



Ceremony to Support the Sick

(BELL) (BELL)



Incense Offering 🎵🎵

(BELL)

In gratitude, we offer this incense, throughout space and time,
to all buddhas and bodhisattvas.

May it be fragrant as Earth herself, reflecting careful effort,
wholehearted awareness, and the fruit of understanding, slowly ripening.

May we and all beings be companions of Buddhas and Bodhisattvas.
May we awaken from forgetfulness and realize our true home.

OFFER, STEP BACK, LARGE BOW JOINED BY SANGHA

(BELL) (BELL)

(ALL CONTINUE TO STAND AND FACE THE ALTAR)



Touching the Earth 🎵🎵

(BELL)

The one who bows and the one who is bowed to are both, by nature, empty.
Therefore, the communication between them is inexpressibly perfect.
Our practice centre is the Net of Indra reflecting all Buddhas everywhere.
And with my person in front of each Buddha I go with my whole life for refuge.

(BELL – STANDING BOW)

Offering light in the Ten Directions,
the Buddha, the Dharma, and the Sangha,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Teaching and living the way of awareness in the very midst of suffering and confusion,
Shakyamuni Buddha, the Fully Enlightened One,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Cutting through ignorance, awakening our hearts and our minds,
Manjushri, the Bodhisattva of Great Understanding,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Working mindfully, working joyfully
for the sake of all beings,
Samantabhadra, the Bodhisattva of Great Action,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Listening deeply, serving beings in countless ways,
Avalokiteshvara, the Bodhisattva of Great Compassion,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Fearless and persevering through realms of suffering and darkness,
Kshitigarbha, the Bodhisattva of Great Aspiration
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Seed of awakening and loving kindness
in children and all beings
Maitreya, the Buddha to be born
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

The first bhikshuni, the teacher Mahagotami,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

The White Robe Disciple, the lay practitioner,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH)

Showing the way fearlessly and compassionately,
the stream of all our Ancestral Teachers,
to whom we bow in gratitude.

(BELL – TOUCH THE EARTH) (BELL)

(ALL BE SEATED)

(BELL) (BELL)



Sutra Opening Verse 🎵🎵

(BELL)

Namo Tassa Bhagavato Arahato Samma Sambuddhassa
Namo Tassa Bhagavato Arahato Samma Sambuddhassa
Namo Tassa Bhagavato Arahato Samma Sambuddhassa

(BELL)

The Dharma is deep and lovely.
We now have a chance to see, study, and to practice it.
We vow to realize its true meaning.

(BELL) (BELL)



Mindfulness of Loved Ones

Dear friends, it is time to bring our loved ones to mind – those to whom we wish to send the healing energy of love and compassion. Let us sit and enjoy our breathing for a few moments, allowing our beloved ones to be present with us now.

[TEN BREATHS IN SILENCE]

Dear friends, please listen. The peace and joy of the entire world, including the worlds of the living and the dead, depend on our own peace and joy in this moment. With all our heart and one-pointed mind, let us chant the Lotus of the Wonderful Dharma.

(BELL) (BELL)



Discourse on the Lotus of the Wonderful Dharma: Universal Door Chapter

(BELL)

Introductory Gatha:

Chanting the Lotus Sutra by night, the sound shook the galaxies.
The next morning when planet Earth woke up, their lap was full of flowers.

Discourse:

Buddha of ten thousand beautiful aspects, may I ask you this question:
“Why did they give that bodhisattva the name Avalokita?”

The World-Honored One, beautifully adorned, offered this reply to Akshayamati:
“Because actions founded on their deep aspiration
can respond to the needs of any being in any circumstance.

“Aspirations as wide as the oceans were made for countless lifetimes.
Avalokita has attended to billions of Buddhas, their great aspiration purified by mindfulness.

“Whoever calls their name or sees their image, if their mind be perfectly collected and pure,
they will then be able to overcome the suffering of all the worlds.

“When those with cruel intent push us into a pit of fire,
invoking the strength of Avalokita, the fire becomes a refreshing lake.

