

## Purify and recharge your spirit for the summer -This year, we need this more than ever! -

From ancient times, the Japanese people practiced 夏越之祓 *Nagoshi-no-Harae*, a prayer to purify and to rid themselves of the first half of the year's 厄難 *yakunan* (illness, accident, injury, fight etc...) or "bad luck" and *kegare*, or "withered spirit". Over the course of the first half of the year, the energy of a person's spirit is diminished by tiredness, stress, and other pressures, so *Nagoshi-no-Harae* rituals are performed every June to cleanse and refresh this energy and recharge the spirit. **Shinto Shrine of Shusse Inari in America provides these traditional services with mystic rituals that have been passed down through the generations of our family.**

One such ritual is the use of 人形 *hitogata* on which have been written the mystic words, "十種神宝 *Tokusa-no-kamdakara*." *Hitogata* are slips of paper cut into the shape of a person, and it is believed that the *hitogata* represents the person concerned. In the *Nagoshi-no-Harae* service, the *hitogata* is thought to carry all of that person's *kegare*.

### [How to use *hitogata*]

1. Write your name and age on the front of *hitogata*.
2. Wipe on the body part one wishes to improve or renew with the *hitogata*.  
For example, one suffering from knee pain would wipe the *hitogata* on their knee, or, if they wish to be smarter, on their head.
3. Breathe upon the *hitogata*.
4. Complete the application form and select the package plan.
5. Prepare the donation service fees.

Check: Payable to Shinto Shrine of Shusse Inari in America

PayPal: PayPal@ShintoInari.org

6. Mailed (**it must reach us no later than June 28th**)

Mailing address: Shinto Shrine of Shusse Inari in America 8931 W. 25<sup>th</sup> Street, Los Angeles, CA 90034

We will hold the *Nagoshi-no-Harae* service on June 30<sup>th</sup> with your *hitogata* and notify you of the completion of the service. We will then send your package if you requested one.

# Hitogata ritual for Nagoshi-no-Harae Package Plan List

Please select one of following plans and mail *hitogata*, application form and pay the service fee via check or PayPal. We will hold the *Nagoshi-no-Harae* service on June 30<sup>th</sup> with your *hitogata* and notify you of the completion of the service. We will then send your package if you requested one.

## Hitogata Plan \$11.00

**(The Hitogata plan is included with membership fees).**

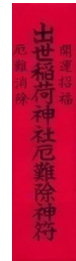
*Nagoshi-no-Harae* rituals service which is using *hitogata*.  
A Shinto Priest will read each person's name and address during the service. Following the service, you will receive a certification of your participation by email.



人形（ひとがた）  
*Hitogata*

## Nagoshi Plan \$21.00

*Hitogata* plan's benefits and receive a *Nanjo Ofuda* (protective charm against ill fortune).



ミニ茅の輪  
Mini *Chinowa*  
Appox. 6 inches

## Kitsune plan \$32.00

*Hitogata* plan's benefits and receive a mini *Chinowa* (ceremonial grass ring).

## Inari plan \$42.00

*Hitogata* plan's benefits and receive a *Nanjo Ofuda*, mini *Chinowa*, and Blessed Rice (from Koda Farms. [www.KodaFarms.com](http://www.KodaFarms.com)) which we blessed their rice field.

難除の神札  
*Nanjo Ofuda*



開運招福米  
Blessed Rice 1lb. (454g)

## Family plan \$63.00

*Hitogata* plan's benefits for up to five family members (including pets and/or room mates) and receive a *Nanjo Ofuda* and Blessed Rice (from Koda Farms) which we blessed their rice field.

**Dear international participant(s),** we kindly ask that you cover shipping costs for your plan (*hitogata* plan excluded). Thank you for your understanding. Please note that local customs regulations may