



PRAIRIE
MOUNTAIN
ZEN
CENTER

MORNING
SERVICE

To be chanted after the last period of Zazen

TAK* KESAGE / ROBE CHANT

DAI SAI GEDAP PUKU
MUSO FUKUDEN E
HIBU NYORAI KYO
KODO SHO SHU JO

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MUSO FUKUDEN E
HIBU NYORAI KYO
KODO SHO SHU JO

Great robe of liberation
Virtuous field far beyond form and emptiness
Wearing the Tathagata's teaching
We vow to free all beings

* Asterisks at the beginning of lines in the morning service represent lines that only the Doan chants.

1. The Doshi goes to the altar and does three prostrations (all bow), with the 3 bells at the end of the Roll Down.
2. The Doshi returns to the altar. Participants stand with their hands in Gassho or holding their chant cards.
3. Three bows for the Doshi (only)

SAN GE MON

*GA SHAKU SHO ZO SHO AKU GO
KAI YU MUSHI TON JIN CHI
JU SHIN KU I SHI SHO SHO
¹ISSAI GA KON ²KAI SAN GE

Formless Repentance

*All the karma ever created by me
Since of old through greed, anger, and self-delusion
Which has no beginning born of my body, speech, and thought
¹I now make full open ²confession of it.

¹Bell for all, full bow, ²stand on the second bell

SAN KI RAI MON

*JI KI YE BUTSU TO GAN SHU JO
 ¹TAI GE DAI DO ²HOTSU MU JO SHIN

*JI KI YE HO TO GAN SHU JO
 ¹JIN NYU KYO ZO ²CHI YE NYO KAI

*JI KI YE SO TO GAN SHU JO
 ¹TO RI DAI SHU ²I SSAI MU GE

Verse of the Triple Treasure

*I take refuge in the Buddha

Vowing with all sentient beings, ¹acquiring the Great Way,
²Awakening the unsurpassable mind.

*I take refuge in the Dharma

Vowing with all sentient beings, ¹deeply entering the teaching,
²wisdom like the sea.

*I take refuge in the Sangha

Vowing with all sentient beings, ¹bringing harmony to all
²Completely without hindrance.

SHI GU SEI GAN

* SHU JO MU HEN SEI GAN DO
BON NO MU JIN SEI GAN DAN
HO MON MU RYO SEI GAN GAKU
¹BUTSU DO MU JO ²SEI GAN JO

The Four Bodhisattva Vows

* Sentient beings are numberless;
I vow to free them.
Delusions are inexhaustible, I vow to end them.
Dharmas are boundless, I vow to wake to them.
The Buddha Way is beyond compare, ¹I vow to embody it.

¹Bell for all, full bow, stand on the second bell.

1. The Doshi goes to the altar
2. A big bell followed by two small bells signal to sit for the Heart Sutra
3. The Doshi only does full prostrations

* The Maha Prajna Paramita Hridaya Sutra

Avalokiteshvara Bodhisattva

when practicing deeply the Prajna Paramita
perceived that all five skandhas are empty
and was saved from all suff'ring and distress.

O Shariputra, form does not differ from emptiness;
emptiness does not differ from form.

That which is form is emptiness;
that which is emptiness, form.

The same is true of feelings, perceptions, impulses, consciousness.

O Shariputra, all Dharmas are marked with emptiness;
they do not appear nor disappear,
are not tainted nor pure,
do not increase nor decrease.

Therefore in Emptiness, no form,

No feelings, no perceptions, no impulses, no consciousness;

No eyes, no ears, no nose, no tongue, no body, no mind;

No color, no sound, no smell, no taste, no touch, no object of mind;

no realm of eyes and so forth until no realm of mind-consciousness;

no ignorance and also no extinction of it, and so forth until

no old-age and death and also no extinction of them;

no suff'ring, no origination, no stopping, no path;

no cognition, also no attainment.

