

## Great Wisdom Beyond Wisdom Heart Sutra

Avaloketesvara bodhisattva, when practicing deeply the *prajna paramita*, perceived that all five *skhandas* in their own being are empty, and was saved from all suffering.

O Shariputra, form does not differ from emptiness emptiness does not differ from form; that which is form is emptiness, that which is emptiness form. The same is true of feelings, perceptions, formations, consciousness.

O, Shariputra, all *dharmas* are marked with emptiness: They do not appear nor disappear, are not tainted nor pure, do not increase nor decrease.

Therefore, in emptiness, no form, no feelings, no perceptions, no formations, 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, until no realm of mind-consciousness. No ignorance, and also no extinction of it, until no old-age-and-death, and also no extinction of it. No suffering, no origination, no stopping, no path, no cognition, also no attainment.

With nothing to attain, a Bodhisattva depends on *prajna paramita* and the mind is no hindrance. Without any hindrance, no fears exist. Far apart from every perverted view, one dwells in Nirvana.

In the three worlds all buddhas depend on *prajna paramita* and attain unsurpassed complete perfect enlightenment. Therefore, know the *prajna paramita* is the great transcendent mantra, is the great bright mantra, is the utmost mantra, is the supreme mantra, which is able to relieve all suffering and is true not false.

So, proclaim the *prajna paramita* mantra, proclaim the mantra that says, "*Gate gate paragate parasamgate Bodhi Svaha!*"

All Buddhas, ten directions, three times.

All beings, Bodhisattvas, Mahasattvas.

Wisdom beyond wisdom, *Maha Prajna Paramita*.

## HAN NYA SHIN GYO The Heart Sutra

MA KA HAN NYA HA RA MI TA SHIN GYO  
KAN JI ZAI BO SA GYO JIN HAN 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 FU  
JO FU ZO FU GEN ZE KO KU CHU MU SHIKI  
MU JU SO GYO SHIKI MU GEN NI BI ZES SHIN  
NI 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 TOK KO  
BO DAI SAT TA E HAN NYA HA RA MI TA KO  
SHIN MU KE GE MU KE GE KO MU U KU FU  
ON RI IS SAI TEN DO MU SO KU GYO NE HAN  
SAN ZE SHO BUTSU E HAN NYA HA RA MI TA  
KO TOKU A NOKU TA RA SAM MYAKU SAM  
BO DAI KO CHI HAN NYA HA RA MI TA ZE DAI  
JIN SHU ZE DAI MYO SHU ZE MU JO SHU ZE  
MU TO TO SHU NO JO IS SAI KU SHIN JITSU  
FU KO KO SETSU HAN 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  
HAN NYA SHIN GYO

## The Refuges

I take refuge in Buddha.  
I take refuge in Dharma.  
I take refuge in Sangha.

I take refuge in Buddha as the perfect teacher.  
I take refuge in Dharma as the perfect teaching.  
I take refuge in Sangha as the perfect life.

Now I have completely taken refuge in Buddha.  
Now I have completely taken refuge in Dharma.  
Now I have completely taken refuge in Sangha.

## Atonement Gatha

All my ancient twisted karma  
From beginningless greed, hate, and delusion  
Born through body, speech, and mind  
I now fully avow.

[Repeat 3 times]

## **Bodhisattva's Vow**

Shu jo mu hen sei gan do  
Bon no mu jin sei gan dan  
Ho mon mu ryo sei gun gaku  
Butsu do mu jo sei gun jo

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Beings are numberless, I vow to awaken with 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.

## **Dedication Response**

All Buddhas, ten directions, three times.  
All beings, Bodhisattvas, Mahasattvas.  
Wisdom beyond wisdom, *Maha Prajna Paramita*.

## Sho Sai Myo Kichijo Darani

[chant three times]

No mo san 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, chisu sa chisu sa, chi shu ri chi shu ri, sowa ja sowa ja, sen  
chi gya, shiri ei so mo ko.

## Enmei Jukko Kannon Gyo

[chant seven times]

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.

All Buddhas, ten directions, three times.  
All beings, Bodhisattvas, Mahasattvas.  
Wisdom beyond wisdom, *Maha Prajna Paramita*.

## Master Hakuin's Chant in Praise of Zazen

Zazen Wasan

From the very beginning  
all beings are Buddha.  
Like water and ice,  
without water no ice,  
outside us no Buddhas.

How near the truth,  
yet how far we seek,  
like one in water crying, "I thirst!"  
Like a child of rich birth  
wandering poor on this earth,  
we endlessly circle the six worlds.

The cause of our sorrow is ego delusion.  
From dark path to dark path  
We've wandered in darkness—  
how can we be free from birth and death?  
The gateway to freedom is zazen samadhi—  
beyond exaltation, beyond all our praises,  
the pure Mahayana.

Upholding the precepts,  
repentance and giving,  
the countless good deeds,  
and the way of right living  
all come from zazen.

Thus one true samadhi extinguishes evils;  
it purifies karma, dissolving obstructions.  
Then where are the dark paths  
to lead us astray?  
The pure lotus land is not far away.

## Master Hakuin's Chant in Praise of Zazen (continued)

Hearing this truth, heart humble and grateful,  
to praise and embrace it,  
to practice its wisdom,  
brings unending blessings,  
brings mountains of merit.

And when we turn inward  
and prove our True-nature—  
that True-self is no-self,  
our own Self is no-self—  
we go beyond ego and past clever words.

Then the gate to the oneness  
of cause and effect  
is thrown open.  
Not two and not three,  
straight ahead runs the Way.

Our form now being no-form,  
in going and returning we never leave home.  
Our thought now being no-thought,  
our dancing and songs  
are the voice of the Dharma.

How vast is the heaven  
of boundless samadhi!  
How bright and transparent  
the moonlight of wisdom!

What is there outside us,  
what it there we lack?  
Nirvana is openly shown to our eyes.  
This earth where we stand  
is the pure lotus land,  
and this very body the body of Buddha.