

# Chants for All-day Sittings

## Before Lecture Chant

An unsurpassed, penetrating and perfect Dharma  
Is rarely met with,  
Even in a hundred thousand million kalpas.  
Having it to see and listen to,  
To remember and accept,  
I vow to taste the truth of the Tathagata's words.

## After Lecture Chant

Beings are numberless; I vow to save them.  
Delusions are inexhaustible, I vow to end them.  
Dharma gates are boundless; I vow to enter them.  
Buddha's Way is unsurpassable; I vow to become it.

## Noon Service

### Heart of Great Perfect Wisdom Sutra

Avalokiteshvara Bodhisattva, when deeply practicing prajña paramita, clearly saw that all five aggregates are empty and thus relieved all suffering. Shariputra, form does not differ from emptiness, emptiness does not differ from form. Form itself is emptiness, emptiness itself form. Sensations, perceptions, formations, and consciousness are also like this. Shariputra, all dharmas are marked by emptiness; they neither arise nor cease, are neither defiled nor pure, neither increase nor decrease. Therefore, given emptiness, there is no form, no sensation, no perception, no formation, no consciousness; no eyes, no ears, no nose, no tongue, no body, no mind; no sight, no sound, no smell, no taste, no touch, no object of mind; no realm of sight ... no realm of mind consciousness. There is neither ignorance nor extinction of ignorance... neither old age and death, nor extinction of old age and death; no suffering, no cause, no cessation, no path; no knowledge and no attainment. With nothing to attain, a bodhisattva relies on prajña paramita, and thus the mind is without hindrance. Without hindrance, there is no fear. Far beyond all inverted views, one realizes nirvana. All buddhas of past, present, and future rely on prajña paramita and thereby attain unsurpassed, complete, perfect enlightenment. Therefore, know the prajña paramita as the great miraculous mantra, the great bright mantra, the supreme mantra, the incomparable mantra, which removes all suffering and is true, not false. Therefore we proclaim the prajña paramita mantra, the mantra that says: "Gate Gate Paragate Parasamgate Bodhi Svaha.

## Hymn to the Perfection of Wisdom

Homage to the Perfection of Wisdom, the lovely, the holy. The Perfection of Wisdom gives light. Unstained, the entire world cannot stain her.

She is a source of light and from everyone in the triple world she removes darkness. Most excellent are her works.

She brings light so that all fear and distress may be forsaken, and disperses the gloom and darkness of delusion.

She herself is an organ of vision. She has a clear knowledge of the own-being of all dharmas, for she does not stray from it.

The Perfection of Wisdom of the buddhas sets in motion the wheel of dharma.

## Enmei Jukku Kannon Gyo

The Ten-verse Kannon Sutra for Protecting Life

kan ze on  
na mu butsu  
yo butsu u in  
yo butsu u en  
bup po so en  
jo raku ga jo  
cho nen kan ze on  
bo nen kan ze on  
nen nen ju shin ki  
nen nen fu ri shin

## One Heart Meal Chant

As we make ready to eat this food  
we remember with gratitude  
the many people, tools, animals and plants,  
air and water, sky and earth,  
turned in the wheel of living and dying,  
whose joyful exertion  
provide our sustenance this day.  
May we with the blessing of this food  
join our hearts  
to the one heart of the world  
in awareness and love,  
and may we together with everyone  
realize the path of awakening,  
and never stop making effort  
for the benefit of others.

## Closing Service

### **Metta Sutra** Loving-kindness Meditation

This is what should be accomplished by the one who is wise,  
Who seeks the good, and has obtained peace.  
Let one be strenuous, upright, and sincere,  
Without pride, easily contented, and joyous.  
Let one not be submerged by the things of the world.  
Let one not take upon oneself the burden of riches.  
Let one's senses be controlled.  
Let one be wise but not puffed up and  
Let one not desire great possessions even for one's family.  
Let one do nothing that is mean or that the wise would reprove.  
May all beings be happy.  
May they be joyous and live in safety,  
All living beings, whether weak or strong,  
In high or middle or low realms of existence.  
Small or great, visible or invisible,  
Near or far, born or to be born,  
May all beings be happy.  
Let no one deceive another nor despise any being in any state.  
Let none by anger or hatred wish harm to another.  
Even as a mother at the risk of her life  
Watches over and protects her only child,  
So with a boundless mind should one cherish all living things.  
Suffusing love over the entire world,  
Above, below, and all around, without limit,  
So let one cultivate an infinite good will toward the whole world.  
Standing or walking, sitting or lying down,  
During all one's waking hours,  
Let one practice the way with gratitude.  
Not holding to fixed views,  
Endowed with insight,  
Freed from sense appetites,  
One who achieves the way  
Will be freed from the duality of birth and death.

## **Pali Refuges**

Buddham saranam gacchami  
Dhammam saranam gacchami  
Sangham saranam gacchami

Dutiyampi buddham saranam gacchami  
Dutiyampi dhammam saranam gacchami  
Dutiyampi sangham saranam gacchami

Tatiyampi buddham saranam gacchami  
Tatiyampi dhammam saranam gacchami  
Tatiyampi sangham saranam gacchami