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# The Heart Sutra

## <u>Maha Prajna Paramita Hridaya</u> <u>Sutra</u>

Avalokiteshvara Bodhisattva, when practicing deeply the Prajna Paramita, perceived that all five skandhas in their own being are empty and was saved from all suffering.

O Shariputra, form does not differ from emptiness, emptiness does not differ from form. That which is form is emptiness, that which is emptiness, form. The same is true of feelings, perceptions, impulses, consciousness.

O Shariputra, all Dharmas are marked with emptiness. They are without birth or death, are not tainted, nor pure; do not increase, nor decrease. Therefore, in emptiness no form, no feelings, no perceptions, no impulses, no consciousness, no eyes, no ears, no nose, no tongue, no body, no mind, no color, no sound, no smell, no taste, no touch, no object of mind, no world of eyes, through to no world of mind consciousness. No ignorance and also no extinction of it, through to no old age and death and also no extinction of it. No suffering, no origination, no stopping, no path, no cognition, also no attainment, with nothing to attain.

The Bodhisattvas depend on Prajna Paramita and their minds are no hindrance. Without any hindrance, no fears exist. Far apart from every deluded view they dwell in Nirvana.

In the Three Worlds all Buddhas depend on Prajna Paramita and attain unsurpassed, complete, perfect Enlightenment. Therefore know: the Prajna Paramita is the great transcendent mantra, is the great bright mantra, is the utmost mantra, is the supreme mantra, which is able to relieve all suffering and is true, not false. So proclaim the Prajna Paramita mantra, proclaim the mantra that says:

Gyate, gyate, paragyate, parasamgyate, bodhi svaha!

<u>TEIDAI DENPO BL</u> MYOGO	JSSO NO	SHISHI BASHA SHITA	alnos Alnos	JU O SO HITSU MU IN SO IN	ZENJI ZENJI	HANNYA SHINGYGO
(Dharma Lineag	e)	FUNYO MITTA HANNYA TARA	sonja sonja	NIP PO SO SHUN GITEN GEN SHO	ZENJI ZENJI	<u>maka hannya haramita</u> Shingyo
BIBASHI SHIKI BISHAFU KURASON KUNAGON MUNI KASHO SHAKYAMUNI MAKA KASHO ANAN SHONA WASHU UBA KIKUTA DAI TAKA MI SHAKA BASHU MITSU BUTTA NAN DAI FUKUTA MITTA KYO FUNA YASHA MEMYO KABIMORA RYUJU KANA DAIBA RAGORATA SOGYA NANDAI KAYASHATA BASHU BANZU MANURA KAKU ROKUNA	BUTSU BUTSU BUTSU BUTSU BUTSU BUTSU BUTSU SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA SONJA	BODAI DARUMA NISO EKA SAN SO KAN CHI DO SHIN DAI I GUNIN TAI MAN ENO DAI KAN NAN GAKU EJO BASO DO ITSU HYAKU JO EKAI O BAKU KIUN RINZAI GIGEN KO KE ZON SHO NAN IN EGYO FUKETSU EN SHO SHUZAN SEI NEN FUNNYO ZEN SHO SEKISO SOEN YO GI HO E HAKU UN SHUTAN GOSO HO EN EN GO KOKU GON KUKYU JO RYU O AN DON GE MITTAN KAN KETSU SHO GEN SO GAKU UN NAN FUGAN KIDO CHIGU NAM PO JO MYO SHU HO MYO CHO KAN ZAN EGEN	DAISHI DAISHI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI ZENJI	SEK KO SO SHIN TO YO EI CHO TAI GA TAN KYO KO HO GEN KUN SEN SHO ZUI SHO I AN CHISATSU TO ZEN SO SHIN YO ZAN KEI YO GUDO TO SHOKU SHIDO MUNAN DO KYO ETAN HAKU IN EKAKU GASAN JITO IN ZAN IEN TAI GEN SHIGEN GISAN ZEN RAI TEKISUI GIBOKU RYO EN GEN SEKI SEI SETSU GENJO TAISHITSU MUMON KAKA SHOKAN FUIN JI HO SAN SHI I SHI SI (Ten Directions, Three Worlds, SHI SON BU SA MO K (AII Venerable ones, Bodhisa MO KO HO JA HO R (The great Prajna Paramita)	HI FU , All Buddhas) O SA Irrva-Mahasattvas)	KAN JI ZAI BO SA. GYO JIN HAN NYA HA RA MI TA. JI SHO KEN GO ON KAI KU DO IS SAI KU YAKU. SHA RI SHI. SHIKI FU I KU. KU FU I SHIKI. SHIKI SOKU ZE KU. KU SOKU ZE SHIKI. JU SO GYO SHIKI. YAKU BU NYO ZE. SHA RI SHI. ZE SHO HO KU SO. FU SHO FU METSU. FU KU FU JO. FU ZO FU GEN. ZE KO KU CHU. MU SHIKI MU JU. SO GYO SHIKI. MU GEN NI BI ZES SHIN NI MU SHIKI SHO KO MI SOKU HO MU GEN KAI NAI SHI. MU AU MYO. YAKU MU MU MYO JIN. NAI SHI MU RO SHI. YAKU MU RO SHI.

