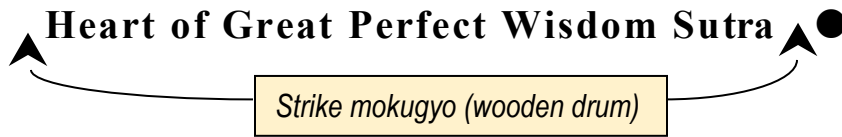


## ☞ Morning Chants After Online Sitting ☞

*Please note: chanting is a traditional part of our Soto Zen practice but participation is optional*

*Chant leader alone –*



*All together –*

A·va·lo·ki·tesh·var·a Bod·hi·sat·tva, when deep·ly prac·tic·ing praj·na par·a·mi·ta, clear·ly saw ●<sup>D</sup> that all five ag·gre·gates are emp·ty and thus re·lieved all suf·fer·ing.

Sha·ri·pu·tra, form does not dif·fer from emp·ti·ness, emp·ti·ness does not dif·fer from form. Form it·self is emp·ti·ness, emp·ti·ness it·self form. Sen·sa·tions, per·cep·tions, for·ma·tions, and con·scious·ness are al·so like this.

Sha·ri·pu·tra, all dhar·mas are marked by emp·ti·ness; they nei·ther a·rise nor cease, are nei·ther de·filed nor pure, nei·ther in·crease nor de·crease.

There·fore, giv·en emp·ti·ness, there is no form, no sen·sa·tion, no per·cep·tion, no for·ma·tion, no con·scious·ness; no eye, no ear, no nose, no tongue, no bo·dy, no mind; no sight, no sound, no smell, no taste, no touch, no ob·ject of mind; no realm of sight, ...down to no realm of mind con·scious·ness.

There is nei·ther ig·nor·ance nor ex·tinc·tion of ig·nor·ance, ...down to nei·ther old age and death, nor ex·tinc·tion of old age and death; no suf·fer·ing, no cause, no ces·sa·tion, no path; no know·ledge and no at·tain·ment.

With no·thing to at·tain, a bod·hi·sat·tva re·lies on praj·na par·a·mi·ta, ● and thus the mind is with·out hind·rance. With·out hind·rance, there is no fear. Far be·yond all in·ver·ted views, one real·i·zes nir·va·na.

All bud·dhas of past, pres·ent, and fu·ture re·ly on praj·na par·a·mi·ta ● and there·by at·tain un·sur·passed, com·plete, per·fect en·light·en·ment.

There·fore, know the praj·na par·a·mi·ta as the great mir·a·cu·lous man·tra, the great bright man·tra, the su·preme man·tra, the in·comp·'ra·ble man·tra, which re·moves all suf·fer·ing and is true, not false.

There·fore we pro·claim the praj·na par·a·mi·ta man·tra, the man·tra that says:  
“Ga·te Ga·te + Par·a·ga·te Par·a·sam·ga·te + Bod·hi Sva·ha.”

*Chant leader alone –*

● ● ● **Four Great Bodhisattva Vows** ●

*All together (chanted three times) –*

- (3rd time only) Beings are numberless; I vow to free them.  
Delusions are inexhaustible; I vow to end them.
- (3rd time only) Dharma gates are boundless; I vow to enter them.
- (3rd time only) The buddha way is unsurpassable; I vow to embody it.

*Chant leader alone –*

Any act of devotion or compassion, no matter how small, creates change in the world. Even little children in their play, who gather sand and make it into stupas, all such beings have fulfilled the Buddha way. We dedicate the merit of our practice to Dharma teachers of the past and present, to all those who are ill or in difficulty, and to all those in the transition of death. May we aspire to turn the dharma wheel unceasingly, and thereby free the world from every tragedy of war, injustice and human-caused disaster. May great compassion cause all to awaken to our interdependence our planet, its ecosystems, and wondrous creatures. May we, together with all sentient beings, realize the enlightened way.

*All together –*

- All buddhas throughout space and time,
- All honored ones, bodhisattvas, mahasattvas,
- Wisdom beyond wisdom, maha prajna paramita