

# 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* (misfortune, illnesses, accidents, injuries) and *Kegare* (spiritual impurities). 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*]

### Hitogata

(\*Eastern Age Count)

**Step 1:** Write your name, age\*, and address on the front of the paper shape. Please do not use a PO box as your address. Use the side that shows the kanji 十種神宝 or the printed words “name, age, address.”

**Step 2:** Gently breathe once onto the paper shape.

**Step 3:** Wipe the paper on the part of your body you wish to improve. While doing so, think about what you want to improve. Example: To heal an injury or to become more focused.

### Katashiro for Pets

**Step 1:** Write the name and address of your animal, as well as what type of pet it is, on the front of the paper shape. Use the side that shows the kanji 十種神宝 or the printed words “name, address, type of pet.”

**Step 2:** Help your pet breathe onto the *Katashiro* by holding it in front of their nose or mouth. If that is not possible, you can do so on their behalf.

**Step 3:** Try to gently wipe the paper on the animal on the area you wish to improve. While doing so, think about what you want to improve. Example: Health and safety.

### Katashiro for Vehicles

**Step 1:** Write your name, the address, and license plate number on the front of the paper shape.

**Step 2:** As the owner or driver of the car, please breathe once onto the paper shape.

**Step 3:** Gently rub the paper on the steering wheel and the hood of the car. While doing so, think about what you want to improve. Example: Avoiding accidents or mechanical issues.

**With the *Hitogata* and *Katashiro* prepared, please follow these next steps:**

**Step 4:** Fill the form on our website to complete the application and select the package plan.

<https://shintoinari.org/nagoshi-form2026>

**Step 5:** Prepare the donation ceremony fees. **Do NOT send cash.**

Check: Payable to Shinto Shrine of Shusse Inari in America

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

**Step 6:** Mail your *Hitogata* and *Katashiro* (**must reach us no later than June 27th!**)

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

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

# 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 minimum \$10.00\*

*Nagoshi-no-Harae* rituals ceremony which uses *Hitogata/Katashiro*.

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

\*For Shinto Inari Kai members: The individual membership includes **one entry** of the Hitogata plan. If you are *Suzu* or *Inaho* member, only yourself is included in the membership. If you need to add your partner/vehicle/pet, you must donate an additional plan fee. The family membership (*Sakaki*) includes up to five entries for the Hitogata plan.

## Nagoshi Plan minimum \$20.00

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

## Nanjo plan minimum \$50.00

*Nagoshi* plan's benefits and a *Nagoshi-no-Harae Yakunanshōjo Ofuda* (protective talisman against ill fortune).

## Kitsune plan minimum \$70.00

*Nagoshi* 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 Sankōen Tea. [www.ocha350.co.jp](http://www.ocha350.co.jp)). These assorted tea bags are all made in Shimane. Sankōen Tea is located in Matsue, Shimane prefecture, as is our parent shrine.

## Inari plan minimum \$80.00

*Nagoshi* plan's benefits and a bag of Blessed Rice from [Lopes Family Farms](#).

## Premium plan minimum \$100.00

*Nanjo* plan's benefits for up to five family members or five entries (including pets, vehicle, roommates) and includes a box of Golden Aojiru and a Blessed Tea bag Set.



Nagoshi-no-Harae  
Yakunanshōjo Talisman



Blessed Rice  
Lopes Family  
Farms



Blessed Tea Bags  
(Actual product may vary)



golden  
aojiru  
Golden Aojiru  
[www.golden-aojiru.com](http://www.golden-aojiru.com)



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 rice to some countries.