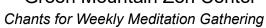


Green Mountain Zen Center







The Heart Sutra				
	·			
Leader:	The Maha	No ignorance and also no ex tinction of it,		
All:	Prajna Paramita Hrdaya Sutra □	and so forth until no old age and death		
All.	Trajila Taramila Tirdaya Odila	and also no extinction of them.		
Avalokites	vara Bodhisattva	No suffering, no origination, no stopping, no path;		
when pract	ticing deeply the Praj na Paramita	no cognition, al so no attainment with nothing to attain.		
perceives t	hat all five skandhas are empty			
and is save	ed from all suffering and distress.	The Bodhi satt va depends on Praj na Paramita		
		and the mind is no hindrance;		
	form does not differ from emptiness,	without any hindrance no fears exist.		
	does not differ from form.	Far apart from every perverted view		
	is form is emptiness,	one dwells in Nirvana.		
tnat which	is emptiness form.			
The same i	is true of feelings,	In the three worlds		
	s, im pulses, consciousness.	all Buddhas depend on Prajna Paramita		
perception	o, impulses, consciousness.	and attain Anuttara Sam yak Sambodhi.		
Shar iputra	,	Therefore, know that Prajna Paramita		
all dharmas	s are marked with emptiness;	is the great transcendent mantra,		
	t appear or disappear,	is the great bright mantra,		
	nted or pure,	is the utmost mantra,		
do not incre	ease or decrease.	is the supreme mantra,		
Therefore	in amenting a part of alines	which is a ble to relieve all suffering		
	in emptiness no form, no feelings, s, im pulses, consciousness.	and is true, not false.		
perception	s, impuises, consciousness.	So prodoim the Dusi ne Deremite mentre		
No eves n	o ears, no nose, no tongue, no body, no mind;	So proclaim the Praj na Paramita mantra, pro claim the mantra which says:		
•	o sound, no smell, no taste, no touch, no object of			
	f eyes, and so forth until no realm of mind	gate, gate, <u>paragate, para</u> samgate, bo dhi sva ha		
consciousr	· ·	ga te, gate, <u>parag</u> ate, <u>para</u> samgate, bo dhi sva ha		
		gate, gate, <u>paragate</u> , <u>parasamgate</u> , bo dhi sva ha □□□□□		

☐ ☐ ☐ Drum (roll-down) Gong

Inkin

Drum (single)

Opening:

Closing:

Offering The Bodhisattva Vows

The Three Refuges

The Heart Sutra

Revision: 11/01/2023



Green Mountain Zen Center

Chants for Weekly Meditation Gathering



Opening Offering

Offerant: We offer this light in the Buddha's memory. May the bright light of Truth overcome the

darkness of ingnorance.

We offer this incense and its fragrance as a reminder that our own lives must bear the fragrance of Bodhi Heart and Praina Wisdom.

We offer these flowers as a symbol of transiency. May we find equal beauty in the impermanence of our own lives.

Evening Message

Let me respectfully remind you: Leader:

> Life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken...awaken...

Take heed: Do not squander your life.

The Three Refuges

AII: I take refuge in Buddha

and resolve that with all beings, I will understand the Leader:

Great Way whereby the Buddha seed will forever

thrive.

AII: I take refuge in Dharma

and resolve that with all beings, I will enter deeply into Leader:

the sutra-treasure whereby my wisdom may grow as

vast as the ocean.

AII: I take refuge in Sangha

and in its wisdom, example, and never-failing help, Leader:

and resolve that nothing will impede my progress

toward full enlightenment.

The Bodhisattva Vows

AII: The many beings are numberless;

I vow to save them.

Greed, hatred and ignorance rise endlessly;

I vow to abandon them.

Dharma gates are countless;

I vow to wake to them.

Buddha's way is unsurpassed;

I vow to embody it fully.

Gong		Drum (roll-down
Inkin	П	Drum (single)

Opening:

The Bodhisattva Vows

Closing:

The Three Refuges

The Heart Sutra

Offering

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