



Valley Streams Zen Sangha

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HEART OF GREAT PERFECT WISDOM SUTRA

Avalokiteshvara Bodhisattva, when deeply practicing prajña paramita, clearly saw that all five aggregates are empty and thus relieved all suffering. Shariputra, form does not differ from emptiness, emptiness does not differ from form. Form itself is emptiness, emptiness itself form. Sensations, perceptions, formations, and consciousness are also like this. Shariputra, all dharmas are marked by emptiness; they neither arise nor cease, are neither defiled nor pure, neither increase nor decrease. Therefore, given emptiness, there is no form, no sensation, no perception, no formation, no consciousness; no eyes, no ears, no nose, no tongue, no body, no mind; no sight, no sound, no smell, no taste, no touch, no object of mind; no realm of sight ... no realm of mind consciousness. There is neither ignorance nor extinction of ignorance... neither old age and death, nor extinction of old age and death; no suffering, no cause, no cessation, no path; no knowledge and no attainment. With nothing to attain, a bodhisattva relies on prajña paramita, and thus the mind is without hindrance. Without hindrance, there is no fear. Far beyond all inverted views, one realizes nirvana. All buddhas of past, present, and future rely on prajña paramita and thereby attain unsurpassed, complete, perfect enlightenment. Therefore, know the prajña paramita as the great miraculous mantra, the great bright mantra, the supreme mantra, the incomparable mantra, which removes all suffering and is true, not false. Therefore we proclaim the prajña paramita mantra, the mantra that says: "Gate Gate Paragate Parasamgate Bodhi Svaha."

MAKA HANNYA HARAMITTA SHIN GYŌ

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 mit 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 mit 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 mit 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

HYMN TO THE PERFECTION OF WISDOM

Homage to the Perfection of Wisdom, the lovely, the holy. The Perfection of Wisdom gives light. Unstained, the entire world cannot stain her. She is a source of light and from everyone in the triple world she removes darkness. Most excellent are her works. She brings light so that all fear and distress may be forsaken, and disperses the gloom and darkness of delusion. She herself is an organ of vision. She has a clear knowledge of the own-being of all dharmas, for she does not stray away from it. The Perfection of Wisdom of the buddhas sets in motion the wheel of Dharma.

SHŌSAIMYŌ KICHIJŌ DARANI

No mo san man da
 moto nan
 oha ra chi koto sha
 sono nan to ji to
 en
 gya gya
 gya ki gya ki
 un nun
 shifu ra shifu ra
 hara shifu ra hara shifu ra
 chisu sha chisu sha
 chishu ri chishu ri
 soha ja soha ja
 sen chi gya
 shiri ei so mo ko

ENMEI JUKKU KANNON GYŌ

Kanzeon
 namu butsu
 yo butsu u in
 yo butsu u en
 buppo so en
 jo raku ga jo
 cho nen kanzeon
 bo nen kanzeon
 nen nen ju shin ki
 nen nen fu ri shin

LOVING KINDNESS MEDITATION

This is what should be accomplished by the one who is wise,
Who seeks the good, and has obtained peace.

Let one be strenuous, upright, and sincere,
Without pride, easily contented, and joyous.
Let one not be submerged by the things of the world.
Let one not take upon oneself the burden of riches.
Let one's senses be controlled.
Let one be wise but not puffed up and
Let one not desire great possessions even for one's family.
Let one do nothing that is mean or that the wise would reprove.

May all beings be happy.
May they be joyous and live in safety,
All living beings, whether weak or strong,
In high or middle or low realms of existence.
Small or great, visible or invisible,
Near or far, born or to be born,
May all beings be happy.

Let no one deceive another nor despise any being in any state.
Let none by anger or hatred wish harm to another.
Even as a mother at the risk of her life
Watches over and protects her only child,
So with a boundless mind should one cherish all living things.
Suffusing love over the entire world,
Above, below, and all around, without limit,
So let one cultivate an infinite good will toward the whole world.

Standing or walking, sitting or lying down,
During all one's waking hours,
Let one practice the way with gratitude.

Not holding to fixed views,
Endowed with insight,
Freed from sense appetites,
One who achieves the way
Will be freed from the duality of birth and death.

