



## Shakyamuni

### **Om Muni Muni Maha, Muni Shakya Muniaya Soha**

Om wise one, wise one, greatly wise one, wise one of the Shakyans, Hail!

## Kannon / Quan Yin / Avalokiteshavara

### **Om Mani Padme Hum**

Generosity - Ethics - Patience - Diligence - Meditation - Wisdom [lit] All Hail the lotus born

## Enmei Jukku Kannon Gyo

•• *kan ze on!* 觀世音  
*na mu butsu* 南無佛  
*Yo butsu u in* 與佛有因  
*yo butsu u en* 與佛有緣  
*bu ho so en* 佛法僧緣  
*jo raku ga jo* 常樂我淨  
*cho nen kan ze on!* 朝念觀世音  
*bo nen kan ze on!* 暮念觀世音  
*nen nen ju shin ki* 念念從心起  
*nen nen fu ri shin* 念念不離

## Ten Verse Sutra of Boundless Compassion

Bodhisattva who hears the world's cries!  
Paying homage to Buddha,  
Forge a causal connection with Buddha,  
A karmic affinity with Buddha,  
A karmic affinity with Buddha, Dharma, and Sangha,  
Thus becoming Eternal, Joyful, Selfless, and Pure.  
In the morning think of Kanzeon!,  
in the evening think of Kanzeon!.  
Thought after thought arises from mind;  
Thought after thought is not separate from mind.

## Green Tara

### **Om Tare, Tuttare, Ture-e-e , Svaha**

Liberate from Samsara, Liberate from fear, Liberate from disease, In my heart

### **Om Arya Tare, Saa-parivara, Vajra-ah-ah, Samaya Dza**

Sublime Tara and Retinue, Indestructible Promise All-Encompassing Love

## Medicine Buddha

### **Tayata Om - Bekandze Bekandze - Maha Bekandze Ya - Randza Samongate Soha**

Om - do away with the pain of illness - do away with the root cause of illness - do away with the pain of illness - oh Great King - I offer this prayer to you Medicine Buddha.

## Jizo Bodhisattva

\*spontaneous "Jizo!" are welcome

### **•• Om Ksitigarbha, Om Bodhisattva, Om Ksitigarbha Bodhisattva Ya (la la la)**

I take refuge in *Earth Store* Bodhisattva. He saves us from the "hell" realms.

Heart Sutra Dharani

•• Gyate Gyate Gyate Hara Gyate Hara So Gyate Boji Sowa Ka  
Gate Gate Gate Para Gate Para Sam Gate Bodhi Svaha  
Gone Gone Gone Gone Beyond Gone Far Beyond Wahoo!

The Many Names of Amida Buddha

•• Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Namu Namu, Namu Namu, Namu Namu Amida Bu  
Namu Namu, Namu Namu, Namu Namu Amida Bu

Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Namu Amida Namu Amida Namu Amida Mida Bu  
Namu Amida Namu Amida Namu Amida Mida Bu

Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
KiMyoMuRyo JuNyoRa i KiMyoMuRyo JuNyoRa i  
KiMyoMuRyo JuNyoRa i KiMyoMuRyo JuNyoRa i Buddha of immeasurable light

Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
NaMuFuKa ShiGiKo NaMuFuKa ShiGiKo  
NaMuFuKa ShiGiKo NaMuFuKa ShiGiKo I take refuge in inconceivable light

Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Om Namu Amida Butsu Om Namu Amida Butsu  
Om Namu Amida Butsu Om Namu Amida

Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Namu Ah, Namu Ah, Namu Ah-mida Bu Namu Ah, Namu Ah, Namu Ah-mida Bu  
Namu Namu, Namu Namu, Namu Namu Amida Bu  
Namu Namu, Namu Namu, Namu Namu Amida Bu • (then fading away..)  
Namu Namu, Namu Namu, Namu Namu Amida Bu

Thank You

Thank You for what you've done for me.

Thank you for what you are doing now.

Thank You for every little thiiiiing! yeah, yeah ,yeah,yeah!

Thank You for you have made me see. Whoa ooh, oh oh oh! Whoa oh oh!