MU SHO TO KO BO DAI SAT TA E. HAN NYA HA RA MI TA KO. SHIN MU KE GE MU KE GE KO MU U KU FU ON RI IS SAI TEN DO MU SO KU GYO NE HAN SAN ZE SHO BUTSU E HAN NYA HA RA MI TA KO TOKU A NOKU TA RA SAM MYAKU SAN BO DAI KO CHI HAN NYA HA RA MI TA. ZE DAI JIN SHU ZE DAI MYO SHU. ZE MU JO SHU. ZE MU TO DO SHU. NO JO IS SAI KU SHIN JITSU FU KO KO SETSU HAN NYA HA RA MI TA SHU. SOKU SETSU SHU WATSU. GYA TEL GYA TEL. HA RA GYA TEI. HA RA SO GYA TEL. BO JI SO WA KA. HAN NYA SHIN GYO.

## SHO SAI SHU The Great Light Dharani (Repeat Three Times)

NA MU SA MAN DA MO TO NAN O HA RA CHI KO TO SHA SO NO NAN TO JI TO EN GYA GYA GYA KI GYA KI UN NUN SHI FU RA SHI FU RA HA RA SHI FU RA HA RA SHI FU RA CHI SHU SA CHI SHU SA SHI SHU RI SHI SHU RI SO HA JA SO HA JA SE CHI GYA SHI RI EI SO MO KO

### Preface to the recorded sayings of Zen Master Rinzai of Chin Province

On top of Mount Obaku he met the painful stick. On Taigu's ribs he could use his fist. "Garrulous grandmother!" "Bed-

wetting little devil!" "This lunatic twice pulling the

tigers whiskers!" In a rocky gorge he planted pines, a landmark for later generations. He dug the ground with his mattock; the other were nearly buried alive.

Having approved the youngster, Obaku slapped himself right on the mouth.

On leaving, Rinzai wanted to burn the arm-rest; he will sit upon the tongues of everyone. If he didn't go to Kanan, he'd return to Kahoku. His temple overlooked the old

ferry landing – he carried travellers across the stream. He guarded the vital fordingplace like an escarpment ten thousand spans high. Snatching away the man or the surroundings, he shaped and fashioned superlative students. With his Three States and Three Fundamentals, he forged and tempered black-robed monks. He's always at home, yet forever on the way.

The true man without rank went in and out the face.

The monks of the two halls gave equal shouts, but guest and host were obvious.

Illumination and action are simultaneous, fundamentally without front or back.

A mirror confronting a form, an empty valley echoing a sound.

Marvellously responding in any direction, he left not a trace behind.

Tucking up his robe, he journeyed southward, then went to stav in Daimei. Koke took him as his teacher and attended him in the eastern Hall. Still using the copper pitcher and iron bowl, he closed his room and stopped his words. As the pines grew old and the clouds idled, he found boundless contentment within himself. He had not long sat facing the wall when the secret transmission neared its end. To whom was the True Dharma transmitted? It was extinguished upon reaching the blind ass! Old En of Engaku has now undertaken to circulate this text. It has been examined and corrected; therefore it contains no error or confusion. There is still one more shout coming; it needs further consideration: Zen students who have the eye to see, I entreat you not to exploit this text. Preface respectfully composed on the day of the midautumn festival, the year Senna of Koshi era.

