

SALT LAKE BUDDHIST FELLOWSHIP



PRACTICE MANUAL

OPENING INVOCATION

Sensei

As we gather together today,

We invite all our Buddha ancestors
and teachers of our tradition
to join us in our place of practice.

And we invite the most noble Shakyamuni Buddha
to join us in our place of practice.

We also invite Kwan Yin,
Mother of all Buddhas and Jizo Bodhisattva,
to join us in our place of practice.

And we invite the Buddha of Boundless
Compassion, Amida Buddha,
to join us in our place of practice.

Joyfully offering incense and scattering flowers of
welcome.

Namu Amida Butsu.

Adapted from the JodoShin Practice Manual.

SANGHA OPENING

Speaker

The Sangha is invited to come back to our breathing so that the collective energy of mindfulness will bring us together as an organism, flowing as a river with no more separation.

*Let the whole Sangha
breathe as one body,
chant as one body,
listen as one body,*

transcending the boundaries of a delusive self, liberating from the superiority complex, the inferiority complex, and the equality complex

All

My body, speech and mind, in perfect oneness. I send my heart along with the sound of the bell. May the hearer awake from forgetfulness and transcend all anxiety and sorrow and hear the name that calls to all of us.

Namu Amida Butsu.

Adapted from Plum Village Practice manual

DEEP LISTENING

Sensei

Being aware that deep listening
can alleviate suffering ...

Sangha

I am determined to practice deep listening
and to cultivate a listening heart,
to listen without judgment
to myself and to others.

I am determined to hold space
with another to understand
and to bring understanding,
to cultivate compassion,
and to ease suffering,

realizing that deep listening
is an act of love.

So I vow to be still with you
and to listen,
and I vow to listen to the call of all

the Buddhas and of Amida
to come, to come
and dance.

Written by Christopher Kakuyo Sensei

SENSEI'S OPENING

Sensei

We have gathered together today with open-hearted awareness. May we be nourished by each other and by all the Buddhas and Bodhisattvas and our myriad of teachers

in body,
in mind,
in spirit

and in the Way of Oneness.

Sangha

May our gathering together inspire us to direct our hearts and minds –

To heal, not to harm,
to help, not to hinder,
to bless, not to curse,
to always serve the spirit of awakening.

May It Be So.

Adapted from the Bright Dawn Service Manual

GRATITUDE AFFIRMATION

Sensei

When sorrow invades the mind we find the Buddha's teachings.

Sangha

Thank you sorrow!

Sensei

Through cruel adversity, we discover the Sangha and the transformation of suffering.

Sangha

Thank you, cruel adversity!

Sensei

When our clinging and aversions overwhelm us, may we discover the great compassion of Amida Buddha.

Sangha

Thank you, clinging and aversions!

Continued next page

Sensei

Through the unfolding of the dharma,
we place our hands in gassho

and bow
to the oneness
of life.

Sangha

Namu Amida Butsu.

Adapted from Patrul Rinpoche

SPIRITUAL FRIENDSHIPS & VOW

Sensei

Having learned from the Buddha,
that spiritual friendships are the whole of the
Way...

Sangha

I bow in body,
speech, and mind.
to you my Kalyana Mitras,
my fellow travelers.

Sensei

Having learned from the Buddha
that spiritual friendships are the whole
of the Way...

Sangha

I offer my regret
for any wrongdoing
I have done knowingly
or unknowingly. (Bow)

Sensei:

Having learned from the Buddha
that spiritual friendships are the whole
of the Way...

Sangha

I offer my gratitude to each of you
for sharing this unrepeatable life.

(Continue next page)

Sensei

Having learned from the Buddha
that spiritual friendships are the whole
of the Way...

Sangha

I offer each of you
the best I have to give—
both real and imagined—

to fill the space between us.
And I invite you, Kalyāṇa-mitras,
to come as you are,
just as you are.

Sensei

Having learned from the Buddha
that spiritual friendships are the whole
of the Way,

Sangha

I offer you my hand,
my heart, my mind.
I ask only this:

...that you remain by my side
until both of us awaken
to our own true nature.
(Bow)

Written by Christopher Kakuyō Sensei

THE SAME WORK AS THE BUDDHAS

Sensei

Our work and the Buddhas are the same.
Let us remember that we are called to be
compassionate, understanding that...