Four Immeasurable Attitudes [Maha Brahmavihāras]

**May All Beings, Have Happiness, and It's causes.**

**May all Beings, be Free from Suffering.**

**May All Beings, Never Be Separate**

**from the Suu-preme Joy, that is Amida Buddha.**

**May All Beings, Abide in Equanimity - Free from Attachment, and Aversion.**

The Four - Love - *metta*, Compassion - *karuna*), Joy - *mudita*, Equanimity *upeksha*.

100 Syllable Mantra (Vajrasattva)

**Om.... Vajrasattva Samaya - Manu Palaya**  
**Vajrasattva Tenopa - Tiktra Didro Me**  
**Bhawa - Suto Shayo Me Bhawa - Supo**  
**Kayo Me Bhawa - Anurakto Me Bhawa**  
**Sarwa Siddi Me - Prayetsaa - Sarwa Karma**  
**Suttsa Me - Tsittam Shriyam Kuru Hum**  
**Ha Ha Ha Ha Ho - Bhagawan Sarwa**  
**Tathagatha Vajra - Mame Muntsa Vajra**  
**Bhawa Maha Samaya Sattva**  
**Ah... Hum... Phet... [Om....] ending**

Oṃ Vajrasattva! Preserve the bond between me and Buddha! As Vajrasattva stand before me. Be firm for me. Be greatly pleased for me. Deeply nourish me. Love me passionately. Grant me powerful insight in all things, and in all actions make my mind most excellent. Ha ha ha ha ho! Blessed One! Diamond of all the Tathāgatas! Do not abandon me. Be the Diamond-bearer, Being of the Great Bond! Aḥ - uniting in non-duality. Hūṃ - the wisdom of great bliss. Phet - clarifies the wisdom of inseparable bliss-emptiness.

**Happiness is Here and Now** - Thich Nhat Hanh

1. Happiness is here and now.  
I have dropped my worries.  
Nothing to do. Nowhere to go.  
No longer in a hurry.

2. Amida's Light shines here and now  
May all beings feel compassion  
May they all be, free from harm  
and be free of suffering

3. Happiness is here and now.  
I have dropped my worries.  
Something to do. Somewhere to go.  
But not in a hurry.

4. The Pure Land is here and now  
In each breath, each moment  
Taking each step, along the path  
Walking in True Dharma

Let the Buddha Walk With You

**Let the Buddha walk with you, let the Buddha walk with you,  
Let the Buddha walk, just walk, let the Buddha walk with you**

**The Buddha's strolling through the Milky Way,  
strolling through the moon and stars**

**Walking in the garden, and the universe, let the Buddha walk with you**

**Let the Buddha smile in you, let the Buddha smile in you  
Let the Buddha smile, in your eyes, let the Buddha smile in you**

**The Buddha's smiling in each be-e-ing, smiling in the smallest heart  
With a patch of blue sky, and the morning bird, let the Buddha smile in you**

**Let the Buddha work in you, let the Buddha work in you  
Let the Buddha work, peacefully, let the Buddha work in you**

**The bees are working in the gar-ar-den, working wholeheartedly  
Like the butterfly, gracefully, let the Buddha work in you**

**Let the Buddha live in you, let the Buddha live in you  
Let the Buddha live, in your heart, let the Buddha live in you**

**The Buddha lives in every be-e-ing, living like a shining star  
With infinite compassion and a grateful heart, let the Buddha live in you  
Let the Buddha live..... In... you....**

**Amida's Grace**

May Amida's Grace, Shine upon you, all love... surround you ...  
And the pure light within you, Guide your way on,  
Guide your way on, Guide your way on....  
Sun... Sun Moon... Moon Stars... Stars  
Light, Life and Love.... Light, Life and Love

