

Lincoln Zen Center Chants, March 2020

Provided by the Upaya Zen Center

The Verse of Atonement before the first seated meditation:

(recited three times, hands in Gassho)

ALL MY ANCIENT TWISTED KARMA
FROM BEGINNINGLESS GREED, HATE AND DELUSION
BORN OF BODY, SPEECH, AND MIND,
I NOW FULLY ATONE.

Following seated meditation and before the dharma reading, we will recite the Verse Before The Dharma Talk:

(recited three times, hands in Gassho)

THE DHARMA IS VAST AND SUBTLE
WE NOW HAVE A CHANCE TO HEAR IT,
STUDY IT, AND PRACTICE IT.
WE VOW TO REALIZE ITS TRUE MEANING.

Before closing each meditation session, we recite the Four Bodhisattva Vows:

(recited three times, hands in Gassho)

CREATIONS ARE NUMBERLESS,
I VOW TO FREE THEM.
DELUSIONS ARE INEXHAUSTIBLE,
I VOW TO TRANSFORM THEM.
REALITY IS BOUNDLESS,
I VOW TO PERCEIVE IT.
THE AWAKENED WAY IS UNSURPASSABLE,
I VOW TO EMBODY IT.

The Four Bodhisattva Vows will be followed by the Evening Verse, recited once by the doan:

LET ME RESPECTFULLY REMIND YOU:
LIFE AND DEATH ARE OF SUPREME IMPORTANCE.
TIME PASSES SWIFTLY BY AND OPPORTUNITY IS LOST
LET US AWAKEN, AWAKEN - TAKE HEED
DO NOT SQUANDER YOUR LIFE