



1 *Intra Service*

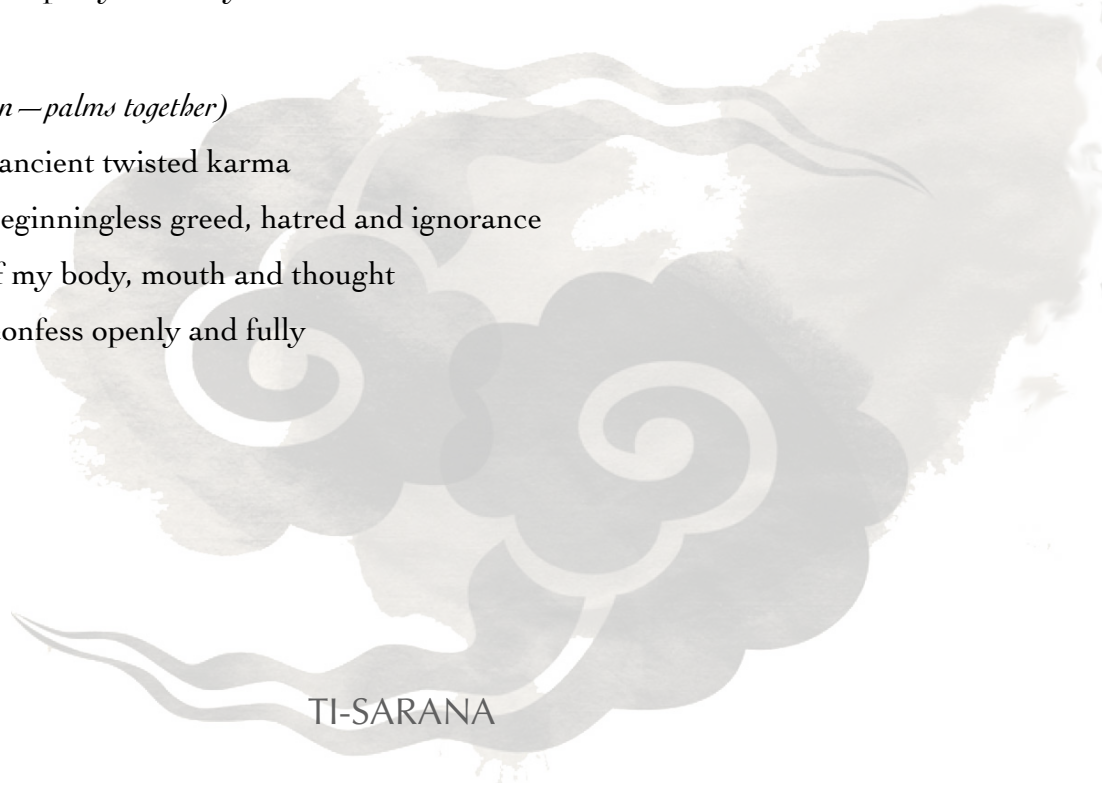
PURIFICATION

(Sung version)

All of the ancient twisted karma
Timeless greed, hatred and ignorance
Born of my body, mouth and thought
I confess openly and fully

(Chanted version — palms together)

All the ancient twisted karma
From beginningless greed, hatred and ignorance
Born of my body, mouth and thought
I now confess openly and fully



TI-SARANA

(Chanted)

I take refuge in awakening
I take refuge in the way
I take refuge in my companions

(Sung — 3 times)

Buddham saranam gacchami
Dhammam saranam gacchami
Sangham saranam gacchami
Buddham Dhammam Sangham

THE GREAT PRAJNA PARAMITA HEART SUTRA

Avalokiteshvara Bodhisattva, practicing deep Prajna Paramita

clearly saw that all five skandhas are empty,

transforming all suffering and distress.

Shariputra, form is no other than emptiness, emptiness no other than form;

form is exactly emptiness, emptiness exactly form;

sensation, perception, mental reaction, consciousness are also like this.

Shariputra, all things are essentially empty —

not born, not destroyed; not stained, not pure; without loss, without gain.

Therefore in emptiness there is no form, no sensation, perception, mental reaction, consciousness;

no eye, ear, nose, tongue, body, mind;

no color, sound, smell, taste, touch, object of thought;

no seeing and so on to no thinking;

no ignorance and also no ending of ignorance,

and so on to no old age and death and also no ending of old age and death;

no suffering, cause of suffering, cessation, path, no wisdom, and no attainment.

Since there is nothing to attain, the bodhisattva lives by Prajna Paramita,

with no hindrance in the mind; no hindrance, and therefore no fear;

far beyond delusive thinking, right here is Nirvana.

All Buddhas of past, present and future live by Prajna Paramita,

attaining Anuttara-samyak-sambodhi.

Therefore know that Prajna Paramita

is the great sacred mantra, the great vivid mantra,

the unsurpassed mantra, the supreme mantra,

which completely removes all suffering.

This is truth, not mere formality.