“Adrift on the waters of the great ocean, threatened by monsters of the deep,
invoking the strength of Avalokita, we are saved from the storm waves.

“Standing atop Mount Meru, should someone desire to push us down,
invoking the strength of Avalokita, we dwell unharmed like the sun hanging in space.

“Chased by a cruel person down the Diamond Mountain,
invoking the strength of Avalokita, not even a hair of our body will be in danger.

“Encircled and assaulted by bandits holding swords to wound and to kill,
invoking the strength of Avalokita, sword blades shatter into millions of pieces.

“Imprisoned or bound in iron chains, with hands and feet placed in a yoke,
invoking the strength of Avalokita, we are released into freedom.

“Poisons, curses, and bewitchings putting us into danger,
invoking the strength of Avalokita, harmful things return to their source.

“Attacked by a fierce and cruel yaksha, a poisonous naga, or unkind spirit,
invoking the strength of Avalokita, they will do us no harm.

“With wild animals all around baring their teeth, tusks, and claws,
invoking the strength of Avalokita will cause them to run far away.

“Confronted with scorpions and poisonous snakes, breathing fire and smoke of poisonous gas,
invoking the strength of Avalokita, they depart, the air clears.

“Caught beneath lightning, thunder, and clouds, with hail pouring down in torrents,
invoking the strength of Avalokita, the storm ends, the sunlight appears.

“All living beings caught in distress, oppressed by immeasurable suffering
are rescued in ten thousand ways by the wonderful power of their understanding.

“Miraculous power with no shortcoming, wisdom and skillful means so vast –
in the Ten Directions of all the worlds, there is no place Avalokita does not appear.

“The paths to realms of suffering, the pain of birth, old age, sickness, and death,
hells, hungry spirits, or animals are all purified, brought to an end.

“Look of truth, look of purity, look of boundless understanding,
look of love, look of compassion – the look to be always honored and practiced.

“Look of immaculate light and purity, the Sun of Wisdom destroying darkness,
master of fire, wind, and disaster illuminating the whole world.

“Heart of compassion like rolling thunder, heart of love like gentle clouds,
water of Dharma nectar raining upon us, extinguishing the fire of afflictions.

“In the courtroom, the place of lawsuits, on the fields in the midst of war,
invoking the strength of Avalokita, our enemies become our friends.

“Sound of wonder, noble sound, sound of one looking deeply into the world,
extraordinary sound, sound of the rising tide, the sound to which we will always listen.

“With mindfulness, free from doubts, in moments of danger and affliction,
our faith in the purity of Avalokita is where we go for refuge.

“We bow in gratitude to the one who has all the virtues,
regarding the world with compassionate eyes,
an Ocean of Well-Being beyond measure.”

(BELL) (BELL)



Praising the Bodhisattva of Compassion 🎵

(BELL)

The nectar of compassion is seen on the willow branch held by the Bodhisattva.
A single drop of this nectar is enough to bring life to the Ten Directions of the Cosmos.
May all afflictions of this world disappear totally and
may this place of arriving home be completely purified
by the Bodhisattva's nectar of compassion.

Homage to the Bodhisattva Who Refreshes the Earth.

From the depths of understanding, a flower of great eloquence blooms:
The Bodhisattva stands majestically upon the waves of birth and death, free from all afflictions.
Their great compassion eliminates all sickness, even that once thought of as incurable.
Their wondrous light sweeps away all obstacles and dangers.
Their willow branch, once waved, reveals countless Buddha Lands.
Their lotus flower blossoms a multitude of practice centres.
We bow to them. We see their true presence in the here and the now.
We offer them the incense of our hearts.
May the Bodhisattva of Deep Listening embrace us all with Great Compassion.

Namo'valokiteshvaraya (3 times)

[Homage to Bodhisattva Avalokiteshvara]

(BELL) (BELL)



May the Day be Well 🎵

(BELL)

May the day be well and the night be well.
May the midday hour bring happiness too.
In every minute and every second, may the day and night be well.
By the blessing of the Triple Gem, may all things be protected and safe.

