a prayer of gratitude.

天津祝詞

Amatsunorito

Shinji Shumeikai (UK)