Therefore set forth the Prajna Paramita mantra.

Set forth this mantra and proclaim:

Gaté Gaté Paragaté

Parasamgaté

Bodhi Svaha!

(Gone, gone, gone beyond

to the other shore,

awakening, fulfilled. Oh great joy!)

RICHIE'S HEART SUTRA

Avalokiteshvara Bodhisattva
Living in deep prajna paramita
Clearly saw all five skandhas empty
Crossed beyond all suffering and misery
Listen, Shariputra, listen
Form is emptiness
Emptiness is form
Form is exactly emptiness
Emptiness exactly form
The same is true of feeling and perception
The same is true of intellect and consciousness
Listen Shariputra, listen
All things are marked by emptiness
Not born, not destroyed
Not stained, not pure
Without loss, without gain
In emptiness no form, no feeling
No perception, no intellect, no consciousness
No eye no ear no nose
No tongue no body no mind
No color no sound no smell
No taste no touch no phenomena
No seeing and so on to no thinking
No ignorance, no end of ignorance
No old age and no death
No ending of old age and death
No suffering, cause or end to suffering
No path, no wisdom and no gain
Since there is nothing to gain
The bodhisattva lives in prajna paramita

Since there is no hindrance in the mind
There is no fear
Far beyond all delusion
Nirvana is already here
All past, present and future Buddhas
Know the blessing of prajna paramita
Awakened to perfect enlightenment
Therefore know that prajna paramita
The sacred and bright mantra
The supreme and unsurpassed mantra
By which all suffering is gone
Is truth, not deception

Gaté gaté paragaté
Paramsamgaté
Bodhi svaha



SHO SAI MYO KICHIJO DHARANI

(Ancient Spell to Ward Off Danger)

(3 times)

NO MO SAM MAN DA MOTO NAN
OHA RA CHI KOTO SHA SONO NAN
TO JI TO EN GYA GYA GYA KI GYA KI UN NUN
SHIFU RA SHIFU RA HARA SHIFU RA HARA SHIFU RA
CHISHU SA CHISHU SA CHISHU RI CHISHU RI
SOHA JA SOHA JA SEN CHI GYA SHIRI EI SO MO KO



FIRST DEDICATION : THANKS

(Palms together)

Cantor:

Buddha nature pervades the whole universe,
existing right here now.
The wind blows, waves fall on the shore,
and Guanyin finds us in the dark and broken roads.
We give thanks to
all the ancestors of meditation
in the still halls,
the unknown women, centuries of enlightened women,
ants and sticks and grizzly bears.
Let wisdom go to every corner of the house,
let people have joy in each other's joy.

All:

All Buddhas throughout space and time
all Awakened Beings, Great Beings
the Heart of Perfect Wisdom

HAKUIN EKAKU : PRAISE SONG for MEDITATION

All beings are Buddha by nature,
just as water and ice are the same.
Without water there's no ice;
outside of beings, no Buddha.

People miss what's in front of them
and go searching far from home.
It's sad, like someone standing in water
and crying out in thirst,
or a child from a rich family,
struggling among the poor.

We cycle through heavens and hells
because we keep setting out
on the dark roads of ignorance —
dark road after dark road,
when will we be free from birth and death?

Mahayana meditation
can't be praised enough.
The good effects of generosity and discipline,
prayer, self-reflection, and practice,
have their source in meditation.

With what you gain from just one sitting,
all your crimes are wiped away.
Then where are those heavens and hells?
The Pure Land comes near.

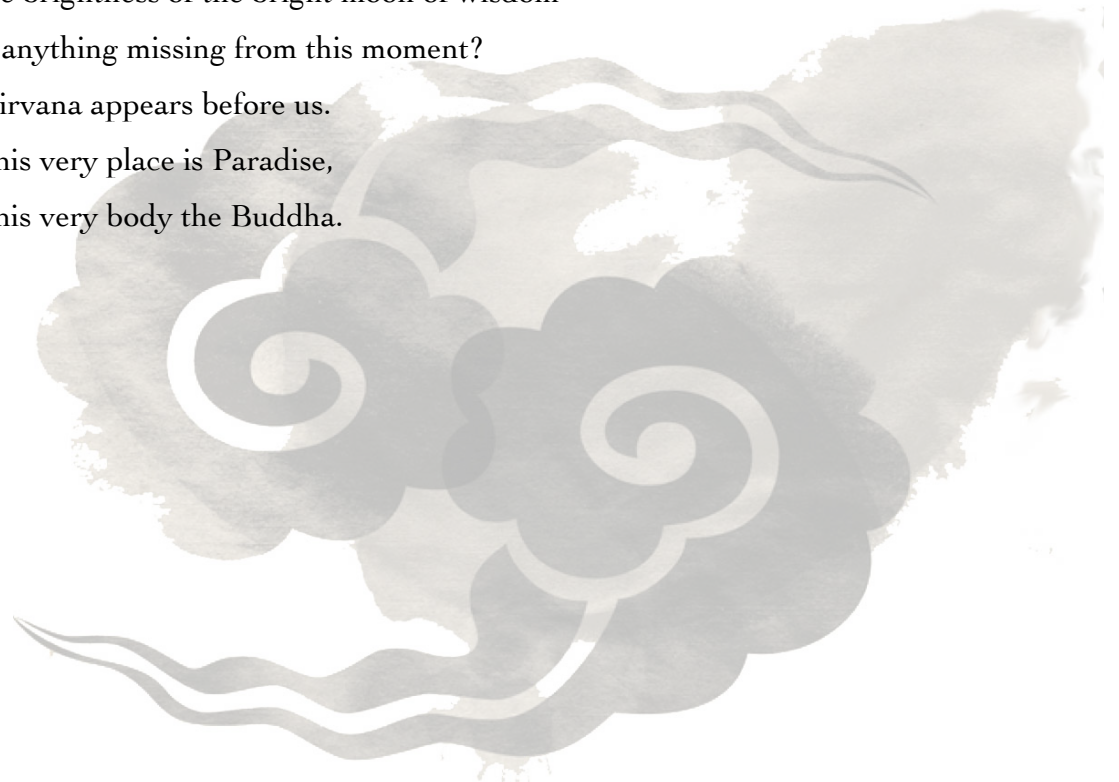
If this way moves you
the first time you hear it,
and you simply follow it,
endless blessings come to you.