The Sun shines on everyone

**The Sun shines on everyone, The Sun shines on everyone**

**The Sun shines on everyone, It doesn't make choices,**

**It doesn't make choices**

**The Rain falls on everyone, The Rain falls on everyone**

**The Rain falls on everyone, It doesn't make choices,**

**It doesn't make choices**

**Amida's light shines on everyone, Amida's light shines on everyone**

**Amida's light shines on everyone, It doesn't make choices,**

**It doesn't make choices**

**Peace - to all.. Life - to all.. Love - to all.. Na-mu A-mi-da**

**Namu Amida, Namu Amida, Namu Amida Butsu**

**Namu Amida, Namu Amida, Namu Amida Butsu**

**Breathing In, Breathing Out**

- Thich Nhat Hanh

1. Breathing in, breathing out  
Breathing in, breathing out  
I am blooming as a flower,  
I am fresh as the dew  
I am solid as a mountain  
I am firm as the Earth  
I am free, I am free, I am free

3. Breathing in, breathing out,  
Breathing in, Breathing out  
I am wind on the ocean  
I am waves on the sea  
And I feel there is peace  
Surrounding a-all beings  
I am free, I am free, I am free

2. Breathing in, breathing out  
Breathing in, Breathing out  
I am water reflecting  
What is real, what is true,  
And I feel there is space  
Deep inside of me  
I am free, I am free, I am free

"She Carries Me"

By Jennifer Berezan

- *She is a boat, she is a light  
High on a hill in dark of night  
She is a wave, she is the deep  
She is the dark where angels sleep  
When all is still and peace abides  
She'll carry me to the other side,  
She carries me, she carries me,  
She carries me, to the other side...*
- *A thousand arms, a thousand eyes  
A thousand ears to hear our cries  
She is the gate, she is the door  
She leads me through and back once more  
When day has dawned and death is nigh  
She'll carry me to the other side,  
She carries me, she carries me  
She carries me, to the other side...*
- *She is the first, she is the last  
She is the future and the past,  
Mother to all, to earth and sky  
She'll carry me to the other side,  
She carries me, she carries me  
She carries me to the other side  
She carries me, she carries me  
She carries me, to the other side*

- Dedications of Merit -

Ondokusan [Shozomatsu Wasan 59]

**Nyo Ra-i Dai Hi No Ondoku Wa**

**Mi O Ko Ni Shi-i Te Mo Hozu Be Shi**

**Shi Shu Chi Shi Ki No Ondoku Mo**

**Hone O Kudaki Te-Mo Sha Su Be Shi**

Deeply indebted to Amida, I dedicate my whole being to realizing Buddha's intention.

Deeply indebted to the masters of teachings and countless Dharma-friends, I dedicate my total efforts to sharing the Nembutsu.

Literal - Such is the benevolence of Tathagata's great compassion, that we must strive to return it, even to the breaking of our bodies; Such is the benevolence of the masters and true teachers, that we must endeavor to repay it, even to our bones becoming dust."

Shigu Seigan

**Shu Jo Mu Hen Sei Gan Do**

**Bo No Mu Jin Sei Gan Dan**

**Ho Mon Mu Ryo Sei Gan Gaku**

**Butsu Do Mu Jo Sei Gan Jo**

Great Vows for all

However innumerable all beings are,  
I vow to save them all.

However inexhaustible delusions are,  
I vow to extinguish them all.

However immeasurable Dharma teachings are,  
I vow to master them all.

However Endless the Buddha's way is,  
I vow to follow it.

Eko

• • **Gan Ni Shi Ku-Do Ku**

**Byo-u Do Sei Sai**

**Do Ho Bo-Dai Shin**

**O Jo Annn • Raaa • Kooo •**

• We dedicate any merit or virtue created through this wholesome practice, to help all beings awaken the spark, the spirit to seek enlightenment, and live a life of peace and harmony.

Truly Entrusting

**Truly Entrusting, In the Infinite Life and Boundless Light of Amida Buddha  
We Awaken the Spark, the Spirit to Seek Enlightenment, for the sake of All**  
(without one exception) (peace and harmony to all) Namu Amida Butsu, Naman Dabu, Naman Dabs



## **Sutra of Three Vows (San Sei Ge)**

from *The Larger Pure land Sutra*

*1st Vow: I shall attain the supreme path.*

*2nd Vow: I shall rescue all sentient beings from their path.*

*3rd Vow: I shall attain Buddhahood and make my Name heard in all ten directions.*

• • 1. I establish the vows unexcelled, and reach the highest path, bodhi. When these vows are fulfilled, I will attain enlightenment. •

2. I will be the great provider, throughout innumerable kalpas, I will save all in need and attain enlightenment. •

3. Upon my attaining enlightenment, my name will be heard everywhere in the ten quarters of the universe. •

4. Practicing the Holy Way of Selflessness, Deep in right reflection and pure wisdom, Aspiring toward the highest path, I will be the teacher of all beings.