## DAI HI SHU The Great Compassionate Dharani

#### NA MU KA RA TAN NO

TO RA YA YA NA MU O RI YA **BO RYO KI CHI** SHI FU RA YA FU JI SA TO BO YA MO KO SA TO BO YA MO KO KYA RU NI KYA YA EN SA HA RA HA EI SHU TAN NO TON SHA NA MU SHI KI RI TO I MO O RI YA BO RYO KI CHI SHI FU RA RI TO BO NA MU NO RA KI 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 RYO GYA CHI KYA RYA CHI I KI RI MO KO FU JI 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 CHI RI NI SHI FU RA YA

SHA RO SHA RO MO MO HA MO RA HO CHI RI YU KI YU KI SHI NO SHI NO O RA SAN FU RA SHA RI HA ZA HA ZA FU RA 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 FU JI YA FU JI YA FU DO YA FU DO YA MI CHI RI YA NO RA KIN JI CHI RI SHU NI NO HO YA MO NO SO MO KO SHI DO YA SO MO KO MO KO SHI DO YA SO MO KO SHI DO YU KI SHI FU RA YA SO MO KO NO RA KIN JI SO MO KO MO RA NO RA SO MO KO SHI RA SUN O MO GYA YA SO MO KO SO BO MO KO SHI DO YA SO MO KO SHA KI RA O SHI DO YA SO MO KO HO DO MO GYA SHI DO YA SO MO KO NO RA KIN JI HA GYA RA YA SO MO KO

MO HO RI SHIN GYA RA YA SO MO KO NA MU KA RA TAN NO TO RA YA YA NA MU O RI YA BO RYO KI CHI SHI FU RA YA SO MO KO SHI TE DO MO DO RA HO DO YA SO MO KO.

## Hakuin Zenji's Song of Zazen

All sentient beings are essentially Buddhas. As with water and ice, there is no ice without water; apart from sentient beings, there are no Buddhas.

Not knowing how close the truth is we seek it far away – what a pity! We are like one who in the midst of water cries out desperately in thirst.

We are like the son of a rich man who wandered away among the poor.

The reason we transmigrate through the Six Realms is because we are lost in the darkness of ignorance. Going further and further astray in the darkness, how can we ever be free from birth-and-death? As for the Mahayana practice of zazen, there are no words to praise it fully. The Six Paramitas, such as giving, maintaining the precepts, and various other good deeds like invoking the Buddha's name, repentance, and spiritual training, all finally return to the practice of zazen.

Even those who have sat zazen only once will see all karma erased. Nowhere will they find evil paths, and the Pure Land will not be far away.

If we listen even once with open heart to this truth, then praise it and gladly embrace it, how much more so then, if on reflecting within ourselves we directly realize Selfnature, giving proof to the truth that Self-nature is no nature. We will have gone far beyond idle speculation.

The gate of the oneness of cause and effect is thereby opened, and not-two, not-three, straight ahead runs the Way.

Realizing the form of no-form as form, whether going or returning we cannot be any place else. Realizing the thought of nothought as thought, whether singing or dancing, we are the voice of the Dharma. How vast and wide the unobstructed sky of samadhi! How bright and clear the perfect moonlight of the Four-fold Wisdom! At this moment what more need we seek?

As the eternal tranquility of Truth reveals itself to us, this very place is the Land of Lotuses and this very body is the body of the Buddha.

### Torei Zenji's Bodhisattva Vow

Disciples,

When I humbly observe the true nature of things, all are the marvelous manifestations of the Tathagata's truth. Atom by atom, instant by instant, all are none other than his mysterious radiance. Because of this our virtuous ancestors extended loving care and reverence to even such beings as birds and beasts. How, then, can we be but humbly grateful for the food, drink and clothing that nourishes and protects us throughout the day, these being in essence the warm

skin and flesh of the great masters, the incarnate compassion of the Buddha?

If it is so even with inanimate objects, how much more should we be kind and merciful to human beings, even those who are foolish. Though they become our sworn enemies, reviling and persecuting us, we should regard them as Bodhisattva manifestations who, in their great compassion, are employing skillful means to help emancipate us from the sinful karma we have produced over countless kalpas through our biased, self-centered views. If we awaken in ourselves this deep, pure faith, offering humble words and taking sincere refuge in the Buddha, then with every thought there will bloom a lotus flower, each with a Buddha. These Buddhas will establish Pure Lands everywhere and reveal the radiance of the Tathagata beneath our very feet. May we extend this mind throughout the universe, so that we and all sentient beings may equally bring to fruition the seeds of wisdom.

### **ENMEI JUKU KANNON GYO**

(Repeat thirty-three times)

KAN ZE ON NA MU BUTSU YO BUTSU U IN YO BUTSU U EN BUPPO SO EN JO RAKU GA JO CHO NEN KAN ZE ON BO NEN KAN ZE ON NEN NEN JU SHIN KI NEN NEN FU RI SHIN

## SHIKUSEIGAN

(Repeat three times)

### SHU JO MU HEN SEI GAN DO

BON NO MU JIN SEI GAN DAN HO MON MU RYO SEI GAN GAKU BUTSU DO MU JO SEI GAN JO

## The Bodhisattva Vows

Sentient beings are numberless I vow to liberate them. Desires are inexhaustible I vow to put an end to them. The Dharmas are boundless I vow to master them. The Buddha's way is unsurpassable I vow to become it.

