

## **The Three Treasures**

I take refuge in Buddha,  
*And resolve that with all beings  
I will understand the Great Way  
whereby the Buddha seed  
may forever thrive.*

I take refuge in Dharma,  
*And resolve that with all beings  
I will enter deeply into the Sutra treasure  
whereby my wisdom may grow  
as vast as the ocean.*

I take refuge in Sangha,  
*And in its wisdom, example,  
and never-failing help,  
and resolve to live in harmony  
with all sentient beings.*

## **Enmei Jikku Kannon Gyō**

### **(Ten-Verse Kannon Sutra)**

Kanzeon  
namu butsu  
yo butsu u in  
yo butsu u en  
buppō sō en  
jōraku ga jō  
chō nen kanzeon  
bō nen kanzeon  
nen nen jū shin ki  
nen nen fu ri shin.

## Daihishin Darani (Great Compassion Dharani)

Namu kara tan no / tora ya ya  
namu ori ya  
boryo ki chi shifu ra ya  
fuji sato bo ya  
moko sato bo ya  
mo ko kya runi kya ya  
en  
sa hara ha e shu tan no ton sha  
namu shiki ri toi mo  
ori ya / boryo ki chi  
shifu ra / rin to bo  
na mu no ra  
kin ji ki ri  
mo ko ho do  
sha mi sa bo  
o to jo shu ben  
o shu in / sa bo sa to  
no mo bo gya  
mo ha te cho  
to ji to  
en / o bo ryo ki  
ru gya chi / kya ra chi  
i kiri mo ko  
fuji sa to / sa bo sa bo  
mo ra mo ra  
mo ki mo ki  
ri to in ku ryo ku ryo  
ke mo to ryo to ryo  
ho ja ya chi  
mo ko ho ja ya chi  
to ra to ra  
chiri ni / shifu ra ya  
sha ro sha ro  
mo mo ha mo ra  
ho chi ri

i ki i ki  
shi no shi no  
ora san fura sha ri  
ha za ha zan  
fura sha ya  
ku ryo ku ryo  
mo ra ku ryo ku ryo  
ki ri sha ro sha ro  
shi ri shi ri  
su ryo su ryo  
fuji ya / fuji ya  
fudo ya fudo ya  
mi chiri ya  
nora kin ji  
chiri shuni no  
hoya mono / somo ko  
shido ya / somo ko  
moko shido ya / somo ko  
shido yu ki  
shifu ra ya / somo ko  
nora kin ji / somo ko  
mo ra no ra / somo ko  
shira su omo gya ya / somo ko  
sobo moko shido ya / somo ko  
shaki ra oshi do ya / somo ko  
hodo mogya shido ya / somo ko  
nora kin ji ha gyara ya / somo ko  
mo hori shin gyara ya / somo ko  
namu kara tan no tora ya ya  
namu ori ya  
boryo ki chi  
shifu ra ya / somo ko  
shite do modo ra  
hodo ya / so mo ko.

## **Mettā Sutta: The Buddha's Words on Loving Kindness<sup>1</sup>**

[ This is what should be done ]  
By one who is skilled in goodness  
And who knows the path of peace:  
Let them be able and upright,  
Straightforward and gentle in speech,  
  
Humble and not conceited,  
Contented and easily satisfied,  
Unburdened with duties and frugal in their ways.  
Peaceful and calm, and wise and skilful,  
Not proud and demanding in nature.

Let them not do the slightest thing  
That the wise would later reprove,  
Wishing: In gladness and in safety,  
May all beings be at ease.

Whatever living beings there may be,  
Whether they are weak or strong, omitting none,  
The great or the mighty, medium, short, or small,

The seen and the unseen,  
Those living near and far away,  
Those born and to be born,  
May all beings be at ease.

[continued]

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<sup>1</sup> Source: "The Buddha's Words on Loving-kindness" from *Chanting Book · Volume One: Morning and Evening Chanting (Pūjā) and Reflections, Pāli and English*, Amaravati Buddhist Monastery 2015, licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported Licence.  
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Let none deceive another  
Or despise any being in any state.  
Let none through anger or ill-will  
Wish harm upon another.

Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings,  
Radiating kindness over the entire world:

Spreading upwards to the skies  
And downwards to the depths,  
Outwards and unbounded,  
Freed from hatred and ill-will.

Whether standing or walking, seated,  
Or lying down — free from drowsiness —  
One should sustain this recollection.  
This is said to be the sublime abiding.

By not holding to fixed views,  
The pure-hearted one, having clarity of vision,  
Being freed from all sense-desires,  
Is not born again into this world.

## **Return of Merit**

LEADER: *Faith in Buddha, Dharma, Sangha  
Brings true liberation.*

*We now return the merit of our chanting to:*

*Shākyamuni Buddha,*

*Mañjusrī Bodhisattva,*

*Avalokita Bodhisattva,*

*Bhadra Bodhisattva.*

*We place our faith in the Great Heart of  
Perfect Wisdom.*

*May all beings attain Buddhahood!*

ALL:

Ten Directions, Three Worlds,

All Buddhas, Bodhisattva-mahāsattvas,

Mahā Prajñā Paramitā.

## **The Four Bodhisattvic Vows**

All beings, without number,

I vow to liberate.

Endless blind passions

I vow to uproot.

Dharma gates, beyond measure,

I vow to penetrate.

The Great Way of Buddha

I vow to attain.