5. My wondrous power by its great light, Will brighten all lands and remove, the darkness of greed, anger, and ignorance and deliver all from sorrow and pain.

6. Awakening the eyes of Wisdom, I will end all darkness. Block all the paths of defilement, And open the gate to Enlightenment.

7. Having attained Buddhahood untainted, My light will shine over the ten quarters. The sun and the moon being outshone, The celestial lights shall hide in shame.

8. I will open the Dharma-storehouse And give to all the treasure of wisdom. Constantly going among the people, I will teach the Dharma with a lion's roar.

9. I will pay homage to all the Buddhas Gain all the virtues, Fulfill all my vows, And become a master of all the worlds.

10. As Buddha's wisdom unimpeded Has no place its light cannot reach, So my power of Wisdom Be equal to the Honored One's.

11. When my vows are fulfilled, May this whole universe quake. And may a shower of wondrous blossoms Rain upon all beings.

*Merit Dedication - EKO*

We dedicate any merit created here to all beings, that they awaken the spark to seek enlightenment, and come to be in the realm of Serenity and Joy.

## **San Sei Ge**

• • GA GON CHO SE GAN  
HI SHI MU JO DO  
SHI GAN FU MAN ZO  
• SEI FUN JO SHO GA

GA O MU RYO KO  
FU I DAI SE SHU  
FU SAI SHO BIN GU  
• SEI FU JO SHO GA

GA SHI JO BU DO  
MYO SHO CHO JI PYO  
KU KYO MI SHO MON  
• SEI FU JO SHO GA

RI YOKU JIN SHO NEN  
JO E SHU BON GYO  
SHI GU MU JO DO  
I SHO TEN NIN SHI

JIN RIKI EN DAI KO  
FU SHO MU SAI DO  
SHO JO SAN KU MYO  
KO SAI SHU YAKU NAN

KAI HI CHI E GEN  
ME SHI KON MO AN  
HEI SOKU SHO AKU DO  
TSU DA ZEN SHU MON

KO SO JO MAN ZO  
I YO RO JI PYO  
NICH I GATSU SHU JU KI  
TEN KO ON FU GEN

I SHU KAI HO ZO  
KO SE KU DOKU HO  
JO O DAI SHU JU  
SE PYO SHI SHI KU

KU YO I SAI BU  
GU SOKU SHU TOKU HON  
GAN NE SHI JO MAN  
TOKU I SAN GAI O

NYO BU MU GE CHI  
TSU DA MI FU SHO  
GAN GA KU E RIKI  
TO SHI SAI SHO SON

SHI GAN NYA KO KA  
DAI SEN O KAN DO  
KO KU SHO TEN NIN  
TO U • CHIN • MYO • GE

NA MAN DA BU • [3x] (7 higher) •

*EKO*  
GAN NI SHI KU DO KU  
BYO DO SE I SAI  
DO HO BO DAI SHIN  
O JO AN • RA • KO •

**SUTRA OF NO REGRETS** (TAN BUTSU GE)

from *The Larger Pure land Sutra*

•• The light of your face is unsurpassed in majesty, Your awesome greatness is beyond limit, A brightly shining flame with no equal. Next to your brilliance, Even the brightness of Sun, Moon, and Manji jewel seem covered in black ink.

Tathagata's transcendent appearance has no comparison In all the world. The whole universe vibrates with the great sound of your Enlightenment. Your rare and superior virtues of wisdom, understanding, deep meditation, and strength of endeavor are awesome, beyond comparison.

Your meditation to the innermost depths of all the Buddha Dharma oceans is without limit. Bringing full understanding. Ignorance, greed, and anger do not reside in the World-Honored one. *The Man of Lion*. Your noble virtues are immeasurable.

