

SALT LAKE BUDDHIST FELLOWSHIP PRACTICE MANUAL

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SENSEI'S OPENING

Sensei

With deepest reverence and compassion, we come together just as we are in the spirit of the Buddha, the Enlightened One, the compassionate.

Life is One.

We are One with the Buddha.

We are One with the Teaching.

We are One in the spirit of universal fellowship.

We resolve to be earnest students of the Buddha and to dedicate our lives to kindness and compassion, following the Way he has pointed out.

Embraced by his great compassion, may we, like him, attain the noblest and most peaceful state of Awakening,

May we enter the pure land here and now.

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.*

Sangha

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.

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 judgement
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,
to be still with you and to listen.

And I vow to listen for the call
of all the Buddhas and of Amida

to come,

come and dance.

INVOCATION

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 by 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.

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!

Sensei

Through the unfolding of the Dharma we place our hands in gassho and bow to the oneness of life.

Sangha

Namu Amida Butsu.

THE SAME WORK AS THE BUDDHA'S

Sensei

*Our work and the Buddha's 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 judgement.

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
give no thought to effort.

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

May it be so.

ANGER

Sensei

*When anger and malice arise,
may we see in ourselves and others
the pain and fear that it hides.*

*May I see anger and malice as the
overflowing of suffering*

*and not confuse protective anger
with destructive anger*

*and may we have the insight
to know the difference.*

Sangha

I vow here with all beings
to be present in the moment,
and listen deeply with an open heart
for the truth in what is being said,
ignoring the way it is said.

May it be so.

Adapted from Robert Aitken

THE DISCOURSE OF LOVING KINDNESS

Sensei

*In the Metta Sutra the Buddha teaches
loving-kindness - let us now recite the heart
of this teaching.*

Sangha

Practicing loving-kindness as taught by the
Awakened one.

May I be safe.

May I be well.

May I be happy.

May I be free.

May I live content and at peace.

May I awaken to the right of my own true nature.

May you be safe.

May you be well.

May you be happy.

May you be free.

May you live content and at peace.

May all awaken to the right of their own true nature.

May all be safe.

May all be well.

May all be happy.

May all be free.

May all live content and at peace.

May all awaken to the light of their own true nature.

All beings, one Buddha-nature.

All beings, one Buddha-nature.

All beings, one Buddha-nature.

Namu Amida Butsu.

MEDICINE ASPIRATION

Sensei

That I may help in the work of the Buddhas. . .

Sangha

May I become sure medicine for every pain.

May the force of caring increase in me.

May my thoughts be healing.

May my words be healing.

May my actions be healing.

May my breath be healing.

May my look be healing.

May my touch be healing.

May I hold as my delight the removing
of suffering of living beings and giving
them happiness.

May I dedicate myself to others

May I increase my ability to help others.

May virtue increase.

May whatever is good within me increase.

May that which is beneficial within my increase.

Namu Amida Butsu.

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 to us freely, the air, the
water, and 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 now to protect you,

in mind, word, and deed, that you may call us,

Witnesses,

Healers,

Defenders,

Friends.

May it be so.

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

We vow to walk side by side,
supporting one another in our practice.

We vow to let go 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.

INVOCATION OF AMIDA BUDDHA

Sensei

*Hearing Namu Amida Butsu, saying
Namu Amida Butsu awakens a Buddha
right here!*

*This Buddha; the source of boundless
compassion.*

*This Buddha; gives compassion to all without
exception.*

Just compassion.

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.

INVOCATION OF QUAN YIN

Sensei

*We call upon Quan Yin Bodisattva 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 the realized in hearing the distress and
pain of all beings and embraces forests, geckos,
and children.*

Sangha

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

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

Om Mani Padme Hum

Om Mani Padme Hum

Om Mani Padme Hum

GOING FOR REFUGE

Sensei

*Buddham Saranam Gacchami
Dhamman 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 and to my own.

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 shall become one with the Sangha in a spirit of compassion and harmony to help lead all beings to awakening.

