

# Purify and recharge your spirit for the summer

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 ceremonies with mystic rituals that have been passed down through the generations of our shrine.**

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* ceremony, the *hitogata* is thought to carry all of that person's *kegare*.

## [How to use *hitogata/katashiro*]

1. Download and print out *hitogata* and/or *katashiro* from our website.
2. Cut out the *hitogata* and/or *katashiro* along the outline.
3. Write your name, street address (not PO Box) and age\* on the front of *hitogata* and/or *katashiro*.
4. Wipe on the body part one wishes to improve or renew with the *hitogata/katashiro*.

For example:

**To use *hitogata*/Pet *katashiro***, one suffering from knee pain would wipe the *hitogata* on their knee, or, if they wish to be smarter, on their head while saying your wishes like "please heal my knee pain, please be smarter." etc. For pet, rub the pet with the *katashiro* if possible.

**To use vehicle *katashiro***, wipe the steering wheel while you are saying your wishes like "please no accident, no mechanic issues." etc...

5. Breathe upon the *hitogata/katashiro*. (For pet, the pet itself or owner may breathe upon the *katashiro*. For vehicle, owner or driver should breathe upon the *katashiro*).
6. Fill out the application form on our website and select package plan.

<https://shintoinari.org/nagoshi-form/>

7. Prepare the donation ceremony fees.

Check: Payable to Shinto Shrine of Shusse Inari in America

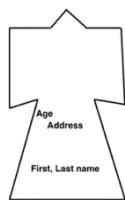
PayPal: <https://www.paypal.com/us/fundraiser/charity/3405572>

8. Mailed (**it must reach us no later than June 27th**)

Mailing address: 9854 National Blvd., #284, Los Angeles, CA 90034

\*Eastern Age Count.

We will hold the *Nagoshi-no-Harae* ceremony on June 30th with your *hitogata* (and *katashiro*), and notify you of the completion of the ceremony. We will then send your package if you requested one.



人形 (ひとがた)  
*Hitogata*



ペット形代 (かたしろ)  
*Katashiro* for pet



車両形代 (かたしろ)  
*Katashiro* for Vehicle



Application Form  
QR Code

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

Please select one of following plans and mail *hitogata* (and *katashiro*), application form and pay the ceremony fee via check or PayPal <https://www.paypal.com/us/fundraiser/charity/3405572>

We will hold the *Nagoshi-no-Harae* ceremony on June 30th with your *hitogata* (and *katashiro*), and notify you of the completion of the ceremony. We will then send your package if you requested one.

## Hitogata Plan \$10.00

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

*Nagoshi-no-Harae* rituals ceremony which uses *hitogata*.

A Shinto Priest will read each person's name during the ceremony. Following the ceremony, you will receive a certification of your participation by email.

## Nagoshi Plan \$20.00

*Hitogata* plan's benefits and a pouch of purification salt.

## Nanjo plan \$40.00

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

## Chinowa plan \$50.00

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

## Kitsune plan \$60.00

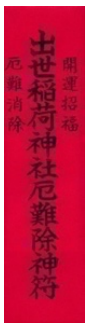
*Nanjo* plan's benefits and blessed items: one tea bag from five kinds of plants, set of assorted tea bags (Mulberry, Wasabi, Lindera, Sweet Potato and Perilla all from Sankoen Tea. [www.ocha350.co.jp](http://www.ocha350.co.jp)). These assorted tea bags are all made in Shimane. Sankoen Tea is located in Matsue, Shimane prefecture, as is our parent shrine.

## Inari plan \$70.00

*Nanjo* plan's benefits and a box of Blessed Rice.

## Premium plan \$100.00

*Nanjo* plan's benefits for up to four family members (including pets, vehicle, roommates) and receive a mini *Chinowa* (ceremonial grass ring), a box of Blessed Rice, and Blessed Tea bag Set.



難除の神札  
*Nanjo Ofuda*



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



Blessed Rice



Blessed Tea Bags  
(Actual product may vary)



Ceremony fee  
donation

**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 prohibit the shipping of *Chinowa* and rice to some countries.