

Weekday Morning Service

Verse of Repentance (chant three times):

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

Triple Treasures:

I take refuge in Buddha.

May all beings embody the great way, resolving to awaken.

I take refuge in Dharma.

May all beings deeply enter the truth, wisdom like the sea.

I take refuge in Sangha.

May all beings support harmony in the community, free from hindrance.

Great Vows for all:

Beings are numberless, I vow to free them.

Delusions are inexhaustible, I vow to end them.

Dharma gates are boundless, I vow to enter them.

The Buddha way is unsurpassable, I vow to realize it.

Heart of Great Perfect Wisdom Sutra (see Heart Sutra link)

Eko (use the eko on the *Heart Sutra page*, or *this one*):

We honor the immeasurable goodness of Buddhas and Bodhisattvas,
May their compassion embrace us.

We express our profound gratitude for Buddhas and Bodhisattvas,
May their wondrous power enter our heart.

Now that we have recited the *Heart of Great Perfect Wisdom Sutra*
all benefits from this are dedicated to:

The great teacher, Shakyamuni Buddha, Our first master in China, Bodhidharma,
Our first master in Japan, Eihei Dogen, Our compassionate founder, Jikai Dainin,
To Mahapajapati and to all Great Practitioners whose names have been left unsung,
To Buddha, Dharma, Sangha, triple treasures in the ten directions and all arahats
and bodhisattvas.

May the power of their liberating wisdom direct the wandering-in-circles world
toward the peaceful buddhaland.

And may they lead wandering beings to enter the authentic path by the powerful
inspiration of their peaceful hearts.

We aspire to turn the Dharma wheel unceasingly
and to free the world from every tragedy
of war, epidemic, natural disaster and starvation.

Dedication:

All Buddhas throughout space and time,
All honored ones, bodhisattva-mahasattvas,
Wisdom beyond wisdom, maha-prajna-paramita.