HARMONY OF DIFFERENCE AND EQUALITY

The mind of the great sage of India
is intimately transmitted from west to east.

While human faculties are sharp or dull,
the way has no northern or southern ancestors.

The spiritual source shines clear in the light;
the branching streams flow on in the dark.

Grasping at things is surely delusion;
according with sameness is still not enlightenment.

All the objects of the senses
interact and yet do not.

Interacting brings involvement.
Otherwise, each keeps its place.

Sights vary in quality and form,
sounds differ as pleasing or harsh.

Refined and common speech come together in the dark,
clear and murky phrases are distinguished in the light.

The four elements return to their natures
just as a child turns to its mother;

Fire heats, wind moves,
water wets, earth is solid.

Eye and sights, ear and sounds,
nose and smells, tongue and tastes;

Thus with each and every thing,
depending on these roots, the leaves spread forth.

Trunk and branches share the essence;
revered and common, each has its speech.

In the light there is darkness,
but don't take it as darkness;

In the dark there is light,
but don't see it as light.

Light and dark are relative to one another
like the front and back foot in walking.

Each of the myriad things has its merit,
expressed according to function and place.

Phenomena exist; box and lid fit.
principle responds; arrow points meet.

Hearing the words, understand the meaning;
don't set up standards of your own.

If you don't understand the way right before you,
how will you know the path as you walk?

Progress is not a matter of far or near,
but if you are confused, mountains and rivers block your way.

I respectfully urge you who study the mystery,
do not pass your days and nights in vain.

FUKANZAZENGI

The way is basically perfect and all-pervading. How could it be contingent upon practice and realization? The dharma-vehicle is free and untrammled. What need is there for concentrated effort? Indeed, the whole body is far beyond the world's dust. Who could believe in a means to brush it clean? It is never apart from one, right where one is. What is the use of going off here and there to practice?

And yet, if there is the slightest discrepancy, the way is as distant as heaven from earth. If the least like or dislike arises, the mind is lost in confusion. Suppose one gains pride of understanding and inflates one's own enlightenment, glimpsing the wisdom that runs through all things, attaining the way and clarifying the mind, raising an aspiration to escalate the very sky. One is making the initial, partial excursions about the frontiers but is still somewhat deficient in the vital way of total emancipation.

Need I mention the Buddha, who was possessed of inborn knowledge? The influence of his six years of upright sitting is noticeable still. Or Bodhidharma's transmission of the mind-seal? The fame of his nine years of wall-sitting is celebrated to this day. Since this was the case with the saints of old, how can we today dispense with negotiation of the way?

You should therefore cease from practice based on intellectual understanding, pursuing words and following after speech, and learn the backward step that turns your light inwardly to illuminate your self. Body and mind of themselves will drop away, and your original face will be manifest. If you want to attain suchness, you should practice suchness without delay.

For sanzen, a quiet room is suitable. Eat and drink moderately. Cast aside all involvements and cease all affairs. Do not think good or bad. Do not administer pros and cons. Cease all the movements of the conscious mind, the gauging of all thought and views. Have no designs on becoming a buddha. Sanzen has nothing whatever to do with sitting or lying down.

At the site of your regular sitting, spread out thick matting and place a cushion above it. Sit either in the full-lotus or half-lotus position. In the full-lotus position, you first place your right foot on your left thigh and your left foot on your right thigh. In the half-lotus, you simply press your left foot against your right thigh. You should have your robes and belt loosely bound and arranged in order. Then place your right hand on your left leg and your left palm (facing

upward) on your right palm, thumb-tips touching. Thus sit upright in correct bodily posture, neither inclining to the left nor to the right, neither leaning forward nor backward. Be sure your ears are on a plane with your shoulders and your nose in line with your navel. Place your tongue against the front roof of your mouth, with teeth and lips both shut. Your eyes should always remain open, and you should breathe gently through your nose. Once you have adjusted your posture, take a deep breath, inhale and exhale, rock your body right and left and settle into a steady, immovable sitting position. Think of not-thinking. How do you think of not-thinking? Non-thinking. This in itself is the essential art of zazen.