With nothing to attain

the Bodhisattva depends on Prajna Paramita

and the mind is no hindrance.
Without any hindrance no fears exist;
Far apart from every inverted view the Bodhisattva dwells in Nirvana.
In the three worlds all Buddhas depend on Prajna Paramita
And attain unsurpassed, complete, perfect enlightenment.
Therefore know the Prajna Paramita
is the great transcendent mantra,
is the great bright mantra,
is the utmost mantra,
is the supreme mantra,
which is able to relieve all suff'ring
and is true, not false.
So proclaim the Prajna Paramita mantra,
Proclaim the mantra that says:
“Gate, Gate, Paragate, Parasamgate! Bodhi Svaha!”

1. The Doshi goes to the altar
2. A big bell followed by two small bells signal to sit for the Heart Sutra
3. The Doshi only does full prostrations

* MA KA HAN NYA HA RA MITTA SHIN GYO

KAN JI ZAI BO SATSU GYO JIN HAN NYA HA RA MIT TA JI
 SHO KEN GO ON KAI KU DO IS SAI KU YAKU SHA RI SHI
 SHIKI FU I KU KU FU I SHIKI SHIKI SOKU ZE KU KU SOKU
 ZE SHIKI JU SO GYO SHIKI YAKU BU NYO ZE SHA RI SHI
 ZE SHO HO KU SO FU SHO FU METSU FU KU FU JO FU ZO
 FU GEN ZE KO KU CHU MU SHIKI MU JU SO GYO SHIKI MU
 GEN NI BI ZES SHIN NI MU SHIKI SHO KO MI SOKU HO MU
 GEN KAI NAI SHI MU I SHIKI KAI MU MU MYO YAKU MU MU
 MYO JIN NAI SHI MU RO SHI YAKU MU RO SHI JIN MU KU SHU
 METSU DO MU CHI YAKU MU TOKU I MU SHO TOK KO BO DAI
 SAT TA E HAN NYA HA RA MI TA KO SHIN MU KE GE MU
 KE GE KO MU U KU FU ON RI IS SAI TEN DO MU SO KU
 GYO NE HAN SAN ZE SHO BUTSU E HAN NYA HA RA MI
 TA KO TOKU A NOKU TA RA SAM MYAKU SAM BO DAI KO CHI
 HAN NYA HA RA MI TA ZE DAI JIN SHU ZE DAI MYO SHU
 ZE MU JO SHU ZE MU TO DO SHU NO JO IS SAI KU SHIN
 JITSU FU KO KO SETSU HAN NYA HA RA MI TA SHU SOKU
 SETSU SHU WATSU GYA TE GYA TE HA RA GYA TE HARA SO
 GYA TE BO JI SOWA KA HAN NYA SHIN GYO

1. The Doan (only) chants the Morning Eko
2. Everyone stays seated

Morning Eko

We honor the Boundless virtue of Buddhas and Bodhisattvas
may their compassion embrace us

We prostrate ourselves before Buddhas and Bodhisattvas
may their wondrous power enter our heart

Now that we have chanted the Prajna Paramita Sutra
all Merits elicited in this recitation are dedicated to:¹

The great teacher, Shakyamuni Buddha

The first master in China, Bodhidharma

The first master in Japan, Eihei Dogen

To our founding teacher, Jikai Dainin;

and all women Dharma-holders, Bodhisattvas, whose names
have been forgotten and left unsaid;²

may the power of their liberating wisdom direct the Saha
World toward the peaceful Buddhaland

and may the power of their inspiration and their Zazen mind
lead wandering beings to enter the right path

we aspire to turn the Dharma Wheel unceasingly, and to free
the world from every tragedy of war, epidemic, natural
disaster and starvation.

1. bell for everyone to do long seated prostrations
2. small bell to end seated prostrations, stay seated

JI HO SAN SHI I SHI FU
SHI SON BU SA MO KO SA
MO KO HO JA HO RO MI

All Buddhas, ten directions, three worlds
All venerable ones, Bodhisattva Mahasattvas
Wisdom beyond wisdom,¹ Maha Prajna Paramita

1. Rise for three prostrations at the sound of the small bell
2. After prostrations, turn toward your camera and make three prostrations to each other, without bell.