

Saturday Morning Program Chants

Morning Service

- **Repentances**
- **Refuges**
- **Heart of Great Perfect Wisdom Sutra**
- **Hymn to Prajna Paramita**
- **Shosaimyo Kichijo Darani**
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- **Names of Buddhas and Ancestors**
- **Names of Women Ancestors**

Repentances (x3)

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

Refuges

We take refuge in Buddha
We take refuge in Dharma
We take refuge in Sangha.
We take refuge in Buddha as the perfect teacher,
We take refuge in Dharma as the perfect teaching,
We take refuge in Sangha as the perfect life.
Now we have completely taken refuge in Buddha,
Now we have completely taken refuge in Dharma,
Now we have completely taken refuge in Sangha.

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 PRAJÑĀ PĀRAMITĀ

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 away from it.

The Perfection of Wisdom of the buddhas

Sets in motion the wheel of dharma.

Saturday Morning Program Chants

SHŌSAIMYŌ KICHIJŌ DARANI (x3)

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 sha chisu sha
chishu ri chishu ri
soha ja soha ja
sen chi gya
shiri ei so mo ko

METTA SUTTA

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.

NAMES OF THE BUDDHAS AND ANCESTORS

Bibashi Butsu Dāioshō Shiki Butsu Dāioshō Bishafu Butsu
Dāioshō Kurusōn Butsu Dāioshō Kunagōnmuni Butsu Dāioshō
Kashō Butsu Dāioshō Shakamuni Butsu Dāioshō Makakashō
Dāioshō Anānda Dāioshō Shōnawashu Dāioshō Ubakikuta
Dāioshō Dāitaka Dāioshō Mishaka Dāioshō Vashumitsu Dāioshō
Butsudanāndāi Dāioshō Fudamitta Dāioshō Barishiba Dāioshō
Funayasha Dāioshō Anabotēi Dāioshō Kabimara Dāioshō
Nagyaharajuna Dāioshō Kanadāiba Dāioshō Ragorata Dāioshō
Sōgyanāndāi Dāioshō Kayashata Dāioshō Kumorata Dāioshō
Shayata Dāioshō Vashubānzu Dāioshō Manura Dāioshō
Kakurokuna Dāioshō Shishibodāi Dāioshō Bashashita Dāioshō
Funyomitta Dāioshō Hānnyatara Dāioshō Bodāidaruma Dāioshō
Tāiso Eka Dāioshō Kānchi Sōsān Dāioshō Dāi-I Dōshin Dāioshō
Dāimān Kōnīn Dāioshō Dāikān Enō Dāioshō Sēigēn Gyōshi
Dāioshō Sekitō Kisēn Dāioshō Yakusān Igēn Dāioshō Ūngān
Dōnjō Dāioshō Tōzān Ryōkai Dāioshō Ūngodōyō Dāioshō Dōān
Dōhi Dāioshō Dōān Kānshi Dāioshō Ryōzān Ēnkān Dāioshō Tāiyō
Kyōgēn Dāioshō Tōsu Gisēi Dāioshō Fuyō Dōkai Dāioshō Tānka
Shijūn Dāioshō Chōro Sēiryō Dāioshō Tēndō Sōgaku Dāioshō
Sēcchō Chikān Dāioshō Tēndō Nyojō Dāioshō Ēihēi Dōgēn
Dāioshō Kōun Ejō Dāioshō Tēttsū Gikāi Dāioshō Kēizān Jōkīn

Dāioshō

NAMES OF WOMEN ANCESTORS

Āchārya Mahāpajāpatī Āchārya Mittā Āchārya Yasodharā
Āchārya Tissā Āchārya Sujātā Āchārya Sundarī-nandā Āchārya
Vāddhesī Āchārya Patācharā Āchārya Visakhā Āchārya
Singālākā-mātā Āchārya Khemā Āchārya Uppalavannā Āchārya
Sāmāvati Āchārya Uttarā Āchārya Chandā Āchārya Uttamā
Āchārya Bhaddā Kundalakesā Āchārya Nanduttarā Āchārya
Dantikā Āchārya Sakulā Āchārya Sihā Āchārya Dhammadinnā
Āchārya Kīsāgotamī Āchārya Ubbiri Āchārya Isidāsī Āchārya
Bhaddā Kapilāni Āchārya Muttā Āchārya Sumanā Āchārya
Dhammā Āchārya Chittā Āchārya Anopamā Āchārya Sukkā
Āchārya Sāmā Āchārya Utpalavarnā Āchārya Shrimālā Devī
Āchārya Congchi Āchārya Lingzhao Āchārya Moshan Liaoran
Āchārya Liu Tiemo Āchārya Miaoxin Āchārya Daoshen Āchārya
Shiji Āchārya Zhi'an Āchārya Huiguang Āchārya Kongshi Daoren
Āchārya Yu Daopo Āchārya Huiwen Āchārya Fadeng Āchārya
Wenzhao Āchārya Miaodao Āchārya Zhitong Āchārya Zēnshīn
Āchārya Zēnzo Āchārya Ezēn Āchārya Ryonēn Āchārya Egi
Āchārya Shōgaku Āchārya Ekān Āchārya Shōzēn Āchārya
Mokufu Sonīn Āchārya Myosho Ēnkān Āchārya Ekyu Āchārya
Eshūn Āchārya Soshīn Āchārya Soitsu Āchārya Chiyono