The zazen I speak of is not learning meditation. It is simply the dharma-gate of repose and bliss, the practice-realization of totally culminated enlightenment. It is the manifestation of ultimate reality. Traps and snares can never reach it. Once its heart is grasped, you are like a dragon gaining the water, like a tiger taking to the mountains. For you must know that just there (in zazen) the right dharma is manifesting itself and that from the first dullness and distraction are struck aside.

When you arise from sitting, move slowly and quietly, calmly and deliberately. Do not rise suddenly or abruptly. In surveying the past, we find that transcendence of both unenlightenment and enlightenment, and dying while either sitting or standing, have all depended entirely on the strength of zazen.

In addition, the bringing about of enlightenment by the opportunity provided by a finger, a banner, a needle, or a mallet, and the effecting of realization with the aid of a hossu, a fist, a staff, or a shout cannot be fully understood by discriminative thinking. Indeed, it cannot be fully known by the practicing or realizing of supernatural powers either. It must be department beyond hearing and seeing - is it not a principle that is prior to knowledge and perceptions?

This being the case, intelligence or lack of it does not matter, between the dull and the sharp-witted there is no distinction. If you concentrate your effort single-mindedly, that in itself is negotiating the way. Practice-realization is naturally undefiled. Going forward in practice is a matter of everydayness.

In general, this world and other worlds as well, both in India and China equally hold the buddha-seal; and over all prevails the character of this school, which is simply devotion to sitting, total engagement in immovable sitting.

Although it is said that there are as many minds as there are persons, still they all negotiate the way solely in zazen. Why leave behind the seat that exists in your home and go aimlessly off to the dusty realms of other lands? If you make one misstep you go astray from the way directly before you.

You have gained the pivotal opportunity of human form. Do not use your time in vain. You are maintaining the essential working of the buddha way. Who would take wasteful delight in the spark from the flintstone? Besides, form and substance are like the dew on the grass, destiny like the dart of lightning - emptied in an instant, vanished in a flash.

Please, honored followers of Zen. Long accustomed to groping for the elephant, do not be suspicious of the true dragon. Devote your energies to a way that directly indicates the absolute. Revere the person of complete attainment who is beyond all human agency. Gain accord with the enlightenment of the buddhas; succeed to the legitimate lineage of the ancestors' samadhi. Constantly perform in such a manner and you are assured of being a person such as they. Your treasure-store will open of itself, and you will use it at will.

SONG OF THE JEWEL MIRROR SAMADHI

The teaching of thusness has been intimately communicated
 by buddhas and ancestors.
 Now you have it,
 so keep it well.
 Filling a silver bowl with snow,
 hiding a heron in the moonlight -
 Taken as similar they're not the same;
 when you mix them, you know where they are.
 The meaning is not in the words,
 yet it responds to the inquiring impulse.
 Move and you are trapped;
 miss and you fall into doubt and vacillation.
 Turning away and touching are both wrong,
 for it is like a massive fire.
 Just to depict it in literary form
 is to stain it with defilement.
 It is bright just at midnight,
 it doesn't appear at dawn.
 It acts as a guide for beings,
 its use removes all pains.
 Although it is not fabricated,
 it is not without speech.
 It is like facing a jewel mirror;
 form and image behold each other -
 You are not it,
 in truth it is you.
 Like a babe in the world,
 in five aspects complete;
 It does not go or come,
 nor rise nor stand.
 "Baba wawa" –
 is there anything said or not?
 Ultimately it does not apprehend anything
 because its speech is not yet correct.

It is like the six lines of the illumination hexagram:
 relative and ultimate interact –
 Piled up, they make three,
 the complete transformation makes five.
 It is like the taste of the five-flavored herb,
 like a diamond thunderbolt.
 Subtly included within the true,
 inquiry and response come up together.
 Communing with the source, travel the pathways,
 embrace the territory and treasure the road.
 Respecting this is fortunate;
 do not neglect it.
 Naturally real yet inconceivable,
 it is not within the province of delusion or enlightenment.
 With causal conditions, time and season,
 quiescently it shines bright.
 In its fineness it fits into spacelessness,
 in its greatness it is utterly beyond location.
 A hairsbreadth's deviation
 will fail to accord with the proper attunement.
 Now there are sudden and gradual
 in which teachings and approaches arise.
 Once basic approaches are distinguished,
 then there are guiding rules.
 But even though the basis is reached and the approach comprehended,
 true eternity still flows.
 Outwardly still while inwardly moving,
 like a tethered colt, a trapped rat -
 The ancient sages pitied them
 and bestowed upon them the teaching.
 According to their delusions,
 they called black as white;
 When erroneous imaginations cease,
 the acquiescent mind realizes itself.
 If you want to conform to the ancient way,
 please observe the sages of former times.

