

# Sunday Ceremony

## *Verse of Atonement*

All my past and harmful karma  
Born from beginningless greed, hate, and delusion  
Through body, speech and mind  
I now fully avow

## *Three Refuges*

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 sutras,  
Wisdom like an ocean

I take refuge in Sangha  
May all beings support harmony in the community,  
Free from hindrance

## ***GREAT WISDOM BEYOND WISDOM HEART SUTRA***

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, formations, consciousness. O Shariputra, all dharmas are marked with emptiness: they do not appear nor disappear, are not tainted nor pure, do not increase nor decrease.

Therefore, in emptiness, no form, no feelings, no perceptions, no formations, 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 realm of eyes, until no realm of mind-consciousness; no ignorance, and also no extinction of it, until 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, a Bodhisattva depends on Prajna Paramita and the mind is no hindrance. Without any hindrance, no fears exist. Far apart from every perverted view one dwells 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, Gate gate para gate para-sam gate! Bodhi svaha!”

All Buddhas, ten directions, three times  
All beings, Bodhisattvas, Mahasattvas  
Wisdom beyond wisdom, Maha Prajna Paramita

## ***Great Compassionate Heart 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 hoyo 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 modora hodo ya so mo ko

Ji Ho San Shi I Shi Fu

Shi Son Bu Sa Mo Ko Sa

Mo Ko Ho Ja Ho Ro Mi

## ***Bodhisattva Vow***

Beings are numberless, I vow to save them.  
Delusions are inexhaustible, I vow to end them.  
Dharmas are boundless, I vow to enter them.  
The Buddha Way is unsurpassed, I vow to become it.

## ***Sutra Opening Verse***

An unsurpassed, penetrating, and perfect Dharma  
Is rarely met with, even in a hundred, thousand, million kalpas.  
Having it to see and listen to, to remember and accept,  
I vow to taste the truth of the Tathagata's words.

## ***Pali Refuges***

Buddham Saranam Gacchami  
Dhammam Saranam Gacchami  
Sangham Saranam Gacchami

Dutiyampi, Buddham Saranam Gacchami  
Dutiyampi, Dhammam Saranam Gacchami  
Dutiyampi, Sangham Saranam Gacchami

Tatiyampi, Buddham Saranam Gacchami  
Tatiyampi, Dhammam Saranam Gacchami  
Tatiyampi, Sangham Saranam Gacchami

## ***Maka Hannya Haramita Shingyo***

Kan ji zai bo satsu 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  
i shiki kai mu mu myo yaku mu mu myo jin nai shi mu ro shi  
yaku mu ro shi jin mu ku shu metsu do mu chi yaku mu toku i  
mu sho tok-ko bo dai sat-ta e han-nya ha ra mi ta ko shin mu  
kei ge mu kei 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 san 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 tei gya tei ha ra gya tei hara so gya tei bo  
ji sowa ka han-nya shin gyo

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