Your meritorious service is vast and great, The depths of your wisdom is profound. Your majestic appearance of light illumines the entire universe. When I become a Buddha equal to the Dharma King, I vow to transcend life and death and free all beings.

Among virtues of Dana, readiness, discipline, patience, and endeavor, The highest shall be deep meditation and wisdom. I will become a Buddha and completely fulfill my vow. I will bring great peace to all who are in doubt or fear.

Even though there are a myriad Buddhas and sages, as numerous as the sands of the Ganges. And I were to honor them all. It is still better for me to be faithful and strong in seeking the true Path, never retreating.

The Buddha worlds, also innumerable as the Ganges sands will be completely illuminated by my shining light. The strength of my effort in this endeavor is beyond measure.

When I become a Buddha, my land will be the finest. All the beings there will be exquisitely beautiful. My realm will be like Nirvana, a place of practice, transcendent beyond words, without equal.

In my compassion I will enlighten all.

Beings will come from the ten directions to be born in my country. They will be pure, their minds filled with gladness. Those in my pleasant country will be peaceful and at ease.

Please, dear teacher, accept this proof of my sincerity. Here I establish my vow. Through strength and endeavor I shall fulfill this desire.

The wisdom of all the Buddhas of the ten directions is unimpeded. May they always know my intent. Even though my body may undergo many sufferings and much pain. I shall never cease in my efforts.

Whatever I must bear, I shall have no regrets.

*MERIT DEDICATION*

May chanting this sutra inspire all beings to awaken the spark to seek enlightenment in the pure land. •

**TAN BUTSU GE****(SUTRA OF NO REGRETS)**

•• **KO GEN GI** (*Leader*)  
I JIN MU GOKU  
NYO ZE EN MYO

MU YO TO SHA  
NICH I GA<sup>t</sup>su MA NI

SHU KO EN NYO  
KAI SHITSU ON PEI

YU NYAKU JU MO  
NYO RAI YO GEN

CHO SE MU RIN  
SHO GAKU DAI ON

KO RU JIP-PO  
KAI MON SHO JIN

SAM-MAI CHI E  
I TOKU MU RYO

SHU SHO KE U  
JIN TAI ZEN NEN

SHO BU HO KAI  
GU JIN JIN NO

KU GO GAI TAI  
MU MYO YOKU NU

SE SON YO MU  
NIN O SHI SHI

JIN TOKU MU RYO  
KU KUN KO DAI

CHI E JIN MYO  
KO MYO I SO

SHIN DO DAI SEN  
GAN GA SA BU

SAI SHO HO O  
KA DO SHO JI

MI FU GE DA  
FU SE JO I

KAI NIN SHO JIN  
NYO ZE SAM-MAI

CHI E I JO  
GO SEI TOKU BU

FU GYO SHI GAN  
IS-SAI KU KU

I SA DAI AN  
KE SHI U BU

HYAKU SEN NOKU MAN  
MU RYO DAI SHO

SHU NYO GO JA  
KU YO IS-SAI

SHI TO SHO BU  
FU NYO GU DO

KEN SHO FU GYAKU  
HI NYO GO JA

SHO BU SE KAI  
BU FU KA GE

MU SHU SE DO  
KO MYO SHI-SHO

HEN SHI SHO KOKU  
NYO ZE SHO JIN

I JIN NAN RYO  
RYO GA SA BU

KOKU DO DAI ICHI  
GO SHU KI MYO

DO JO CHO ZE  
KOKU NYO NAI ON

NI MU TO SO  
GA TO AI MIN

DO DA IS-SAI  
JIP-PO RAI SHO

SHIN-NE SHO JO  
I TO GA KOKU

KE RAKU AN-NON  
KO BU SHIN MYO

ZE GA SHIN SHO  
HOTSU GAN NO HI

RIKI SHO SHO YOKU  
JIP-PO SE SON

CHI E MU GE  
JO RYO SHI SON

CHI GA SHIN GYO  
KE RYO SHIN SHI

SHO KU DOKU CHU  
GA GYO SHO JIN

NIN - JU - FU - KEeee •

NAMANDABU [10 x]

*EKO*  
GAN NI SHI KU DO KU  
BYO DO SE I SAI  
DO HO BO DAI SHIN  
O JO AN • RA • KOoo •

•• Before Amida Buddha,  
I humble myself in deepest reverence.  
In his wondrous Land of Bliss Surrounded  
by countless Bodhisattvas.