When about to fulfill the way of buddhahood,
 one gazed at a tree for ten eons,
 Like a battle-scarred tiger,
 like a horse with shanks gone gray.
 Because there is the common,
 there are jewel pedestals, fine clothing;
 Because there is the startlingly different,
 there are house cat and cow.
 Yi with his archer's skill
 could hit a target at a hundred paces.
 But when arrow-points meet head on,
 what has this to do with the power of skill?
 When the wooden man begins to sing,
 the stone woman gets up dancing;
 It's not within reach of feeling or discrimination –
 how could it admit of consideration in thought?
 Ministers serve their lords,
 children obey their parents;
 Not obeying is not filial
 and not serving is no help.
 Practice secretly, working within,
 like a fool, like an idiot.
 Just to continue in this way
 is called the host within the host.

GENJO KOAN

As all things are buddha-dharma, there is delusion and realization, practice, birth and death, and there are buddhas and sentient beings. As the myriad things are without an abiding self, there is no delusion, no realization, no buddha, no sentient being, no birth and death. The buddha way is, basically, leaping clear of the many and the one; thus there are birth and death, delusion and realization, sentient beings and buddhas. Yet, in attachment blossoms fall, and in aversion weeds spread.

To carry yourself forward and experience myriad things is delusion. That myriad things come forth and experience themselves is awakening. Those who have great realization of delusion are buddhas; those who are greatly deluded about realization are sentient beings. Further, there are those who continue realizing beyond realization, who are in delusion throughout delusion. When buddhas are truly buddhas they do not necessarily notice that they are buddhas. However, they are actualized buddhas, who go on actualizing buddhas.

When you see forms or hear sounds fully engaging body-and-mind, you grasp things directly. Unlike things and their reflections in the mirror, and unlike the moon and its reflection in the water, when one side is illuminated the other side is dark.

To study the buddha way is to study the self. To study the self is to forget the self. To forget the self is to be actualized by myriad things. When actualized by myriad things, your body and mind as well as the bodies and minds of others drop away. No trace of realization remains, and this no-trace continues endlessly.

When you first seek dharma, you imagine you are far away from its environs. But dharma is already correctly transmitted; you are immediately your original self.

When you ride in a boat and watch the shore, you might assume that the shore is moving. But when you keep your eyes closely on the boat, you can see that the boat moves. Similarly, if you examine myriad things with a confused body and mind you might suppose that your mind and nature are permanent. When you practice intimately and return to where you are, it will be clear that nothing at all has unchanging self.

Firewood becomes ash, and it does not become firewood again. Yet, do not suppose that the ash is future and the firewood past. You should understand that firewood abides in the phenomenal expression of firewood which fully includes past and future, and is independent of past and future.

Ash abides in the phenomenal expression of ash which fully includes future and past. Just as firewood does not become firewood again after it is ash, you do not return to birth after death. This being so, it is an established way in buddha-dharma to deny that birth turns into death. Accordingly, birth is understood as no-birth. It is an unshakable teaching in Buddha's discourse that death does not turn into birth. Accordingly, death is understood as no-death. Birth is an expression complete this moment. Death is an expression complete this moment. They are like winter and spring. You do not call winter the beginning of spring, nor summer the end of spring.

Enlightenment is like the moon reflected in the water. The moon does not get wet, nor is the water broken. Although its light is wide and great, the moon is reflected even in a puddle an inch wide. The whole moon and the entire sky are reflected in dewdrops on the grass, or even in one drop of water. Enlightenment does not divide you, just as the moon does not break the water. You cannot hinder enlightenment, just as a drop of water does not hinder the moon in the sky. The depth of the drop is the height of the moon. Each reflection, however long or short its duration, manifests the vastness of the dewdrop, and realizes the limitlessness of the moonlight in the sky.