(BELL)

May all beings born in each of the four ways live in a land of purity.
May all in the Three Realms be born upon Lotus Thrones.
May countless wandering souls realize the three virtuous positions of the Bodhisattva Path.
May all living beings, with grace and ease, fulfill the Bodhisattva Stages.

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(BELL)

The countenance of the World-Honored One, like the full moon
or like the orb of the sun, shines with the light of clarity.

(BELL)

A halo of wisdom spreads in every direction,
enveloping all with love and compassion, joy and equanimity.

(BELL)

Namo Shakyamunaye Buddhaya
Namo Shakyamunaye Buddhaya
Namo Shakyamunaye Buddhaya

(BELL) (BELL)



Protecting and Transforming

(BELL)

We, your disciples, who from beginningless time
have made ourselves unhappy out of confusion and ignorance,
being born and dying with no direction,
have now found confidence in the highest awakening.

However much we may have drifted on the ocean of suffering,
today we see clearly that there is a beautiful path.

We turn toward the light of loving kindness to direct us.

We bow deeply to the Awakened One and to our spiritual ancestors
who light up the path before us, guiding every step.

(BELL)

The wrongdoings and sufferings that imprison us
are brought about by craving, hatred, ignorance, and pride.
Today we begin anew to purify and free our hearts.
With awakened wisdom, bright as the sun and the full moon,
and immeasurable compassion to help humankind,
we resolve to live beautifully.

With all our heart, we go for refuge to the Three Precious Jewels.
With the boat of loving kindness, we cross over the ocean of suffering.
With the torch of wisdom, we leave behind the forest of confusion.
With determination, we learn, reflect, and practice.

Right View is the ground of our actions, in body, speech, and mind.
Right Mindfulness embraces us, walking, standing, lying down,
and sitting, speaking, smiling, coming in, and going out.

Whenever anger or anxiety enter our heart,
we are determined to breathe mindfully and come back to ourselves.
With every step, we will walk in the Pure Land.
With every look, the Dharmakaya is revealed.

We are careful and attentive as sense organs touch sense objects
so mindfulness will protect us all day,
so all habit energies can be observed and easily transformed.

May our heart's garden of awakening bloom with hundreds of flowers.
May we bring the feelings of peace and joy into every household.
May we plant wholesome seeds on the ten thousand paths.
May we never have the need to leave the Sangha body.

May we never attempt to escape the suffering of the world,
always being present wherever beings need our help.
May mountains and rivers be our witness in this moment
as we bow our heads and request the Lord of Compassion to embrace us all.

(BELL) (BELL)



The Three Refuges 🎵

(BELL)

I take refuge in the Buddha,
the one who shows me the way in this life.
I take refuge in the Dharma,
the way of understanding and of love.
I take refuge in the Sangha,
the community that lives in harmony and awareness.

(BELL)

Dwelling in the refuge of Buddha,
I clearly see the path of light and beauty in the world.
Dwelling in the refuge of Dharma,
I learn to open many doors on the path of transformation.
Dwelling in the refuge of Sangha,
shining light that supports me, keeping my practice free of obstruction.

(BELL)

Taking refuge in the Buddha in myself,
I aspire to help all people recognize their own awakened nature,
realizing the mind of love.

Taking refuge in the Dharma in myself,
I aspire to help all people fully master the ways of practice
and walk together on the path of liberation.

Taking refuge in the Sangha in myself,
I aspire to help all people build fourfold communities,
to embrace all beings and support their transformation.

(BELL) (BELL)



Sharing the Merit (Sutra Services and Ceremonies) 🎵🎵

(BELL)

Reciting the Sutras, practicing the way of awareness,
gives rise to benefits without limit.

We vow to share the fruits with all beings.

We vow to offer tribute to parents, teachers, friends and numerous beings
who give guidance and support along the path.

(BELL) (BELL)