Taking Refuge

• Buddham Saranam Gacchami
  I go to the Buddha (Teacher) for Refuge,
Dhamam Saranam Gacchami
  I go to the Dharma (Teachings) for Refuge,
Sangham Saranam Gacchami
  I go to the Sangha (Community) for Refuge

• • Dutiampi Buddham Saranam Gacchami
  I go to the Buddha for Refuge,
Dhamam Saranam Gacchami
  I go to the Dharma for Refuge,
Sangham Saranam Gacchami
  I go to the Sangha for Refuge

• • • Tatiampi Buddham Saranam
  I go to the Buddha for Refuge,
Gacchami
  I go to the Dharma for Refuge,
  I go to the Sangha for Refuge
Dhamam Saranam Gacchami
Sangham Saranam Gacchami

Zensho Kada  (Invocation of the Buddhas by Zendo)

• • Zen sho Mi da ni u do.. jo u
  May the spiritual presence of Amida
Fu i gu gan o u ji.. ko u
Buddha, Kannon and Seishi Bodhisattvas
Kan non Sei shi jin.. jya shu
and all enlightened ones past, present, and
Ju bu jo u ke ra i ni.. u e •
future, permeate this hall to send forth
wisdom, like flower petals falling from the
sky - to awaken those of us gathered.
**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* 與佛有縁  
  *bu ho so en* 佛法僧縁  
  *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 - Anarakto Me Bhawa
Sarwa Siddi Me - Prayetsaa - Sarwa Karma
Suttsa Me - Tsittam Shriyam Kuru Hum
Ha Ha Ha Ha  Ho - Bhagawan Sarwa
Tathagatha Vajra - Mame Muntoa 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 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

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

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

Mi O Ko Ni Shi-i Te Mo Hozu Be Shi
Deeply indebted to the masters of teachings and countless Dharma-friends, I dedicate my total efforts to sharing the Nembutsu.

Shi Shu Chi Shi Ki No Ondoku Mo

Hone O Kudaki Te-Mo Sha Su Be Shi

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

Bo No Mu Jin Sei Gan Dan
However inexhaustible delusions are, I vow to extinguish them all.

Ho Mon Mu Ryo Sei Gan Gaku
However immeasurable Dharma teachings are, I vow to master them all.

Butsu Do Mu Jo Sei Gan Jo
However Endless the Buddha’s way is, I vow to follow it.

Great Vows for all

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.
<table>
<thead>
<tr>
<th>San Sei Ge</th>
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<tbody>
<tr>
<td>• • GA GON CHO SE GAN</td>
<td>KO SO JO MAN ZO</td>
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<tr>
<td>HI SHI MU JO DO</td>
<td>I YO RO JI PYO</td>
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<tr>
<td>SHI GAN FU MAN ZO</td>
<td>NICHI GATSU SHU JU KI</td>
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<tr>
<td>• SEI FUN JO SHO GA</td>
<td>TEN KO ON FU GEN</td>
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<tr>
<td>GA O MU RYO KO</td>
<td>I SHU KAI HO ZO</td>
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<tr>
<td>FU I DAI SE SHU</td>
<td>KO SE KU DOKU HO</td>
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<tr>
<td>FU SAI SHO BIN GU</td>
<td>JO O DAI SHU JU</td>
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<tr>
<td>• SEI FU JO SHO GA</td>
<td>SE PYO SHI SHI KU</td>
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<tr>
<td>GA SHI JO BU DO</td>
<td>KU YO I SAI BU</td>
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<tr>
<td>MYO SHO CHO JI PYO</td>
<td>GU SOKU SHU TOKU HON</td>
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<tr>
<td>KU KYO MI SHO MON</td>
<td>GAN NE SHI JO MAN</td>
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<tr>
<td>• SEI FU JO SHO GA</td>
<td>TOKU I SAN GAI O</td>
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<td>RI YOKU JIN SHO NEN</td>
<td>NYO BU MU GE CHI</td>
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<tr>
<td>JO E SHU BON GYO</td>
<td>TSU DA MI FU SHO</td>
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<tr>
<td>SHI GU MU JO DO</td>
<td>GAN GA KU E RIKI</td>
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<tr>
<td>I SHO TEN NIN SHI</td>
<td>TO SHI SAI SHO SON</td>
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<tr>
<td>JIN RIKI EN DAI KO</td>
<td>SHI GAN NYA KO KA</td>
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<tr>
<td>FU SHO MU SAI DO</td>
<td>DAI SEN O KAN DO</td>
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<tr>
<td>SHO JO SAN KU MYO</td>
<td>KO KU SHO TEN NIN</td>
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<tr>
<td>KO SAI SHU YAKU NAN</td>
<td>TO U • CHIN • MYO • GE</td>
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<tr>
<td>KAI HI CHI E GEN</td>
<td>NA MAN DA BU • [3x] (7 higher) •</td>
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<tr>
<td>ME SHI KON MO AN</td>
<td>EKO</td>
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<tr>
<td>HEI SOKU SHO AKU DO</td>
<td>GAN NI SHI KU DO KU</td>
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<td>TSU DA ZEN SHU MON</td>
<td>BYO DO SE I SAI</td>
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<td></td>
<td>DO HO BO DAI SHIN</td>
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<td></td>
<td>O JO AN • RA • KO •</td>
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</table>
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.
<table>
<thead>
<tr>
<th>TAN BUTSU GE</th>
<th>(SUTRA OF NO REGRETS)</th>
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<tbody>
<tr>
<td>• • KO GEN GI</td>
<td>Leader</td>
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<tr>
<td>I JIN MU GOKU</td>
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<td>NYO ZE EN MYO</td>
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<td>MU YO TO SHA</td>
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<td>NICHIGATSU MA NI</td>
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<td>SHU KO EN NYO</td>
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<td>KAI SHITSU ON PEI</td>
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<td>YU NYAKU JU MO</td>
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<td>NYO RAI YO GEN</td>
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<td>CHO SE MU RIN</td>
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<td>KAI MON SHO JIN</td>
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<td>SAM-MAI CHI E</td>
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<td>I TOKU MU RYO</td>
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<td>SHU SHO KE U</td>
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<td>JIN TAI ZEN NEN</td>
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<td>SHO BU HO KAI</td>
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<td>GU JIN JIN NO</td>
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<td>KU GO GAI TAI</td>
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<td>MU MYO YOKU NU</td>
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<td>SE SON YO MU</td>
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<td>KU KUN KO DAI</td>
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<td>CHI E JIN MYO</td>
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<td>KO MYO I SO</td>
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<td>SHIN DO DAI SEN</td>
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<td>GAN GA SA BU</td>
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</table>
Twelve Praises to Amida Buddha  (Junirai)  By Nagarjuna Bodhisattva

• • 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 benefiting 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 expediencies, without  
degenerate things or wicked beings.  
Upon Rebirth, one attains enlightenment,  
ever 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 NICHIGA
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 Prajnaparamita 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 -
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 Batsu 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 Batsu 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 -