When dharma does not fill your whole body and mind, you think it is already sufficient. When dharma fills your body and mind, you understand that something is missing. For example, when you sail out in a boat to the midst of an ocean where no land is in sight, and view the four directions, the ocean looks circular, and does not look any other way. But the ocean is neither round nor square; its features are infinite in variety. It is like a palace. It is like a jewel. It only looks circular as far as you can see at that time. All things are like this. Though there are many features in the dusty world and the world beyond conditions, you see and understand only what your eye of practice can reach. In order to learn the nature of the myriad things, you must know that although they may look round or square, the other features of oceans and mountains are infinite in variety; whole worlds are there. It is so not only around you, but also directly beneath your feet, or in a drop of water.

A fish swims in the ocean, and no matter how far it swims there is no end to the water. A bird flies in the sky, and no matter how far it flies, there is no end to the air. However, the fish and the bird have never left their elements. When

their activity is large their field is large. When their need is small their field is small. Thus, each of them totally covers its full range, and each of them totally experiences its realm. If the bird leaves the air it will die at once. If the fish leaves the water it will die at once. Know that water is life and air is life. The bird is life and the fish is life. Life must be the bird and life must be the fish. It is possible to illustrate this with more analogies. Practice, enlightenment, and people are like this.

Now if a bird or a fish tries to reach the end of its element before moving in it, this bird or this fish will not find its way or its place. When you find your place where you are, practice occurs, actualizing the fundamental point. When you find your way at this moment, practice occurs, actualizing the fundamental point; for the place, the way, is neither large nor small, neither yours nor others'. The place, the way, has not carried over from the past, and it is not merely arising now. Accordingly, in the practice-enlightenment of the buddha way, meeting one thing is mastering it; doing one practice is practicing completely.

Here is the place; here the way unfolds. The boundary of realization is not distinct, for the realization comes forth simultaneously with the mastery of buddha- dharma. Do not suppose that what you realize becomes your knowledge and is grasped by your consciousness. Although actualized immediately, the inconceivable may not be distinctly apparent. Its appearance is beyond your knowledge.

Zen master Baoche of Mount Mayu was fanning himself. A monk approached and said, "Master, the nature of wind is permanent and there is no place it does not reach. Why, then do you fan yourself?" "Although you understand that the nature of wind is permanent;" Baoche replied, "you do not understand the meaning of its reaching everywhere." "What is the meaning of its reaching everywhere?" asked the monk again. The master just kept fanning himself. The monk bowed deeply. The actualization of the buddha-dharma, the vital path of its correct transmission, is like this. If you say that you do not need to fan yourself because the nature of wind is permanent and you can have wind without fanning, you will understand neither permanence nor the nature of wind. The nature of wind is permanent; because of that, the wind of the Buddha's house brings forth the gold of the earth and makes fragrant the cream of the long river.

SELF-RECEIVING AND EMPLOYING SAMADHI

Now, all ancestors and all buddhas who uphold buddha-dharma have made it the true path of enlightenment to sit upright practicing in the midst of self-fulfilling samadhi. Those who attained enlightenment in India and China followed this way. It was done so because teachers and disciples personally transmitted this excellent method as the essence of the teaching.

In the authentic tradition of our teaching, it is said that this directly transmitted, straightforward buddha-dharma is the unsurpassable of the unsurpassable. From the first time you meet a master, without engaging in incense offering, bowing, chanting Buddha's name, repentance, or reading scriptures, you should just wholeheartedly sit, and thus drop away body and mind.

When even for a moment you express the Buddha's seal in the three actions by sitting upright in samadhi, the whole phenomenal world becomes the Buddha's seal and the entire sky turns into enlightenment. Because of this, all buddha tathagatas as the original source increase their dharma bliss and renew their magnificence in the awakening of the way. Furthermore, all beings in the ten directions and the six realms, including the three lower realms, at once obtain pure body and mind, realize the state of great emancipation, and manifest the original face. At this time, all things realize correct awakening; myriad objects partake of the buddha body; and sitting upright under the bodhi tree, you immediately leap beyond the boundary of awakening. At this moment you turn the unsurpassably great dharma wheel and expound the profound wisdom, ultimate and unconditioned.

