

Shinnyo

About: Shinnyo-en is an international Buddhist community dedicated to helping people to cultivate their true self through guided meditation, service, and the application of Buddhist principles in everyday life.

Founded By: Shinjo Ito (28 March 1906 – 19 July 1989) and Tomoji Ito (9 May 1912 – 6 August 1967)

Head Priest:



[Shinso Ito](#) (born 1942; Head of Shinnyo-en 1989 – present)
(www.shinnyoen.org/her-holiness-shinso-ito.html)

Shinnyo Buddhism: Shinnyo Buddhism is an engaged Buddhism that is applicable in everyday life. It emphasizes the ability to share the esoteric teachings of the Buddha with people from all backgrounds and faiths. The teachings of Shinnyo Buddhism are an integration of:

- The authentic Buddhist dharma (“teachings”) lineage expressed in the traditions of the Daigo School of Shingon Buddhism, which was founded in Japan in the ninth century. Shinjo Ito trained in the Daigo School of which he became a great master and lineage holder.
- The teachings of the Mahaparinirvana Sutra (more information below).
- A distinctive practice of guided meditation.

Principal Meditative Image:



The reclining Parinirvana Buddha – the image of Buddha as he achieved final enlightenment and gave his last teachings before his passing.

Shinnyo-en’s founder, [Shinjo Ito](#), who was also an accomplished sculptor, created an image of the Parinirvana Buddha that has become a defining symbol of Shinnyo Buddhist practice (www.shinjoito.com).

Primary Text: The Nirvana Sutra (Sanskrit: Mahayana Mahaparinirvana Sutra) is the principal source of doctrinal inspiration. It is one of the major sutras of Mahayana Buddhism with earliest written versions in Sanskrit and Chinese. The sutra focuses on teachings of the Buddha in the last period of his life. The sutra emphasized practice and the potential for both lay and monastic practitioners to attain Buddhahood in this lifetime.

Name: The name Shinnyo-en means “a place without borders, where all who desire to can bring forth their true nature and be welcome.” The Buddhist term *shinnyo* denotes both Buddhahood (spiritual awakening) and the nature of reality; *en* refers to a boundless garden or open space.

Locations: Approximately 100 temples and Buddhist training centers in Japan, Australia, Belgium, Brazil, France, Italy, Germany, Hong Kong, Korea, Singapore, Spain, Sri Lanka, Taiwan, Thailand, the United States (Chicago, Honolulu, Los Angeles, New York, San Francisco, and Seattle), and the United Kingdom, among others.

Practitioners: Approximately one million worldwide.

Web and Social Media: www.shinnyoen.org
Facebook: www.facebook.com/ShinnyoBuddhism; @ShinnyoNews on Twitter