

LIVERPOOL ZEN GROUP

AFFILIATED TO THE WHITE PLUM ZEN SANGHA UK



EVENING SERVICE

THE SUTRAS

MAHA PRAJNA PARAMITA HEART SUTRA

Avalokitesvara Bodhisattva doing deep prajna paramita clearly saw emptiness of all the five conditions, thus completely relieving misfortune and pain. O Shariputra, form is no other than emptiness, emptiness no other than form. Form is exactly emptiness, emptiness exactly form; sensation, conception, discrimination awareness are likewise like this.

O Shariputra, all dharmas are forms of emptiness, not born, not destroyed; not stained, not pure, without loss, without gain; so in emptiness there is no form, no sensation, conception, discrimination, awareness, no eye, ear, nose, tongue, body, mind; no colour, sound, smell, taste, touch, phenomena; no realm of sight... no realm of consciousness; no ignorance and no end to ignorance... no old age and death, and no end to old age and death; no suffering, no cause of suffering, no extinguishing, no path; no wisdom and no gain.

No gain and thus the Bodhisattva lives prajna paramita with no hindrance in the mind, no hindrance therefore no fear, far beyond deluded thoughts; this is nirvana. All past, present and future Buddhas live prajna paramita and therefore attain anuttara-samyak-sambodhi.

Therefore know, prajna paramita is the great mantra, the vivid mantra, the best mantra, the unsurpassable mantra; it completely clears all pain - this is the truth, not a lie. So set forth the prajna paramita mantra, set forth this mantra and say:

**GATE! GATE! PARAGATE! PARASAMGATE!
BODHI SVAHA! PRAJNA HEART SUTRA**

DEDICATION

**All Buddhas throughout space and time
All Bodhisattva Mahasattvas
Maha Prajna Paramita**

ENMEI JUKKU KANNON GYO

**KAN ZE ON NA MU BUTSU YO BUTSU U IN YO BUTSU U
EN BU PO 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**

chant x 3 or 9

Translation:

S/He who listens to the world at one with Buddha, all being Buddha, Buddha being all manifests Buddha, Dharma, Sangha infinite joy, pure being, morning mind - Kanzeon! evening mind -Kanzeon! At all times, born of Mind! At all times, being Mind!

(Note: Kannon or Kanzeon, also known as Avalokitesvara, is the Bodhisattva of Compassion)

we then repeat

DEDICATION

**All Buddhas throughout space and time
All Bodhisattva Mahasattvas
Maha Prajna Paramita**

THE FOUR VOWS

**Sentient beings are numberless, I vow to save them
Desires are inexhaustible, I vow to put an end to them
The Dharmas are boundless, I vow to master them
The Buddha Way is unsurpassable, I vow to attain it
repeat 3 times**