Because such broad awakening resonates back to you and helps you inconceivably, you will in zazen unmistakably drop away body and mind, cutting off the various defiled thoughts from the past, and realize essential buddha-dharma. Thus you will raise up buddha activity at innumerable practice places of buddha tathagatas everywhere, cause everyone to have the opportunity of ongoing buddhahood, and vigorously uplift the ongoing buddha-dharma.

Because earth, grass, trees, walls, tiles, and pebbles all engage in buddha activity, those who receive the benefit of wind and water caused by them are inconceivably helped by the Buddha's guidance, splendid and unthinkable,

and awaken intimately to themselves. Those who receive these water and fire benefits spread the Buddha's guidance based on original awakening. Because of this, all those who live with you and speak with you will obtain endless buddha virtue and will unroll widely inside and outside of the entire universe, the endless, unremitting, unthinkable, unnamable buddha-dharma.

All this, however, does not appear within perception, because it is unconstructedness in stillness-it is immediate realization. If practice and realization were two things, as it appears to an ordinary person, each could be recognized separately. But what can be met with recognition is not realization itself, because realization is not reached by a deluded mind. In stillness, mind and object merge in realization and go beyond enlightenment; nevertheless, because you are in the state of self-fulfilling samadhi, without disturbing its quality or moving a particle you extend the Buddha's great activity, the incomparably profound and subtle teaching.

Grass, trees, and lands which are embraced by this teaching together radiate a great light and endlessly expound the inconceivable, profound dharma. Grass, trees, and walls bring forth the teaching for all beings, common people as well as sages. And they in accord extend this dharma for the sake of grass, trees, and walls. Thus, the realm of self-awakening and awakening others invariably holds the mark of realization with nothing lacking, and realization itself is manifested without ceasing for a moment.

This being so, the zazen of even one person at one moment imperceptibly accords with all things and fully resonates through all time. Thus in the past, future, and present of the limitless universe this zazen carries on the Buddha's teaching endlessly. Each moment of zazen is equally wholeness of practice, equally wholeness of realization.

This is not only practice while sitting, it is like a hammer striking emptiness: before and after, its exquisite peal permeates everywhere. How can it be limited to this moment? Hundreds of things all manifest original practice from the original face; it is impossible to measure. Know that even if all buddhas of the ten directions, as innumerable as the sands of the Ganges, exert their strength and with the buddhas' wisdom try to measure the merit of one person's zazen, they will not be able to fully comprehend it.

EIHEI KOSO HOTSUGANMON

We vow with all beings, from this life on throughout countless lives, to hear the true dharma; that upon hearing it, no doubt will arise in us, nor will we lack in faith; that upon meeting it, we shall renounce worldly affairs and maintain the buddha-dharma; and that in doing so, the great earth and all living beings together will attain the buddha way.

Although our past evil karma has greatly accumulated, indeed being the cause and condition of obstacles in practicing the way, may all buddhas and ancestors who have attained the buddha way be compassionate to us and free us from karmic effects, allowing us to practice the way without hindrance.

May they share with us their compassion, which fills the boundless universe with the virtue of their enlightenment and teachings. Buddhas and ancestors of old were as we; we in the future shall be buddhas and ancestors. Revering buddhas and ancestors, we are one buddha and one ancestor; awakening bodhi-mind, we are one bodhi-mind. Because they extend their compassion to us freely and without limit, we are able to attain buddhahood and let go of the attainment. Therefore, the Chan Master Lung-ya said:

*Those who in past lives were not enlightened will now be enlightened.
In this life, save the body which is the fruit of many lives.
Before buddhas were enlightened, they were the same as we.
Enlightened people of today are exactly as those of old.*

Quietly explore the farthest reaches of these causes and conditions, as this practice is the exact transmission of a verified buddha. Confessing and repenting in this way, one never fails to receive profound help from all buddhas and ancestors. By revealing and disclosing our lack of faith and practice before the buddha, we melt away the root of transgressions by the power of our confession and repentance. This is the pure and simple color of true practice, of the true mind of faith, of the true body of faith.

