

English Service

Brunnenhofzendo



**Übersetzung und Version**  
**Brunnenhofzendo**  
Affoltern am Albis, Schweiz  
Version 7/2015

∅ Entering Zendo and incense offering. Right side of altar

∅ ∅ ∅ ∅ ∅ ∅ ∅... Begin chings for fudosampai (3 full bows),

∅ - first bow

∅ - second bow

∅ - third bow ∅ -knees touch the ground.

### ***Honor of the Buddha***

○ △ ○ (3x) Namō tassa bhagavato  
arahato samma sambuddhasa

(1x) Buddhā, Dhammā, Saṅghā  
namasami

**bolt = high pitch**

*italic = low pitch*

underlined between

the line = long

### ***Verses Of Sharing And Aspiration.***

○ △ ○

Through the goodness that arises from our *practice*,

May our spiritual **teachers** and guides of great *virtue*,

Our **mothers**, our **fathers**, and our *relatives*,

The Sun and the Moon, and *all* virtuous **leaders** of the  
*world*,

May the highest gods and evil *forces*,

**Celestial** beings, guardian **spirits** of *the* Earth, and the  
**Lord** of Death,

May those who are **friendly**, indifferent, or *hostile*,

May *all* beings receive the **blessings** of our life.

May *they* soon attain the **threefold** bliss and realize the  
*Deathless*

Through the goodness that arises from our *practice*,  
And through this act of *sharing*,  
May all **desires** and **attachments** quickly *cease*  
And *all* harmful states **of** mind.

Until we realize Nibbāna,

In every state *of* life, may we *have* an **upright** mind,  
*With* mindfulness and **wisdom**, **austerity** and **vigor**.

May *the* forces of **delusion** not *take* hold  
Nor weaken **our** resolve.

*The* Buddha is our **excellent** *refuge*,  
Unsurpassed is the protection of *Dhamma*,  
Shakyamuni Buddha is our **perfect** guide  
The Sangha our **supreme** support.

Through the supreme **power** of *all* these,  
May darkness and **delusion** be *dispelled*.

### ***The Refuge (3x)***



I take refuge to Buddha

The Oneness of life,

I take refuge to Dharma

The diversity of life

I take refuge to Sangha

The Oneness that is always different

In the shelter and blessings of the Jewels

Fears melt away

It stays a heart so wide

## *Awakening of Bodhicitta (3x)*

○ △ ○

May the Great Bodhi Heart in us awaken  
Where it exists never get lost  
May it so ripen and may we trust  
Complete awakening happens in us

## ○ ○ ○ △ **Pok** **The Heart of the Perfection of Great Wisdom 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 color, 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 declare:

Gaté! Gaté! ☸ Paragaté! Parasamgaté! ☸ Bodhi svaha!

(Chant 3 X, Bells just in third round)

Prajna Heart Sutra

## ○○○△ Pok Enmei Jukku Kannon Gyo ○

Ten Phrase Prolonging-Life Kannon Sutra

[Chant 3 times in Japanese and 4 times in English]

○ Kan ze on

Na mu butsu

Yo butsu u in

Yo butsu u en

Bup po so en

Jo raku ga jo

Cho nen Ø (third round, when no English) kan ze on

Bo nen Ø (third round, when no English) kan ze on

Nen nen ju shin ki

Nen nen fu ri shin

(first English Round) ○ Kanzeon!

At one with Buddha

Directly Buddha

Also indirectly Buddha

And indirectly Buddha, Dharma, Sangha.

Joyful, pure, eternal, being!

Morning mind is Ø (fourth round only) Kanzeon.

Evening mind is Ø (fourth round only) Kanzeon.

Nen, nen arises from Mind.

Nen, nen is not separate from Mind. (damp all bells after last round)

## ***DEDICATION***

### ***Chanter only:***

The Buddha turns the Dharma Wheel and so reality is shown in all its many forms.

All suffering sentient beings are liberated and brought to great joy.

We sincerely seek the beneficent guidance of the Three Treasures.

In reciting the Honoring, the Refuge and the Sutras,  
We dedicate their merits to:

☉ The Great Master Shakyamuni Buddha

the Great Liberator Arija Tara

All male and female masters who kept and keep the Enlightenment alive

The all pervading and everlasting three treasures ☉

To our neighbors here and throughout the world;

Let us forever remember the causes of suffering

And let us forever act to end suffering.

May we always have the courage to bear witness;

To see ourself as Other and Other as ourself.

We pray for the restoration and health of Mother Earth

Her oceans and waters, mountains, fields and plants, air  
and atmosphere, and for all beings she hosts.

With gratitude we pray for all efforts in her service.

We offer our blessings to all those who have come and gone through our hearts and nurtured us.

We especially dedicate these merits to:

*(read list of names of those died)*

We also pray for the health and wellbeing of:

*(Read sick-list)*

And to all those who died or suffer harm because of

*(name current world event)*

For all those who care for the sick, dying, socially suppressed, the freedom of speech and the peace of the world.

For all those who lost a beloved being

May they be serene through all their ills and

May we realize the Buddha Way together. . . . . ○

All Buddhas Throughout Space and Time ○

All Bodhisattva-Mahasattvas ○

∅ ∅ ∅ ∅ ∅ ∅ ∅... *Begin chings for fudosampai (3 full bows),*

Maha Prajna Paramita

∅ - first bow

∅ - second bow

∅ - third bow ∅ -knees touch the ground.

∅ Officiants bow to the Buddha

∅ Officiants bow to all beings

## Verse Of The Kesa (before dawn zazen)

Vast is the robe of liberation,  
a formless field of benefaction.  
I wear the Tathagata-teaching  
saving all sentient beings.

### *Shantideva's Bodhisattva Vows*

○ △ ○ Just as the previous Buddhas dedicated  
Their heart and mind to Bodhicitta  
And step by step, step by step  
All walked the path of the Bodhisattvas

So I will in this very lifetime  
Give heart and mind to Bodhicitta  
And step by step, step by step  
Will walk the path of the Bodhisattvas

And step by step - giving  
Step by step - virtue  
Step by step - patience  
Step by step - vigor  
Step by step - meditation  
Step by step - wisdom  
Step by step, step by step  
Will walk the path of the Bodhisattvas

Om gate gate ○, paragate, parasamgate ○, bodhi svaha  
*(3x, Bells just in third repetition, after the last word, damp it)*

