

# Honbushin International Center's Family Mochi Blessing Experience

You, your family and friends are a 1 in a 7 billion miracle.  
Having someone to love and having someone love you is a real miracle.  
What are the chances of meeting these people in this big world?  
We must cherish this miracle that is given to our lives.



## Significance of Mochitsuki

Mochitsuki is a celebration to give thanks for the blessing that we received during the past year and to pray for happiness and health for the coming year. The entire family works together to give thanks. The grandfather and father pound the mochi, while the grandmother and mother turn and mix the mochi. Then the whole family cut and shape the mochi. This symbolizes the family bond.



# Family Mochi Blessing Experience

Welcome to HIC's Family Mochi

The mochi pounding that you will be taking part, is an event for you to take time to give thanks to the past year and pray for your family and friend's health and happiness for this year.

Our god is a happiness giving god, as in a god who will tie you to happiness.

While you experience the process of making mochi, We hope that it will guide you to achieve a wonderful year.

We wish for you, your family, and friends will have a great time today.

## **About the Blessing**


In the Teachings,

"All of us who were born on this earth are special and are an important existence. Shine the light onto your wonderful traits, and continue to grow further. Imagine how you would like to be and move forward while enjoying yourself step by step. At times, share with others, at times, talk with god alone."

The Honbushin Minister will perform a happiness blessing. During the blessing, we recommend everyone to give thanks to god for the previous year and ask for guidance for the New Year. Think about what you wished for on the Wishing Card. Try to draw a detail image in your head of what it would look like when you achieve this wish.

As you enter the blessing room, please sit from the front.

When the minister gives the signal, please bow and clap four times. Please bow slightly when the Reverend is giving the blessing.





## Mochi Pounding


At the Mochi Pounding station, you will be pounding mochi together with your family and friends.

What is important is, for your whole group to pound with a positive spirit. When you do so, the mochi becomes more delicious.

In Honbushin's teachings, it is said, "People wish to entrust their dreams to the wonderful future that is to come. But at times, you may get tied down by the past and your near future may seem to be already established because of your past. You may think it is meaningless to open up your heart because of the fear of distrust, doubt, and not wanting to get hurt again. Worrying that you have no value, and increase your wound again. But the truth is that you and I, and the people around you have wonderful values and are charming. Not the past but now. Your present self will be guided to tomorrow."

We tend to limit our life from what we experience in the past. While pounding the mochi, enjoy the smiles, laughters, and companionship. Just like making the delicious mochi, having this positive spirit with your family and friends is the first step to bringing happiness to you, your family, and friends for the New Year.

There will be 3 stage of pounding. First will be the grinding of mochi rice. Second will be the group pounding to mash most of the rice into mochi. Third will be the one on one with 1 pounder and 1 turner.



## Mochi Rounding

At the Mochi Rounding station, you will be cutting the mochi to bite size pieces and rounding it to a circle shape. This resembles polishing your heart to become a better person.

In Honbushin's teachings,

"When your soul rejoices, you will be able to give more joy to people." Everything starts with you. When you are happy, people around you will become happy. The wonderful year for your family and friends will connect with your neighbors and then it will connect to a wonderful society. Please don't forget this and always have a heart full of gratitude.

By participating in our mochitsuki, I hope you were able to find a little hint to having a wonderful year.

Let's build a wonderful family,  
Let's make more wonderful friends,  
Let's make a wonderful society.



What you experienced today is Honbushin's way of thinking and way of life. Please feel free to contact us if you have interest in Honbushin's teachings.

Feel Free to contact us if you have any questions.

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Thank you very much for participating in our event.