NAMES OF THE BUDDHAS AND ANCESTORS

Bibashi Butsu Daiosho Shiki Butsu Daiosho Bishafu Butsu Daiosho
 Kurusōn Butsu Daiosho Kunagōnmuni Butsu Daiosho Kashō Butsu
 Daiosho Shakamuni Butsu Daiosho Makakashō Daiosho Anānda
 Daiosho Shōnawashu Daiosho Ubakikuta Daiosho Dāitaka Daiosho
 Mishaka Daiosho Vashumitsu Daiosho Butsudanāndāi Daiosho
 Fudamītta Daiosho Barishiba Daiosho Funayasha Daiosho
 Anabotēi Daiosho Kabimara Daiosho Nagyahasarajuna Daiosho
 Kanadāiba Daiosho Ragorata Daiosho Sōgyanāndāi Daiosho
 Kayashata Daiosho Kumorata Daiosho Shayata Daiosho
 Vashubānzu Daiosho Manura Daiosho Kakurokuna Daiosho
 Shishibodāi Daiosho Bashashita Daiosho Funyomītta Daiosho
 Hānnyatara Daiosho Bodāidaruma Daiosho Tāiso Eka Daiosho
 Kānchi Sōsān Daiosho Dāi-I Dōshīn Daiosho Dāimān Kōnīn Daiosho
 Dāikān Enō Daiosho Sēigēn Gyōshi Daiosho Sekitō Kisēn Daiosho
 Yakusān Igēn Daiosho Ūngān Dōnjō Daiosho Tōzān Ryōkai Daiosho
 Ūngodōyō Daiosho Dōān Dōhi Daiosho Dōān Kānshi Daiosho
 Ryožān Ēnkān Daiosho Tāiyō Kyōgēn Daiosho Tōsu Gisēi Daiosho
 Fuyō Dōkai Daiosho Tānka Shijūn Daiosho Chōro Sēiryō Daiosho
 Tēndō Sōgaku Daiosho Sēcchō Chikān Daiosho Tēndō Nyojō Daiosho
 Ēihēi Dōgēn Daiosho Kōūn Ejō Daiosho Tēttsū Gikāi Daiosho
 Kēizān Jōkīn Daiosho

Gasān Jōseki Daiosho Tāigēn Sōshīn Daiosho Bāizān Mōmpōn
 Daiosho Jōchū Tēngīn Daiosho Shīngān Dōkū Daiosho Sēnsō
 Esāi Daiosho Iyoku Chōyū Daiosho Mugāi Kēigōn Daiosho
 Nēnshitsu Yokaku Daiosho Sēssō Hōseki Daiosho Tāiēi Zeshō
 Daiosho Nāmpo Gēntaku Daiosho Zōdēn Yokō Daiosho Tēnyū
 Sōēn Daiosho Kēn'an Jūnsa Daiosho Chōkoku Koēn Daiosho
 Sēnshū Dōnko Daiosho Fudēn Gēntotsu Daiosho Dāishūn
 Kān'yu Daiosho Tēnrīn Kānshū Daiosho Sēssān Tetsuzēn
 Daiosho Fuzān Shūnki Daiosho Jīssān Mokūin Daiosho Sēngān
 Bōnryū Daiosho Dāiki Kyōkān Daiosho Ēnjō Gikān Daiosho
 Shōūn Hōzui Daiosho Shizān Tokuchu Daiosho Nānsō Shīnshu
 Daiosho Kānkāi Tokuōn Daiosho Kosēn Bāidō Daiosho
 Gyakushitsu Sojūn Daiosho Butsumōn Sogaku Daiosho
 Gyokujūn So-ōn Daiosho Shōgaku Shūnryū Daiosho

