

A Life of Awakening:  
The Heart of the Shin Buddhist Path



Takamaro Shigaraki

translation by David Matsumoto

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**Takamaro Shigaraki** begins this work with the simple declaration that "Shin Buddhism is a path for our attainment of Buddhahood." While this statement might seem like an obvious one, for the author it represents an essential focal point that allows the heart of the Shin Buddhist teaching to become fully realized in a human life. In the words of Shinran, its founder, Shin Buddhism is the "true essence of the Pure Land way" (*Jōdo Shinshū*). As such, it reveals a path of true humanness, a life of awakening in which we are able to encounter true reality in the midst of the confusion and contradictions of human life.

Dr. Takamaro Shigaraki is a Buddhist priest and scholar, who is recognized as one of today's leading Shin Buddhist thinkers. His many works in Japanese range from scholarly treatments of Pure Land doctrine, to ground-breaking examinations of life science and deeply personal expressions of his own encounter with religious reality. During his long scholastic career he also served as the President of Ryūkyō University, from which he received the degree of Doctor of Literature (*hōgaku hakase*) and the position of Professor Emeritus of Shin Buddhist Studies. Today he is the Chairman of the Bukkyō Dendō Kyōkai (Buddhist Promoting Foundation) in Tokyo, Japan.



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### Excerpt from *A Life of Awakening*

"Within the *nembutsu* and *shinjin*, the pure life of the Buddha endlessly flows into our lives of defiled passions. And, little by little, bit by bit, our lives, which are just like the utter darkness of hell, are transformed into the pure, brilliant life of the Pure Land."

拜呈  
妙珠様  
信樂峠  
磨  
g. Shigaraki

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