

SEATTLE UNIVERSITY ECOSANGHA



SERVICE & SUTRA BOOK
PANDEMIC EDITION

EVENING SCHEDULE

5:40 pm (PST): optional Zen training with Daichi for those brand new to Zen

6 pm: short welcome and chanting. We have attached the sutra book to this email and will also provide it in the text box for each Zoom session.

6:10 pm: Zazen round one

6:30: five-minute break. You can stretch your legs, do *kinhin* (Zen walking meditation), use the bathroom, etc.

6:35: Zazen round two

6:55: Dharma talk (ten minutes maximum)

7:05: Chant the four bodhisattva bows

There will then be an opportunity for participants to ask questions or share reflections. We will conclude promptly at 7:15 PM PST

During chanting, please make sure your microphone is muted. Thank you.

Maka Hannya Haramita Shingyō -The Heart Sutra-

◎kan jī zai bō satsu
gyō jin han-nyā hā rā mī tā jī shō ken

◎gō on kai kū
dō is-sai kū yaku
shā rī shī
shiki fū ī kū
kū fū ī shiki
shiki soku zē kū
kū soku zē shiki
jū sō gyō shiki
yaku bū nyō zē
shā rī shī
zē shō hō kū sō
fū shō fū metsu
fū kū fū jō
fū zō fū gen
zē kō kū chū
mū shiki mū jū sō gyō shiki
mū gen nī bī zes-shin nī
mū shiki shō kō mī soku hō
mū gen kai nai shī mū ī shiki kai
mū mū myō yakū mū mū myō jin
nai shī mū rō shī
yaku mū rō shī jin
mū kū shū metsu dō
mū chī yaku mū toku
ī mū shō tō kō
bō dai sat-tā
ē han-nyā hā rā mī tā
◎kō shin mū kei gē
mū kei gē kō
mū ū kū fū
on rī is-sai ten dō mū sō
kū gyō nē han
san zē shō butsu
ē han-nyā hā rā mī tā

◎ kō toku ā noku tā rā san myaku san bō dai
 kō chī han-nyā hā rā mī tā
 zē dai jin shū
 zē dai myō shū
 zē mū jō shū
 zē mū tō dō shū
 nō jō is-sai kū
 shin jitsu fū kō
 kō setsu han-nyā hā rā mī tā shū
 soku setsu shū watsu
 gyā tei gyā tei
 • hā rā gyā tei
 hara sō gyā tei
 • bō jī sowa kā
 han-nyā shin gyō

◎ = big bronze *kesu* (bell)

• = small bronze *kesu* (bell)

[Please note that the “f” is pronounced more like an “h”]

Gatha for All Threatened Beings

(Gary Snyder)

◎Ah Power that swirls us together
 Grant us bliss
 Grant us the great release
 And to all beings
 Vanishing, wounded.
 In trouble on earth,
 We pass on this love
 May their numbers increase.

The officiate then chants the following *eko*:

May this merit extend universally to all, including the great earth, so
 that we may together with all beings realize the Buddha Way.
 Everyone then puts their hands into a *Gasshō* and chants the *Ryaku Sanbo*:

◎ All buddhas throughout space and time,
 ◎ All honored ones, bodhisattvas-mahasattvas,
 ◎ Wisdom beyond wisdom, maha-prajna-paramita

Prepare for the beginning of Zazen

1st clack: pay attention

2nd clack: put your hands into the cosmic mudra position

3rd clack: begin Zazen

The *kesu* will then ring three times.

After the end of the first round, the *kesu* will ring *two* times, indicating that we will have a break. It will ring *one* time at the end of the second round.

After the dharma talk, we will chant the *Shigu Seigan Mon* (*The Four Vows*):

Sentient beings are numberless; I vow to free them.

Delusions are inexhaustible; I vow to end them.

The Dharma gates are boundless; I vow to enter them.

The Buddha Way is unsurpassable; I vow to realize it.