Sangha

In compassion,
there is no respect
and no disrespect—
no responsibility,
no judgment.

There is
no anger,
no bias,
no prejudice.

In compassion,
we do not keep others
from what they are doing
or what they are thinking.

We do not look for cause or blame,
and we give no thought to effort.

In compassion,
our only concern is for the suffering
that is there.

May it be so.

Adapted from a Dharma Talk from Triratna Buddhist Community

GENERATING LOVE & COMPASSION

Sensei

Let's now generate love and compassion for all living beings. May all beings be safe, healthy and find themselves shelter and enough food to eat.

Sangha

May all beings be safe, healthy and find themselves shelter and enough food to eat.

Sensei

How wonderful that would be.

Sangha

May all sentient beings be free from obsession, hatred, and delusions.

Sensei

May all sentient beings enjoy happiness and the causes of happiness.

Sangha

How wonderful it would be.

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Sensei

May we be free
from obsession and greed,
from jealousy and shame.
from self-hatred and fear,

May all misperceptions fall away,
that we may we have the joy
that has never known suffering.

Sangha

How wonderful!
How wonderful it would be!

How wonderful!

MEDICINE ASPIRATION

Sensei

That I may help in the work of the Buddhas-

Sangha

May my caring grow deeper.
May my kindness grow stronger.
May my virtue grow brighter.
May my skill to help flourish

So that my thoughts may be healing.
So that my words may be healing.
So that my breath may be healing.
So that my look may be healing.
So that my touch may be healing.
So that my actions may be healing.

So that I may help in the work of the Buddhas,

I dedicate myself to all beings,
for the benefit of all beings.
and ask that I may become
the sure medicine for every pain.

Namu Amida Butsu.

Adapted from Shantideva Way of the Bodhisattva.

FACE TO FACE

Sensei

Namu Amida Butsu is the invitation to come as you are. And in the receiving and giving of *Namu Amida Butsu* is the first step to awakening.

Sangha

In Namu Amida Butsu we find the Buddha.

Sensei

In saying Namu Amida Butsu we hear the Buddha.

Sangha

In saying Namu Amida Butsu we hear and feel the Buddha.

Sensei

Everywhere and in everything a Buddha.

Sangha

Flowers, dogs, trees, sky, clouds, earth, you, me.
A flower blooms, a dog barks, and the wind blows -
Enlightenment beyond speech, beyond silence.

Continued on next page

Sensei

Let us meet each thing face to face
like Buddha meeting the morning star.

Sangha

Let our everyday life become the unfolding
of the Buddha Way,

Namu Amida Butsu.

Adapted from lines by Rev Gyomay Kubose in Everyday Suchness

AMIDA BUDDHA

Sensei

Hearing Namu Amida Butsu, saying
Namu Amida Butsu awakens a Buddha

Right Here! Right Now!

This Buddha; the source of boundless compassion.
This Buddha gives compassion to all without
exception, just as you are.

Sangha

May each of us cultivate a receiving heart
and recall this in the light
and recall this in the dark.

Moment after moment
the courageous heart arises!

Time after time
there is nothing but this—
nothing to accomplish,
nothing to do

but simply "Be."

Namu Amida Butsu.

Written by Christopher Kakuyo Sensei

QUAN YIN

Sensei

We call upon Quan Yin
Bodhisattva of Compassion.

We call upon Quan Yin to inspire our lives.
We call upon ourselves to inspire Quan Yin.
We call upon ourselves as Quan Yin.

Enlightening, being enlightened, calling and responding, the birds and stars as Quan Yin
The friend and the enemy as Quan Yin.

Each thought, of compassion ever so brief, is
Quan Yin herself turning the Dharma Wheel.

Acceptance is Quan Yin;
Regarding the cries
of the world is Quan Yin.

Quan Yin is realized
in hearing the distress
and pain of all beings

and embraces forests,
geckos and children.

Continued on next page

Sangha

May the compassionate action
of Quan Yin, mother of all Buddhas
arise from the place of grateful receiving.

I honor the great power of the Way,
generated by the profound act
of opening myself to the world.