His golden form shines forth pure, like the  
King of Mount Sumeru. His practice of  
Truth is steadfast, like an elephant's pace.  
His eyes radiate like pure blue lotus  
blossoms. Thus I bow to Amida Buddha.

His countenance is perfectly pure and  
round, like the full moon. His majestic light  
shines like a thousand suns and moons.  
His voice is like a heavenly drum,  
Melodic as a heavenly bird.  
Thus I bow to Amida Buddha.

Kannon wears upon her crown,  
The image of Amida adorned with many  
precious jewels: She subdues the  
arrogance of demons and skeptics,  
Thus I bow to Amida Buddha.

Virtues beyond comparison, vast and pure,  
clearly extending like open space.  
His actions freely benefitting all.  
Thus I bow to Amida Buddha.

Bodhisattvas from the ten quarters  
And countless maras always venerate him.  
He dwells with Vow-power for the sake of  
all beings. Thus I bow to Amida Buddha.

In the Golden treasure pond where the  
lotus flowers bloom. Established with  
goodness is a wondrous seat. Where sits  
Buddha, like the King of Mount Sumeru.  
Thus I bow to Amida Buddha.

From the ten quarters Bodhisattvas come.  
Revealing wondrous powers, they attain a  
blissful state; Honoring his image,  
they offer eternal homage.  
Thus I bow to Amida Buddha.

All things are transient and without self  
Like the moon on water, lightning, shadow,  
or dew. "The Dharma transcends words,"  
the Buddha proclaimed.  
Thus I bow to Amida Buddha.

There exist no evil names in his Land,  
nor fear of evil realms. With sincere heart  
all beings praise this Buddha.  
Thus I bow to Amida Buddha.

A Land of infinite expedencies, without  
degenerate things or wicked beings.  
Upon Rebirth, one attains enlightenment,  
never to go back.  
Thus I bow to Amida Buddha.

Thus have I praised the Virtues of Amida.  
Boundless like the water of the sea.  
Receiving these pure and good qualities,  
may all beings be reborn into his Land.

*MERIT DEDICATION*

May chanting this sutra inspire all beings to  
awaken the spark to seek enlightenment in the  
pure land. •

