

7:00 – 7:20 Zazen  
7:20 – 7:25 Kinhin  
7:25 Heart Sutra  
7:30 – 7:40 Zazen  
7:40 Four Vows

## **MAHA PRAJNA PARAMITA HEART SUTRA**

*ALL*

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 say:  
Gate! Gate! Paragate! Parasamgate!  
Bodhi svaha. Prajna Heart Sutra.

## DEDICATION

*Preceptor*

Buddha Nature pervades the whole universe existing right here now.

In reciting the ... Maha Prajna Paramita Heart Sutra

We dedicate its merits to:

The Great Master Shakyamuni Buddha Daiocho,

The All Pervading and Everlasting Three Treasures,

All Arhats and Bodhisattva Mahasattvas and their relations

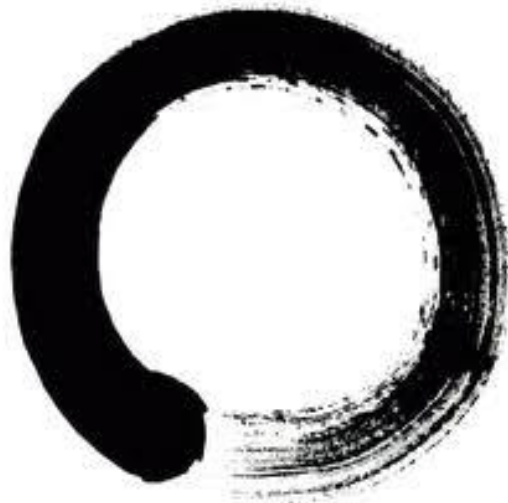
throughout the Dharma Worlds. May our sincere vows to accomplish the  
Buddha Way be realized together.

*All*

ALL BUDDHAS THROUGHOUT SPACE AND TIME

ALL BODHISATTVA MAHASATTVAS

MAHA PRAJNA PARAMITA



FOUR VOWS x3

*ALL*

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.