Om Mani Padme Hum (*Until the bell singal*)

Adapted from Robert Aiken

GREAT EARTH BODHISATTVA

Sensei

Here and now we acknowledge the compassion of
you our Great Mother Earth Bodhisattva –

Sangha

Here and now we joyfully acknowledge and receive
all that you give us freely—

the air, the water, and the soil that gives us life,
from the lone bee to your great oceans.

We acknowledge your wonderful gifts.

Together we vow to practice gratitude,
Great Mother Earth Bodhisattva,
and vow to protect you
in mind, word, and deed,

that you may call us

Witness,
Healers,
Defenders,
Friends.

May it be so.

Written by Christopher Kakuyo Sensei

BOUNLESS LIGHT

Sensei

May we awaken to reality as it is.
May we learn acceptance as the path to liberation.

May we live the questions of our lives
and not be attached to the answers.

May we all enter our awakening
and realize the Buddha Way together
remembering that...

Sangha

...even though our minds may be blinded
by so many stories not our own,
or by fear, loneliness and delusion

that we don't see the brilliant light
that embraces us-

Amida's light is always there
showing us the way home.

Namu Amida Butsu.

Adapted from a Jodo Shin Prayer

LETTING GO TO FREEDOM

Sensei

Just as the vast sky
does not hinder white clouds,

Just as the falling maple leaf
presents both front and back,

Just as the water of the lake
does not hold the reflection
of the bird that flies over—

Let us practice letting go.

Let us be like water
without resistance.

Let go of all pretense,
scheming,
and our need to control
the uncontrollable.

Sangha

Here and now we vow
to walk side by side,
supporting one another in our practice.

We vow to let go

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of the stories and delusions
that have hindered our freedom
for so long.

We vow to accept ourselves
just as we are,

and by so doing
find our true selves—

surrounded,
supported,

and embraced
in the oneness of life.

May it be so.

Written by Christopher Kakuyō Sensei

CANDLE LIGHTING

Sensei

KO MYO HEN JO
JI - PPO SE KAI
NEM BU - SHU JO
SE - SSHU FU SHA

The boundless light of Amida Buddha illuminates the ten directions and all who call the name will be born in the Pure Land here and now. I light this small candle to represent the boundless light of Amida Buddha.

Sangha

As a small light can lead one out of darkness, may this small light become boundless, guiding us out of the shadows of hatred, greed, and confusion.

May it lead us toward the healing of our deep woundedness. May it reveal the truth and compassion that dwells in the darkness.

May this small flame be boundless. May it be a light to each of us. So that the light of the Dharma, and the light of Amida Buddha will shine forth, showing us the way to freedom.

Namu Amida Butsu.

Written by Christopher Kakuyo Sensei

INCENSE OFFERING

Sensei

GAN GA SHIN JO NYO KO RO
GAN GA SHIN NYO CHI E KA
NEN NEN BON JO KAI JO KO
KU YO JIP-PO SAN ZE BU

In gratitude and joy, we offer this incense to the great heart of compassion, and to all the Buddhas, Bodhisattvas and living beings.

By burning this incense, we acknowledge the oneness of all things. Incense comes in many shapes and colors, and once burned all distinctions are transcended.

All become one in the fragrant smoke, representing our transcending of individual selfishness and ego to become one with all others, to join the oneness of life.

Sangha

May the fragrance of this incense draw us together and unite us in the work of the Buddhas and manifest within each of us a Buddha's heart of boundless love.

Namu Amida Butsu.

Adapted from the Bright Dawn Service Book

TAKING REFUGE

Sensei

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Sangha

I go to the Buddha for guidance. I will follow his Way of Oneness. I will awaken to his boundless wisdom and compassion.

Sensei

We take refuge in the Dharma and the Sangha of boundless light.

Sangha

I go to the Dharma for guidance.
I shall become one with its teachings.
By its light and the light of all the Buddhas,
I will free myself and all beings from suffering.

I go to the Sangha for guidance.
I will become one with the Sangha in a spirit of compassion and harmony to help lead all beings to awakening.

Continued on next page

I take refuge in the Buddha, (Pause - Bow)

I take refuge in the Dharma, (Pause - Bow)

I take refuge in the Sangha. (Pause - Bow)

With openness of heart,

we entrust ourselves
to the oneness of life.

Namu Amida Butsu.

AMITABHA CHANT 1

Sensei

Come as you are is the invitation of Buddha,
Namu Amida Butsu is the invitation we give

to ourselves,
to others,
to all living beings,
to the totality of our lives just as they are.