# Junirai

(Twelve Praises to Amida Buddha) By Nagarjuna Bodhisattva

• • **KEI SHU TEN NIN SHO KU GYO**

A MI DA SEN RYO ZOKU SON  
ZAI HI MI MYO AN RA KO  
MU RYO BU SHI SHU I NYO

KON JIKI SHIN JO NYO SEN NO  
SHA MA TA GYO NYO ZO BU  
RYO MOKU JO NYAKU SHO REN GE  
KO GA CHO RAI MI DA SON

MEN ZEN EN JO NYO MAN GA  
I KO YU NYO SEN NICHU GA  
SHO NYO TEN KU KU SHI RA  
KO GA CHO RAI MI DA SON

KWAN NON CHO DAI KWAN CHU JU  
SHU JU MYO SO HO SHO GON  
NO BUKU GE DO MA KYO MAN  
KO GA CHO RAI MI DA SON

MU BI MU KU KO SHO JO  
SHU TOKU KYO KETSU NYO KO KU  
SHO SA RI YAKU TOKU JI ZAI  
KO GA CHO RAI MI DA SON

JIP PO MYO MON BO SA SHU  
MU RYO SHO MA JO SAN DAN  
ISHO SHU JO GAN RIKI JU  
KO GA CHO RAI MI DA SON

KON TAI HO KEN CHI SHO KE  
ZEN GON SHO JO MYO DAI ZA  
O HI ZA JO NYO SEN NO  
KO GA CHO RAI MI DA SON

JI PO SHO RAI SHO BU SHI  
KEN GEN JIN ZU SHI AN RA  
SEN GO SON GEN JO KU GYO  
KO GA CHO RAI MI DA SON

SHO U MU JO MU GA TO  
YAKU NYO SUI GATSU DEN YO RO  
I SHU SE PO MU MYO JI  
KO GA CHO RAI MI DA SON

HI SON BUS SETSU MU AKU MYO  
YAKU MU NYO NIN AKU DO FU  
SHU NIN SHI SHIN KYO HI SON  
KO GA CHO RAI MI DA SON

HI SON MU RYO HO BEN KYO  
MU U SHO SHU AKU CHI SHI  
O JO FU TAI SHI BO DAI  
KO GA CHO RAI MI DA SON

GA SETSU HI SON KU DOKU JI  
SHU ZEN MU HEN NYO KAI SUI  
SHO GYAKU ZEN GON SHO JO SHA  
E SE SHU JO SHO HI KO • •

NAMANDABU (10x)

*EKO*  
GAN NI SHI KU DO KU  
BYO DO SE I SAI  
DO HO BO DAI SHIN  
O JO AN RA KO •

• • Avalokiteśvara bodhisattva when practicing deeply the prajna paramita — Perceives that all five skandhas are empty and is saved from all suffering and distress — Shariputra, form does not differ from emptiness, emptiness does not differ from form — Form is emptiness, emptiness is form. The same is true of feelings, perceptions, impulses, and consciousness — Shariputra, all dharmas are marked with emptiness; they do not appear or disappear — are not tainted or pure, do not increase or decrease. therefore, in emptiness — no form, no feelings, no perceptions, no impulses, no consciousness — no eyes, no ears, no nose, no tongue, no body, no mind — no color, no sound, no smell, no taste, no touch, no object of mind — no realm of eyes and so forth until no realm of mind consciousness — no ignorance and also no extinction of ignorance, and so forth until no old age and death and also no extinction of them — no suffering, no origination, no stopping, no path, no cognition, also no attainment there is no thing to attain. — The Bodhisattva relies on prajna paramita and the mind is no hindrance — with no hindrance no fears exist. Far apart from upside down views one dwells in nirvana — in the three worlds all Buddhas rely on prajna paramita and attain perfect enlightenment. — Therefore, know that prajna paramita is the great transcendent dharani — the great bright dharani, the utmost dharani, the supreme dharani, able to relieve all suffering. — This is the truth, not a lie. So proclaim the Prajnāparamitā dharani - Gate, gate, paragate, parasamgate bodhi svaha! • ...The Heart Sutra • •

## HAN NYA HA RA MI TA SHIN GYO

•• KAN JI ZAI BO SA GYO  
JIN HA NYA HA RA MI TA JI  
SHO KEN GO ON KAI KU  
DO IS-SAI KU YAKU  
SHA RI SHI SHIKI FU I KU KU  
FU I SHIKI SHIKI SOKU ZE KU KU  
SOKU ZE SHIKI  
JU SO GYO SHIKI YAKU BU NYO ZE  
SHA RI SHI ZE SHO HO KU SO  
FU SHO FU METSU  
FU KU FUJO FU ZO FU GEN  
ZE KO KU CHU MU SHIKI  
MU JU SO GYO SHIKI  
MU GE NI BI ZE SHIN I  
MU SHIKI SHO KO MI SOKU HO  
MU GEN KAI NAI SHI  
MU I SHIKI KAI  
MU MU MYO YAKU  
MU MU MYO JIN NAI SHI  
MU RO SHI YAKU MU RO SHI JIN  
MU KU SHU METSU DO  
MU CHI YAKU MU TOKU I  
MU SHO TO KO  
BO DAI SA TA E

HA NYA HA RA MI TA KO  
SHI MU KEI GE  
MU KEI GE KO MU U KU FU  
ON RI I SAI TEN DO MU  
SO KU GYO NE HAN  
SAN ZE SHO BUTSU E  
HA NYA HA RA MI TA KO  
TOKU A NOKU TA RA  
SA MYAKU SAM BO DAI  
KO CHI HA NYA HA RA MI TA  
ZE DAI JIN SHU  
ZE DAI MYO SHU  
ZE MU JO SHU  
ZE MU TO DO SHU  
NO JO I SAI KU  
SHIN JITSU FU KO KO SETSU  
HA NYA HA RA MI TA SHU  
SOKU SETSU SHU WATSU  
GYA TEI GYA TEI  
HA RA GYA TEI  
HARA SO GYA TEI  
BO JI SOWA KA  
HA NYA HA RA MI TA  
SHIN GYO OOOOOooo •



