

The Sevenfold Puja

Worship

With mandarava, blue lotus, and jasmine,
With all flowers pleasing and fragrant,
And with garlands skilfully woven,
I pay honour to the princes of the sages,
So worthy of veneration.

I envelop them in clouds of incense,
Sweet and penetrating,
I make them offerings of food, hard and soft,
And pleasing kinds of liquids to drink.

I offer them lamps, encrusted with jewels,
Festooned with golden lotus,
On the paving sprinkled with perfume,
I scatter handfuls of beautiful flowers.

Salutation

As many atoms as there are
In the thousand million worlds,
So many times I make reverent salutation
To all the Buddhas of the Three Eras,
To the Saddharma,
And to the excellent community.

I pay homage to all the shrines,
And places in which the Bodhisattvas have been.
I make profound obeisance to the Teachers,
And those to whom respectful salutation is due.

Going For Refuge

This very day I go for my refuge
To the powerful Protectors,
Whose purpose is to guard the universe;
The mighty Conquerors who overcome suffering
everywhere.

Wholeheartedly also I take my refuge,
In the Dharma they have ascertained,
Which is the abode of security against the
Rounds of rebirth.
Likewise in the host of Bodhisattvas
I take my refuge.

Namo Tassa Bhagavato Arahato Samma
Sambuddhasa
Namo Tassa Bhagavato Arahato Samma
Sambuddhasa
Namo Tassa Bhagavato Arahato Samma
Sambuddhasa

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami
Dutiyampi Dhammam Saranam Gacchami
Dutiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

Panatipata Veramani Sikkhapadam Samadiyami

Adinnadana Veramani Sikkhapadam Samadiyami
Kamesu Micchacara Veramani Sikkhapadam
Samadiyami
Musavada Veramani Sikkhapadam Samadiyami
Surameraya Majja Pamadatthana Veramani
Sikkhapadam Samadiyami

Sadhu, Sadhu, Sadhu!

With deeds of loving kindness, I purify my body.
With open-handed generosity, I purify my body.
With stillness, simplicity and contentment, I purify my
body.
With truthful communication I purify my speech.
With mindfulness clear and radiant, I purify my mind.

Confession Of Faults

The evil that I have heaped up
Through my ignorance and foolishness -
Evil in the world of everyday experience,
As well as evil in understanding and intelligence -
All that I acknowledge to the protectors.

Standing before them
With hands raised in reverence,
And terrified of suffering,
I pay salutations again and again.

May the Leaders receive this kindly,
Just as it is with its many faults.
What is not good, O Protectors,
I shall not do again.

Rejoicing In Merit

I rejoice with delight
In the good done by all beings,
Through which they obtain rest
With the end of suffering.
May those who have suffered be happy!

I rejoice in the release of beings
From the sufferings of the rounds of existence;
I rejoice in the nature of the Bodhisattva
And the Buddha,
Who are protectors.

I rejoice in the arising of the will to enlightenment,
And the Teaching:
Those oceans that bring happiness to all beings,
And are the abode of welfare of all beings.

Entreaty And Supplication

Saluting them with folded hands
I entreat the Buddhas in all the quarters:
May they make shine the lamp of the Dharma
For those wandering in the suffering of delusion!

With hands folded in reverence
I implore the conquerors desiring to enter Nirvana:
May they remain here for endless ages,
So that life in this world does not grow dark.

The Heart Sutra

The Bodhisattva of Compassion,
When he meditated deeply,
Saw the emptiness of all five skandhas
And sundered the bonds that caused him suffering.

Here then,
Form is no other than emptiness,
Emptiness no other than form,
Form is only emptiness,
Emptiness only form.

Feeling, thought, and choice,
Consciousness itself,
Are the same as this.

All things are the primal void,
Which is not born or destroyed;
Nor is it stained or pure,
Nor does it wax or wane.

So, in emptiness, no form,
No feeling, thought, or choice,
Nor is there consciousness.

No eye, ear, nose,
 tongue, body, mind;
No colour, sound, smell,
 taste, touch,
Or what the mind takes hold of,
Nor even act of sensing.

No ignorance or end of it,
Nor all that comes of ignorance;
No withering, no death,
No end of them.

Nor is there pain, or cause of pain,
Or cease in pain, or noble path
To lead from pain;
Not even wisdom to attain.
Attainment too is emptiness.

So know that the Bodhisattva
Holding to nothing whatever,
But dwelling in Prajna wisdom,
Is freed of delusive hindrance,
Rid of the fear bred by it,
And reaches clearest Nirvana.

All Buddhas of past and present,
Buddhas of future time,
Using this Prajna wisdom,
Come to full and perfect vision.

Hear then the great dharani,
The radiant peerless mantra,
The Prajnaparamita
Whose words allay all pain;
Hear and believe its truth.

Gate Gate Paragate Parasamgate Bodhi Svaha
Gate Gate Paragate Parasamgate Bodhi Svaha
Gate Gate Paragate Parasamgate Bodhi Svaha

Transference Of Merit And Self Surrender

May the merit gained
In my acting thus
Go to the alleviation of the suffering of all beings.
My personality throughout my existences,
My possessions,
And my merit in all three ways,
I give up without regard for myself
For the benefit of all beings.

Just as the earth and other elements
Are serviceable in many ways
To the infinite number of beings
Inhabiting limitless space;
So may I become
That which maintains all beings
Situated throughout space,
So long as all have not attained to peace.

Mantras

Om Mani Padme Hum
Om A Ra Pa Cha Na Dhah
Om Vajrapani Hum
Om Tare Tuttare Ture Svaha
Om Amideva Hrih
Om Muni Muni Maha Muni Shakyamuni Svaha
Om A Hum Vajra Guru Padma Siddhi Hum
Gate Gate Paragate Parasamgate Bodhi Svaha
Om Shanti Shanti Shanti