So, come as you are.

Stop torturing yourself
with all those made-up stories
of who you think you are
and are not.

Regardless of who you are
or are not,

Regardless of what you have done
or have left undone—
And enter the gate of boundless compassion.

Sangha

Om Namo Amitabhaya Buddhaya Dharmaya
Sanghaya (*repeat until bell signal*)

Written by Christopher Kakuyo Sensei

AMITABHA CHANT 2

Sensei

Through the sun's light,
the soils abundance
the oceans gifts,
and the work of all people .

I receive everything.

The heavens and earth
and all humankind
support me – and because of this
I am alive.

This whole world revolves like this.
I am so grateful, for there is no
"I" apart from others.

Saying Namu Amitabhaya,
I acknowledge this with a grateful
receiving heart.

Sangha

Om Namo Amitabhaya, Buddhaya Dharmaya,
Sanghaya (*repeat until bell signal*)

Written by Christopher Kakuyo Sensei

JIZO MANTRA

Sensei

Jizo Bodhisattva is the spiritual friend who travels with us on our paths through this life and the next. We practice and recite this for all beings who are trapped in great suffering. As Jizo is willing to go to hell to find those that are lost, let us invoke the compassionate energy of Jizo and go to those trapped in the hell of suffering and bring them out into the compassionate light of the Buddhas

Sangha

Om - Ka - Ka -
Kabi - San -
Ma - Eh -
Sowa - Ka

(Repeat until the bell signal)

Note: Traditionally chanting this dharani invokes the energy of Jizo, and may help dispel distressing, repetitive thoughts. It is in remembrance of all those in different hells, physical and mental. May all beings be free from suffering.

QUAN YIN MANTRA

Sensei

She is a source of light and removes suffering from everyone in the triple world.

She brings light so that all fear and distress may be forsaken.

She is the eye of vision and wisdom, the Perfection of Wisdom of the Buddhas – The Mother of All Buddhas.

We dedicate the energy and merit of this mantra to all victims of racism, bigotry, war, and terrorism.

To the healing of hatred in all countries, to the wisdom and compassion of our world leaders, to the peace of the world, to the abundance of pure water, to the healing of the Earth, and the harmony of all beings.

Sangha

Om Mani Padme Hum *repeat until the bell signal*)

Adapted from Red Cedar Zen Practice Manual

HEART SUTRA MANTRA

Sensei

The Buddhas know: when grasping ends, fear ends.
When fear ends, perfect peace.

May healing and peace prevail throughout the
dharma worlds and

May all beings realize their inherent
boundlessness.

Sangha

gate gate
pāragate pārasamgate
bodhi svāhā.
(repeat until the bell signal)

Matra Translation:

*gone, gone, gone beyond, gone altogether beyond,
oh what an awakening, All hail!"*

FELLOWSHIP CLOSING 1

Sensei

SHO BUTSU ZUI EN GEN PON GOKU
FU SAN KO KE SHIN SO BUTSU
GAN BUTSU JI SHIN YO GO NEN
DO SHO SO KAN JIN SHU RAI

In deepest appreciation,
we offer this gathering,
and the incense and flowers offered here,

to all the Buddhas and Bodhisattvas
that have come—

that they may return
to their own lands,
no matter how far they reside.

We earnestly wish to be guarded
by their compassion.

Sangha

Namu Amida Butsu (Pause-Bow)
Namu Amida Butsu (Pause-Bow)
Namu Amida Butsu (Pause-Bow)

Adapted from Jodo Sho practice Manual

FELLOWSHIP CLOSING 2

Sensei

(Ring bell 1x)

May the merit of this ceremony adorn the Buddha's pure lands, bring forth kindness, love, and healing, and relieve the suffering of life's journey.

As we conclude this gathering, we thank all the Buddhas and Bodhisattvas for their compassion and teaching and we thank our spiritual friends for their support and fellowship.

As we leave this space, we surround all people, and all forms of life with infinite love and compassion.

May the sound of this bell ring through the universe calling all to enter the gate of boundless compassion.

(Ring bell 3x)

Sangha

May all beings be free from harm

May all beings be free from suffering

May all beings be free from delusion

May all beings awaken to the boundless light
of Amida Buddha -

Namu Amida Butsu.