## Homage to the Great Mother

**Om Machig Mala Solwa Deb**

**Ah Machig Mala Solwa Deb**

**Hum Machig Mala Solwa Deb**

**Karpo Om Gi Jin Gi Lob**

**Marpo Ah Yi Jin Gi Lob**

**Nyongpo Hum Gi Jin Gi Lob**

**Kusung Tug Gi Jin Chen Pob**

**Ma Yumchen Gophang Tob Par Shog**

**Phet... Phet! Phet...**

I pray to the Great Mother, I unify with the white Om at her forehead.

I invoke the Great Mother, I unify with the red Ah at her throat.

I invoke the Great Mother, I unify with the blue Hung at her heart.

I pray for blessings, and receive from the white Om at her forehead.

I pray for blessings, and receive from the red Ah at her throat.

I pray for blessings, and receive from the blue Hum at her heart.

Let your great non-dual wisdom descend:  
enlightened qualities  
of body, speech and mind.

Great Mother please be the means for us  
receiving transmission of your attainment, and  
enlightened qualities.

I explode the envisionment into wisdom space.

## Sing to the mountains - Bob Daniels, Bob Dufford

Sing to the mountains, sing to the sea.

Raise your voices, lift your hearts.

This is a day of mindfulness.

Let all the earth rejoice.

I will give thanks for freedom  
and wisdom given to me.  
Sun and Moon and stars above  
you are my strength and my song.

-chorus-

Buddha - Dharma - Sangha  
Give us the will to hear your story

With compassion shown to all, sing of  
the goodness of life.

- Chorus -

## Here is the Pure Land - Thich Nhat Hahn

Here is the Pure Land, the Pure Land is here.

I smile in mindfulness, and dwell in the  
pre — sent — mo-ment.

The Buddha is seen in an autumn leaf, the  
Dharma in a floating cloud,  
the Sangha — bo-dy is everywhere, my  
true home is right here.

Breathing — in flowers are blooming,

Breathing — out I am aware that

Bamboos are swaying, my mind is — free  
and I enjoy ev'rey — mo-ment.

## Amazing Amida



Amazing Grace, how sweet the sound  
That saved a foolish being like me  
I once was lost, but now I'm found  
Was blind but now I see

Amida's Grace, how sweet the sound  
That saved a bonbunin like me  
I once was lost, but now I'm found  
Was blind but now I see

Namu Amida Amida Butsu x2  
Naman Dabu Naman Dabu x2

Amida taught my heart to love  
And my Buddha nature to feel  
How precious did Amida appear  
The moment I first believed

Through many dangers, toils and snares  
I have already come...  
Amida brought me safe thus far  
And Faith will guide me Home

Amida's Grace, how sweet the sound  
That saved a bonbunin like me  
I once was lost, but now I'm found  
Was blind but now I see

Namu Amida Amida Butsu x2  
Naman Dabu Naman Dabu x2



**This is it!** - Thich Nhat Hanh

This is it!

This is a happy moment. This is it!

This is a wonderful moment. This is it!

I have arrived in this moment

And the only moment is now

This is it!

Only breath breathing. This is it!

Only life living. This is it!

Only interbeing

And the only way is right now

This is it!

The holy mountain is here. This is it!

The sacred temple is here. This is it!

The pathless path is here

And the only place is right now

This is it!

This is a happy moment. This is it!

This is a wonderful moment. This is it!

I have arrived in this moment

And the only moment, the only moment, the only moment is now, now, now...

**Na Mu A Mi Da Bu Tsu** (to the melody of Ra Ma Da Sa Sa Say So Hung - Snatam Kaur)

- RBC Chanting Book rev7 17March20 -