## **Opening this Dharma**

#### <u>MU JO JIN</u>

JIN MU MYO NO HO WA HYAKU SEN MAN GO NI HO AI O KOTO KATASHI WARE IMA KEN MON SHI JUJI SURU KOTO O ETARI NEGAWAKU WA NYORAI NO SHINJITSU GI O GESHI TATEMATSU RAN KOTO O.

<u>The Dharma</u>, incomparably profound and exquisite, is rarely met with even in hundreds of thousands of millions of kalpas. We are now permitted to hold it, see it, hear it, and accept it. May we awaken to the deep true Mind of Tathagata.

## Daito Kokushi's Admonition

O you, monks, who are in this mountain monastery, remember that you are gathered here for the sake of religion and not for the sake of clothes and food. As long as you have shoulders, you will have clothes to wear, and as long as you have a mouth, you will have food to eat. Be ever mindful, throughout the twelve

hours of the day, to apply yourselves to the study of the Unthinkable. Time passes like an arrow, never let your minds be disturbed by worldly cares. Ever, ever be on the look-out. After my departure, some of you may preside over five temples in prosperous conditions, with towers and halls and holy books all decorated in aold and silver, and devotees may noisily crowd into the grounds; some may pass hours in reading the sutras and reciting the dharanis, and sitting long in contemplation may not aive themselves up to sleep; they may, eating once a day and observing the fastdays, and, throughout the six periods of the day, practise all the religious deeds. Even when they are thus devoted to the cause, if their thoughts are not really dwelling on the mysterious and untransmissible Way of the Buddhas and Fathers, they may yet come to ignore the law of moral causation, ending in a complete downfall of the true religion. All such belong to the family of evil spirits; however long my departure from the world may be, they are not to be called my descendants. Let, however, there be just one individual, who may be living in the wilderness in a hut thatched with one bundle of straw and passing his days by eating the roots of wild herbs cooked in a pot with broken legs; but if he single-mindedly applies himself to the study of his own spiritual affairs, he is the very one who has a daily interview with me and knows how to be grateful for his life. Who should ever despise such a one? O monks, be diligent, be diligent.

## Dai E Zenji's Vow for Awakening

Our only prayer is to be firm in our determination to give ourselves completely to the Buddha's Way, so that no doubts arise however long the road seems to be. To be light and easy in the four parts of the body; to be strong and undismayed in body and in mind; to be free from illness and drive out both depressed feelings and distraction; to be free from calamity, misfortune, harmful influences and obstructions: not to seek the Truth outside of ourselves, so we may instantly enter the right way: to be unattached to all thoughts that we may reach the perfectly clear bright mind of Praina and have immediate enlightenment on the Great Matter.

Thereby we receive the transmission of the deep wisdom of the Buddhas to save all sentient beings who suffer in the round of birth and death. In this way we offer our gratitude for the compassion of the Buddhas and the Patriarchs. Our further prayer is not to be extremely ill or to be suffering at the time of departure, to know its coming seven days ahead so that we can aujet the mind to abandon the body and be unattached to all things at the last moment wherein we return to the Original Mind in the realm of no birth and no death and merge infinitely into the whole universe to manifest as all things in their True Nature and with the areat wisdom of the Buddhas to awaken all beings to the Buddha Mind. We offer this to all Buddhas and Bodhisattva-Mahasattvas of the past, present, and future in the ten auarters and to the Maha Praina Paramita.

## LAY ORDINATION CEREMONY Jukai

(Everyone reads together except underlined words read only by Roshi)

### All my ancient

Twisted Karma, From beginningless greed, hate and delusion. Born of body, speech and mind, I now fully avow.

Sentient Beings (page 15)

#### <u>Awaken</u> To the Unive

To the Universal Buddha ! <u>Awaken</u> To the Universal Dharma ! <u>Awaken</u> To the Universal Sangha !

I take refuge in the Buddha I take refuge in the Dharma I Take refuge in the Sangha

I take refuge in the Buddha, Honourable above all. I take refuge in the Dharma, honourable for its freedom from attachment. I take refuge in the Sangha, honourable for its harmony.

I have taken refuge in the Buddha. I have taken refuge in the Dharma. I have taken refuge in the Sangha.