Even more, if you turn the light inward
and witness your own nature,
your nature which is empty nature,
you go beyond any doctrine.

The gate opens: Cause and effect are one,
there's no two, no three.

The formless form comes into form;
going or returning, we are in the right place.
Thinking thoughts without thought,
singing and dancing are the voice of the Way.

The vast emptiness of deep meditation,
the brightness of the bright moon of wisdom—
is anything missing from this moment?
Nirvana appears before us.
This very place is Paradise,
This very body the Buddha.



TOREI ZENJI : BODHISATTVA'S VOW

When I look deeply
into the real form of the universe,
everything reveals the mysterious truth of the Tathagata.
This truth never fails:
in every moment and every place
things can't help but shine with this light.
Realizing this, our ancestors gave reverent care
to animals, birds, and all beings.
Realizing this, we ourselves know that our daily food,
clothing and shelter are the warm body and beating heart of the Buddha.
How can we be ungrateful to anyone or anything?
Even though someone may be a fool,
we can be compassionate.
If someone turns against us,
speaking ill of us and treating us bitterly,
it's best to bow down:
this is the Buddha appearing to us,
finding ways to free us from our own attachments —
the very ones that have made us suffer
again and again and again.
Now on each flash of thought
a lotus flower blooms,
and on each flower: a Buddha.
The light of the Tathagata
appears before us, soaking into our feet.
May we share this mind with all beings
so that we and the world together
may grow in wisdom.

GUANYIN SUTRA OF ENDLESS LIFE

(Sung—3 times)

Kanzeo-o-o-on Kanzeo-o-o-on
Kanzeo-o-o-o-o-on Kanzeon

(Spoken—once)

Kanzeon
Praise awakening
We are born with awakening
We grow with awakening
We grow with awakening,
the Way, and our companions
Eternity is full of joy, the self is pure
Morning's thought is Kanzeon
Evening's thought is Kanzeon
Thought after thought rises in the mind
Thought after thought is the mind

(Chanted)

KANZEON
NAMU BUTSU
YO BUTSU U IN
YO BUTSU U EN
BUPPO SO EN

JO RAKU GA JO
CHO NEN KANZEON
BO NEN KANZEON
NEN NEN JU SHIN KI
NEN NEN FU RI SHIN

(Sung—3 times)

Kanzeo-o-o-on Kanzeo-o-o-on
Kanzeo-o-o-o-o-on Kanzeon

SECOND DEDICATION : REMEMBRANCE

(Palms together)

Cantor:

All living things are one seamless body
and pass quickly from dark to dark.
We remember you who cared for us and are gone,
you in the generations yet to be born.
You who are ill,
you who are at war,
who are hungry and who are in pain—
may you heal and have peace.

We especially dedicate our service to:

All:

[Speak names of personal dedications]

Cross on over
Cross that river
Set them free



THE FOUR BOUNDLESS VOWS

I vow to wake the beings of the world
I vow to set endless heartache to rest
I vow to walk through every wisdom gate
I vow to live the great Buddha way



THE FOUR BODHISATTVA VOWS

All beings one body, I vow to save them all
Blind passions spinning round and round, I vow to put them down
Knocking on countless Dharma doors, I vow to walk on through
The unsurpassed Buddha Way, I vow to live it every, every, every, everyday

CELTIC BLESSING

Deep peace of the running wave to you
Deep peace of the silent stars
Deep peace of the flowing air to you
Deep peace of the quiet earth

May peace may peace may peace
fill your soul
Let peace let peace let peace
make you whole

