

## **Soeko:** Transference of Merit

I wish to extend the virtue of these verses to all sentient beings.  
Together may we progress along the Buddha Path of liberation.

## **At the End of the Meditation**

### **Verse Of the Kesa** (Chanted 3 times after morning Shikan)

Vast is the robe of liberation.  
A formless field of benefaction.  
I wear the Tathagata's teachings.  
Saving all sentient beings.

### **Four Bodhisattva Vows** (Chanted 3 times after evening Shikan)

Sentient beings are numberless; I vow to save them.  
Desires are inexhaustible; I vow to put an end to them.  
The Dharmas are boundless; I vow to master them.  
The Buddha Way is unsurpassable; I vow to attain it.

## **Mantra after Accomplishing Meditation**

Recite Sanskrit Bija (characters) in a long deep sound.

**OM**  
*Vairochana*

**AH**  
*Amitabha*

**HUM**  
*Akshobhya*

### **Evening Gatha** - (Read by a soryo or sangha member)

Let me respectfully remind you ~  
Life and death are of supreme importance.  
Time swiftly passes by and opportunity is lost.  
Each of us should strive to awaken ... **awaken** ...  
Take heed. Do not squander your life.

## **Meditation Service**



**Jiunzan Tendai-ji**

(Compassionate Mountain-Cloud Tendai Temple)

**Tendai Buddhist Institute**  
**TENDAI-SHV NEW YORK BETSVIN**

## **Sanrai:** Prostrations to the Triple Gem

(Chanted in Japanese and accompanied by half prostration three times)

I SHIN CHO RAI

JI PPO HO KAI

JO JU SAN BO

I mindfully prostrate in the ten directions of the Dharma realm in which the triple gem is revealed.

## **Sangemon:** Repentance

In the past I have generated negative karma derived from desires, anger and ignorance. This negative karma was produced from my body, speech and mind. I now repent them all.

## **Kaikyoge:** Before opening the Sutras

Such an unsurpassed, marvelous teaching is rare to meet even if we count the many lifetimes we have waited. Now I have a chance to discern and listen to Dharma. I wish to understand the real intention of the Tathagata.

## **Hanya Shingyo (The Heart Sutra)**

Avalokitesvara Bodhisattva doing deep prajna paramita,  
Clearly saw emptiness of all five conditions, thus completely  
relieving misfortune and pain.

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

Sensation, conception, discrimination, awareness are likewise  
like this.

O Shariputra, all dharmas are forms of emptiness.

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

So in emptiness there is no form, no sensation, conception,  
discrimination, awareness;

No eye, ear, nose, tongue, body, mind; No color, sound, smell,  
taste, touch, phenomena;

No realm of sight, no realm of consciousness, No ignorance  
and no end of ignorance;

No old age and death, No end to old age and death; No  
suffering, no cause of suffering.

No extinguishing, no path, No wisdom and no gain.

No gain and thus the Bodhisattva lives prajna paramita,

With no hindrance in the mind, no hindrance, therefore no  
fear,

Far beyond deluded thoughts this is Nirvana.

All past, present, and future Buddhas live prajna paramita,  
And therefore attain *annuttara-samyak-sambodhi*.

Therefore know, prajna paramita is the great mantra,  
The vivid mantra, the best mantra, the unsurpassed mantra,  
It completely clears all pain. This is the truth, not a lie.

So set forth the Prajna Paramita mantra, set forth this mantra  
and say,

***Gate - Gate - Paragate! Parasamgate - Bodhi Svaha!***

## **Yakushi-Nyorai Mantra** Medicine Buddha Mantra

On biseizei biseizei biseija sanbouri gyatei sowaka

**Hogo:** Treasured names of our lineage (Leader recites first time, sangha  
accompanies two more times - chanted 3 times each line)

**Na mu sha ka mu ni nyo rai**

**Na mu ko so ten dai chi sha dai shi**

**Na mu shu so kon bon den gyo dai shi fuku ju kon go**

Venerate Shakyamuni Buddha

Venerate Zhiyi Great Master

Venerate Dengyo Great Master

May the Diamond Path bring good fortune and long life to all sentient beings.