### Three pure precepts:

Commit no evil Do every good Purify your own mind

### Ten Precepts:

1. From the most clear, profound and subtle mind, to not kill life.

2. From the most clear, profound and subtle mind, to not consider anything as one's own.

3. From the most clear, profound and subtle mind, associations between a man and a woman should be open, pure and bright.

4. From the most clear, profound and subtle mind, true words and true mind are the base of attaining the way.

5. From the most clear, profound and subtle mind, do not delude the true self.

6. From the most clear, profound and subtle mind, do not point out other's faults and mistakes. 7. From the most clear, profound and subtle mind, do not praise yourself and degrade others.

8. From the most clear, profound and subtle mind, do not be possessive with the Dharma treasures.

9. From the most clear, profound and subtle mind, do not indulge in anger.

10. From the most clear, profound and subtle mind, do not dishonour the Buddha, the Dharma or the Sangha.

Will you observe these precepts always?

### Buchinson Shin Dharani

No Bo Ba Gya Ba Tei Ta Re Ro Ki Ya Ha Ra Chi Bi Shiō Bō BA GYA BA TEI TA RE RO KI YA HA RA CHĪ BI SHI SHU DA YĀ BO DA YĀ BA GYA BA TEI TA NI YA TĀ ON BISHU DA YĀ BI SHU DA YĀ SA MA SA ma san man dā ha ba shā SO HA RA DĀ GYA CHI GYA KA NŌ SO BA HAN BĀ **BI SHU TEI** A BI SHIN SHĀ to man so gya tā ha ra ba sha nō A MI RI TĀ BI SELKEL MA KA MAN DA RA HA DA I A KA RĀ AKARĀ A YU SAN DA RA NĪ SHU DA YĀ

SHU DA YĀ GYA KYA NŌ **BI SHU TEI U SHU NI SHA** BI JA YĀ BI SHU TEI SA KA SA RĀ A RA SHIN MEI SAN SO NI TEL SARA BĀ TA TA GYA TĀ BA RO GYA NĪ SA TA HA RA MI TĀ HA RI HO RA NĪ SARA BĀ TA TA GYA TĀ KI RI DA YĀ CHI SHU TA NŌ CHI SHU CHI TĀ MA KA MO DA REI BA ZA RA GYA YĀ SŌ GYA TA NŌ BI SHU TEL SARA BĀ HA RA DĀ HA YA TO RI GYA CHĪ HA RI BI SHU TEL HA RA CHI NĪ HA RA DA ΥĀ A YOKU SHU TEI

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SAN MA YĀ CHI SHU CHI TEI MA NI MA NĪ MA KA MA NĪ TA TA TA BO DĀ KU CHI HA RI SHU TEI BI SO BO DĀ BO JI SHU TEI JA YĀ JA YĀ BI JA YĀ BI JA YĀ SA MO RĀ SA MO RA SARA BA BO DĀ CHI SHU CHI TA SHU TEI BA JI RĪ BA ZA RĀ GYARA BEI BA ZA RAN ha ba to ma mā SHA RI RAN SARA BĀ SA TO BA NAN SHA GYA YĀ HA RI BI SHU TEI SARA BĀ GYA CHI HA RI SHU TEI SARA BĀ TA TA GYA TĀ SHIS SHA MEI SAN MA JIN BA SŌ EN DŌ SARA BĀ TA TA GYA TĀ SAN MA JIN BA

SŌ CHI SHU CHI TEI BŌ JI YA BŌ JI YA BI BO JI YA **BI BO JI YA** BŌ DA YA BŌ DA YA BI BO DA YA **BI BO DA YA** SAN MAN DĀ HA RI SHU TEI SARA BĀ TA TA GYA TĀ KI RI DA YĀ CHI SHU TA NŌ CHI SHU CHI TĀ MA KA MO DA REI SŌ WĀ KĀ

Ita Ten Fu Gin (repeat each line until Roshi rings bell)

**On Ita Tei Ta** Moko tei ta sowaka

**Om Moko** Kya Ra Ya Sowaka

**On Ken Ba Ya** Ken Ba Ya Sowaka

**On Kura Danno** Un Jaka Sowaka

**Om Bei** Shiramanda Ya Sowaka

**Om Ba Sam Ba** En tei Shuya Jin Sowaka

Nan Da Ryuo

Batsu Nan Da Ryu O Shakera Ryu O Washu Kitsu Ryu o Toku Shaka Ryu O Anaba Datta Ryu O Manashi Ryu O Uhada Ryu O

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