NAMES OF THE WOMEN ANCESTORS

Acharya Mahapajapati Acharya Mitta Acharya Yasodhara Acharya Tissa
 Acharya Sujata Acharya Sundari-nanda Acharya Vaddhesi Acharya
 Patachara Acharya Visakha Acharya Singalaka-mata Acharya Khema
 Acharya Uppalavanna Acharya Samavati Acharya Uttara Acharya Chanda
 Acharya Uttama Acharya Bhadda Kundalakesa Acharya Nanduttara
 Acharya Dantika Acharya Sakula Acharya Siha Acharya Dhammadinna
 Acharya Kisagotami Acharya Ubbiri Acharya Isidasi Acharya Bhadda
 Kapilani Acharya Mutta Acharya Sumana Acharya Dhamma Acharya
 Chitta Acharya Anopama Acharya Sukka Acharya Sama Acharya
 Shrimala Devi Acharya Congchi (*Sung-chir*) Acharya Lingzhao (*Ling-jao*)
 Acharya Moshan Liaoran (*Mo-shan Liao-ran*) Acharya Liu Tiemo (*Liu Tiemo*)
 Acharya Miaoxin (*Miao-shin*) Acharya Daoshen (*Dao-shun*) Acharya Shiji
 (*Shir-ji*) Acharya Zhi'an (*Jir-an*) Acharya Huiguang (*Hway-guang*) Acharya
 Kongshi Daoren (*Kung-shir Dao-ren*) Acharya Yu Daopo (*Yu Dao-poe*) Acharya
 Huiwen (*Huay-wen*) Acharya Fadeng (*Fa-dung*) Acharya Wenzhao (*Wen-jow*)
 Acharya Miaodao (*Miao-dao*) Acharya Zhitong (*Jer-tung*) Acharya Zenshîn
 Acharya Zenzo Acharya Ezen Acharya Ryonen Acharya Egi Acharya
 Shogaku Acharya Ekân Acharya Shōzen Acharya Mokufu Sonîn
 Acharya Myosho Enkân Acharya Ekyu Acharya Eshûn Acharya Soshîn
 Acharya Soitsu Acharya Chiyono

FOR ALL BEINGS by Zenju Earthlyn Manuel

May all beings be cared for and loved,
Be listened to, understood and acknowledged, despite different views,
Be accepted for who they are in this moment,
Be afforded patience,
Be allowed to live without fear of having their lives taken away or their
bodies violated.

May all beings,
Be well in its broadest sense,
Be fed,
Be clothed,
Be treated as if their life is precious,
Be held in the eyes of each other as family.

May all beings,
Be appreciated,
Feel welcomed anywhere on the planet,
Be freed from acts of hatred and desperation, including war, poverty,
slavery, and street crimes,

Live on the planet, housed and protected from harm,
Be given what is needed to live fully, without scarcity,
Enjoy life, living without fear of one another,
Be able to speak freely in a voice and mind of undeniable love.

May all beings,
Receive and share the gifts of life,
Be given time to rest, be still, and experience silence.

May all beings,
Be awake.

DAI HI SHIN DARANI

Namu kara tan no tora ya ya namu ori ya boryo ki chi shifu ra ya fuji sato bo
ya moko sato bo ya mo ko kya runi kya ya en sa hara ha ei shu tan no ton sha
namu shiki ri toi mo ori ya boryo ki chi shifu ra rin to bo na mu no ra kin ji
ki ri mo ko ho do sha mi sa bo o to jo shu ben o shu in sa bo sa to no mo bo
gya mo ha te cho to ji to en o bo ryo ki ru gya chi kya rya chi i kiri mo ko fuji
sa to sa bo sa bo mo ra mo ra mo ki mo ki ri to in ku ryo ku ryo ke mo to ryo
to ryo ho ja ya chi mo ko ho ja ya chi to ra to ra chiri ni shifu ra ya sha ro sha
ro mo mo ha mo ra ho chi ri yuki yuki shi no shi no ora san fura sha ri ha za
ha za fura sha ya ku ryo ku ryo mo ra ku ryo ku ryo ki ri sha ro sha ro shi ri
shi ri su ryo su ryo fuji ya fuji ya fudo ya fudo ya mi chiri ya nora kin ji chiri
shuni no hoyo mono somo ko shido ya somo ko moko shido ya somo ko
shido yu ki shifu ra ya somo ko nora kin ji somo ko mo ra no ra somo ko
shira su omo gya ya somo ko sobo moko shido ya somo ko shaki ra oshi do
ya somo ko hodo mogya shido ya somo ko nora kin ji ha gyara ya somo ko
mo hori shin gyara ya somo ko namu kara tan no tora ya ya namu ori ya
boryo ki chi shifu ra ya somo ko shite do modo ra hodo ya so mo ko