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## Invoking Wisdom

### -(0)- Great Prajna Paramita Heart Sutra – \_-O

Avalokiteshvara Bodhisattva, practicing deep prajna paramita clearly saw that all five skandhas are empty transforming all suffering and distress.

Shariputra, form is no other than emptiness, emptiness no other than form; form is exactly emptiness, emptiness exactly form; sensation, perception, mental reaction, consciousness are also like this.

Shariputra, all things are essentially empty—not born, not destroyed, not stained, not pure; without loss, without gain.

Therefore in emptiness there is no form; no sensation, perception, mental reaction, consciousness; no eye, ear, nose, tongue, body, mind; no color, sound, smell, taste, touch, object of thought; no seeing and so on to no thinking; no ignorance and also no ending of ignorance; and so on to no old age and death, and also no ending of old age and death; no suffering, cause of suffering, cessation, path; no wisdom and no attainment.

Since there is nothing to attain, the Bodhisattva lives by prajna paramita, with no hindrance in the mind, no hindrance, and therefore no fear; far beyond delusive thinking, right here is nirvana.

All Buddhas of past, present and future live by prajna paramita, attaining *anuttara-samyak-sambodhi*.

Therefore know that prajna paramita is the great sacred mantra, the great vivid mantra, the unsurpassed mantra, the supreme mantra, which completely removes all suffering.

This is truth, not mere formality.

Therefore set forth the prajna paramita mantra. Set forth this mantra and proclaim:

Gaté Gaté Paragaté Parasamgaté Bodhi Svaha!  
Gaté Gaté Paragaté Parasamgaté Bodhi Svaha!  
Gaté Gaté Paragaté Parasamgaté Bodhi Svaha!

*(Gatha may be repeated 3x, 21x, or 108x)*

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## Dedication

Infinite realms of light and dark convey the Buddha mind. All that is and we ourselves come forth in perfect harmony. I offer this sincere and devoted practice for the many beings of the six worlds and dedicate it in grateful thanks to the strength and sound practice of the Great Heartland Sangha and its teachers. May our virtuous actions be clear from all interferences and may our vows be fully realized.

I especially dedicate these merits to:  
(voice your own intentions here).

May we live in perfect peace with  
Buddhadharma, and may we realize the  
Buddha Way together.

All Buddhas throughout space and time,  
All honored ones, bodhisattva-mahasattvas,  
Wisdom beyond wisdom,  
Maha Prajna Paramita.

*Three Bows.*

*Zazen after the Daily Liturgy.*

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## *Evening Liturgy*

*Zazen before the Evening Liturgy.*

### **The Four Bodhisattva Vows**

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 embody it.

### **Evening Gata**

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.

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# Buddhist Temple *of Toledo*

## Great Heartland Sangha



## *Daily Liturgy*

For a full listing of upcoming services and events, please visit

**BuddhistTempleOfToledo.org**

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## Preliminaries

*Before each liturgy offer flowers, incense, water and candlelight at your household altar; then make three bows. Practice zazen — seated Zen meditation — according to instructions of the Temple.*

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## *Morning Liturgy*

*Zazen before the Morning Liturgy.*

### Verse of the Kesa

Vast is the robe of liberation,  
a formless field of benefaction.  
I wear the Tathagathas' teaching,  
saving all sentient beings. (3x)

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## *Daily Liturgy*

### Gata of Atonement

All evil karma ever committed by me  
since of old,  
on account of my beginningless  
greed, anger, and ignorance  
born of my body, mouth, and thought,  
now I atone for it all. (3x)

### Nikaya Three Refuges

Buddham saranam gacchami;  
Dhamman saranam gacchami;  
Sangham saranam gacchami.  
I take refuge in Buddha;  
I take refuge in Dharma;  
I take refuge in Sangha.

## The Five Remembrances

I am of the nature to grow old;  
There is no way to escape growing old.

I am of the nature to have ill health;  
There is no way to escape having ill health.

I am of the nature to die;  
There is no way to escape death.

All that is dear to me and everyone I love are  
of the nature of change;  
There is no way to escape being separated  
from them.  
My deeds are my closest companions;  
I am the beneficiary of my deeds;  
My deeds are the ground on which I stand.  
(3x)

## Mahayana Refuge

In my heart I take refuge  
in Buddha, Dharma and Sangha.  
May I liberate suffering beings  
and bring them to great joy.  
May the compassionate spirit of love grow  
within me  
That I may actualize the Great Way. (3x)

## Invocation

I give thanks for the guidance of my  
teachers, for the lineage of teachers  
before them.  
I give thanks and offerings for their devoted  
practice of generosity, moral discipline,  
patience, joyful effort, concentration,  
wisdom, skillful means, unshakeable  
vow, spiritual powers and awakened  
awareness for my benefit.  
May their years of life be lengthened, and  
may their vows be completely realized.

## Seven Practices

I bow down in body, speech and mind.  
I offer the best I have to give  
both real and imagined  
to fill the space between us.  
I regret and purify all transgressions.  
I rejoice in all virtues.  
I request you to remain until total  
enlightenment.  
I request wise and compassionate guidance.  
I dedicate my merit for the sake of all beings.

## Generating Love and Compassion

May all sentient beings be free from  
obsession and hatred –  
being close to some and distant from others.  
How wonderful it would be.  
May this be accomplished.  
I will free them from obsession and hatred.  
Bless me to accomplish this.

May all sentient beings enjoy happiness  
and the causes of happiness.  
How wonderful it would be.  
May this be accomplished.  
I will bring them happiness  
and the causes of happiness.  
Bless me to accomplish this.

May all sentient beings have  
the joy that has never known suffering.  
May they be free from obsession, hatred,  
jealousy, miserliness, doubt, pride, wrong  
view, ignorance and dualistic thoughts.  
How wonderful it would be.  
May this be accomplished.  
I will bring them to this state.  
Bless me to accomplish this.

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