I go for refuge to the Buddha.
I go for refuge to the Dharma.
I go for refuge to the Sangha.

With openness of heart we entrust ourselves to the oneness of life.

Namu Amida Butsu.

CANDLE LIGHTING

Sensei

*KO MYO HEN JO
JIP-PO 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 candle to represent the boundless light
of Amida Buddha.*

Sangha

As a small light can lead one out of darkness, may
this small light be boundless and lead others out
of the darkness of hatred, greed, and confusion.

May it lead each of us to the healing
of our deep woundedness.

May it reveal the truth and compassion
that lies 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.

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 boundless 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.

AMITABHA CHANT

Sensei

*Come as you are
is the invitation of Buddha,
Just as you are.*

*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,
attend to all and each
Namu Amida Butsu*

*Stop torturing yourself
with all those made-up stories
of who you think you are*

*and aren't, 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.

*Namu Amida Butsu
Namu Amida Butsu
Namu Amida Butsu*

Sangha

Om Namó Amitabhaya

Buddhaya

Dharmaya

Sanghaya

(repeat)

Om Namó, Om Namó,

Om Namó Amitabhaya

(repeat)

JIZO CHANT

Sensei

We practice and recite this for all beings that 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 all the Buddhas.

Sangha

Om Ka Ka

Kabi San

Ma Eh

Sowa Ka

(repeat)

Note: Traditionally chanting this Dhanani 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.

KUAN 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 disperses the gloom and darkness of delusion.

She herself is the eye of vision and wisdom, the Perfection of Wisdom of the Buddhas -

The Mother of All Buddhas.

Sangha

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 to the harmony of all beings.

Om mani padme hum (*chant and repeat*).

HEART SUTRA MANTRA

Sensei

To all the Buddhas, Bodhisattvas, and protectors of the Dharma and the Three Treasures, we sentient beings, lift our hearts to transform ignorance, violence, and suffering.

May healing and peace prevail throughout the dharma worlds and all beings realize boundlessness.

Maha Prajna Paramita.

Sangha

Gate Gate

Paragate parasamgate

Bodhi Svaha

(repeat)

Translation:

Gone, gone, gone beyond.

Gone altogether beyond.

Oh what an awakening.

All hail!

FELLOWSHIP CLOSING

Sensei

May the merit of this ceremony adorn the Buddha's pure lands, bring forth the fourfold kindnesses, and relieve the suffering of life's paths.

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

May the sound of this bell ring through the universe awakening all beings to joy and equanimity.

(Ring bell 3x)

Sangha

May all beings be peaceful.

May all beings be happy.

May all beings be safe.

May all beings awaken to the light of Amida Buddha. May all beings be free.

Namu Amida Butsu.

BODHI DAY CANDLE LIGHTING

Sensei

After many teachers and six years in deep reflection and ascetic practice that brought you to the point of death-sitting under the Bodhi tree, you realized you knew nothing - which opened the door to your awakening.

Beneath that same tree, you turned the arrows of suffering, doubt, fear, and expectation into flowers, that rained at your feet. Thank you Awakened One.

At the very heart of the Buddha Way is the promise of awakening, the boundless vow, the bright flame of Buddha Nature and the luminous dharma.

In response to your awakening, we pass your light from one to another, the past reaching far into the future, encouraging all to take part in the improbable tender awakening of our world.

We will now light our candles as a symbol of passing the light and promise of awakening from the Buddha to each of us. "A thousand candles can be lit from the flame of one candle, and the life of the candle will not be shortened."

Sangha

Let us now come out of the darkness of our unknowing and the dusk of our dreaming -
come out from far places -
go forth into the Bright Dawn of our awakening.

Let us now come all together,
bringing our minds,
our hearts, and
our bodies.

Seeking the clear light of understanding.
Seeking the way of the Buddhas.

May the light of our joining flames kindle our resolve,
brighten our spirits,
reflect our love,
and unshadow our days.

Come we now; together
entering into the Brightening Dawn.