

BAMBOO IN THE WIND MORNING SERVICE

[BEFORE STARTING MAKE SURE THE PERSON WHO WILL BE USING THE MOKUGYO HAS THE INSTRUMENT AT THEIR SEAT. IDEALLY THIS PERSON IS THE TIMEKEEPER.]

Small Bell for end of Morning Zazen

ROBE CHANT

How great the robe of liberation,
A formless field of merit
Wrapping ourselves in Buddha's teachings
We free all living beings repeat 3X

DOSHI GOES TO BOWING CUSHION TO START SERVICE. SANGHA STANDING WITH HANDS IN SHASHU. DOSHI GOEA TO ALTAR TO LIGHT INCENSE.

Doshi: Offers incense

Doshi: Moves to the side and bows to altar <INKIN>

Reaches middle of the bowing mat <INKIN>

Reaches foot of the bowing mat <INKIN>

ALL Removes zagu from arm <INKIN>

Opens zagu <INKIN>

Places zagu on bowing mat <INKIN>

Begin roll down <INKIN>.

ALL 3 full bows <INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

DOSHI GOES TO THE ALTER OFFERS INCENSE.

Bows at side of Alter <BELL>

Bows at Mat 1 <BELL>

Bows at Mat 2 <BELL>

Bows at Mat 3 <DEADHIT>

Doan: All my past harmful Karma <BELL>

All: **Born from beginningless greed, hate and delusion
Through body, speech and mind
I now fully avow. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Buddha <BELL>

All: **Before all being
Immersing body and mind deeply in the Way
Awakening true mind. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Dharma <BELL>

All: **Before all being
Entering deeply the merciful ocean
Of Buddha's Way. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Sangha <BELL>

All: **Before all being
Bringing harmony to everyone,
Free from hindrance. <sm bell> FULL PROSTRATION**

Doan: Beings are numberless <BELL>

All: **I vow to free them
Delusions are inexhaustible
I vow to end them.
Dharma gates are boundless,
I vow to enter them.
Buddhas way is unsurpassable
I vow to realize it... ↓ . <sm bell> FULL PROSTRATION**

Doshi: Moves to the side and bows to altar <BELL>

<sm bell> <sm bell> **EVERYONE IS SEATED.**

1 FULL BOW <BELL>
2ND FULL BOW <BELL>
3RD FULL BOW **DEADHIT**

The Heart of Great Perfect Wisdom Sutra-a-a <BELL>

FOLLOW INSTRUCTIONS ON THE SUTRA PAGE. AT THE END ANNOUNCE PAGE AND TITLE OF 2ND SUTRA.

Doan: <DEADHIT> TITLE OF 2ND SUTRA <BELL>

Doan: May we awaken Buddha's compassion and luminous mirror wisdom, chanting

The Heart Sutra and _____

. We dedicate this merit to: <sm bell>

↑ Our first ancestor in India, GREAT TEACHER, SHAKYAMUNI BUDDHA
Our first woman Ancestor, GREAT TEACHER, MAHA PRAJAPATI
Our first ancestor in China, GREAT TEACHER, BODHIDHARMA
Our first ancestor in Japan, GREAT TEACHER, EIHEI DOGEN
Our first ancestor in America, GREAT TEACHER, SHOGAKU SHUNRYU
Our Compassionate Founder, GREAT TEACHER, JI KAI DAIIN
And to the perfect wisdom bodhisattva, MANJUSRI

<sm bell>

↓ May the power of their liberating wisdom direct the wandering in circles world toward the peaceful Buddha land. We aspire to turn the Dharma wheel unceasingly and to free the world from every tragedy of war, epidemic, natural disaster, starvation and ↑ ↓ ↑ mental afflictions...

<BELL> ALL BUDDHAS, TEN DIRECTIONS, THREE WORLDS <BELL>
ALL VENERABLE ONES, BODHISATTVAS, MAHASATTVAS <BELL>
WISDOM <INKIN>BEYOND WISDOM, <INKIN>MAHA PRAJNA PARAMITA

<INKIN>>.....**ROLL DOWN**

FINAL PROSTRATIONS repeat X 3 <INKIN>
<INKIN>
<INKIN> <INKIN> forehead meets mat

Doshi takes one step back <INKIN>
Doshi takes another step and leaves <INKIN> SANGHA BOWS TO TEACHER
Or faces the Sangha
<INKIN> SANGHA FACES EACH OTHER
<INKIN> SANGHA BOWS TO EACH OTHER

FORMAL EXIT

**BAMBOO IN THE WIND
LUNCH SERVICE
CEREMONY OF WELL BEING**

BEFORE STARTING MAKE SURE YOU HAVE THE MOKUGYO AT YOUR SEAT.
AFTER LAST SITTING DOSHI GOES TO BOWING CUSHION TO START
SERVICE. SANGHA STANDING WITH HANDS IN SHASHU. DOSHI GOES TO
ALTAR.

Doshi: Offers incense
Moves to the side of altar and bows <INKIN>
Reaches middle of the bowing mat <INKIN>
Reaches foot of the bowing mat <INKIN>
Removes zagu from arm <INKIN>
Opens zagu <INKIN>
Places zagu on bowing mat <INKIN>

ALL: Roll down for X3 prostrations
<INKIN>
<INKIN>
<INKIN> <INKIN> forehead meets mat.

DOSHI MAKES AN OFFERING AT ALTAR AND BOWS
<BELL>
<BELL>
<BELL>

Doan: < **DEADHIT** > **Chant of Boundless compassion** ↑ ↓ ↑ <BELL>
7X with mokugyo

Absorbing world sounds awakens a Buddha right here! <small bell, last rounds>

This Buddha, the source of compassion!

This Buddha receives only compassion.

Buddha, Dharma, Sangha, just compassion.

Thus, the true heart always rejoices!

In the light recall this!

In the dark recall this!

Moment after moment the true heart arises <small bell, last rounds>

Time after time there is nothing but THIS! <small bell, last rounds>

Doan:

May we awaken Buddha's compassion and luminous mirror wisdom.
Having chanted the Chant of Boundless compassion for
protecting life we dedicate this merit to the well being, equanimity and
complete healing of our friends:

↑ *(recite the names of those who are ill and in need of blessing)*

↓ May they be supported deeply in the dharma , be peaceful and free from
suffering, and may they together with all beings, realize the Buddha way.

↑ ↓ ↑ <BELL>

DOSHI GOES TO ALTAR

ALL BUDDHAS, TEN DIRECTIONS, THREE WORLDS <BELL>

ALL VENERABLE ONES, BODHISATTVAS, MAHASATTVAS <BELL>

WISDOM <INKIN>BEYOND WISDOM, <INKIN>MAHA PRAJNA PARAMITA

<INKIN>.....**ROLL DOWN**

FINAL PROSTRATIONS repeat X 3 <INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

Doshi takes one step back <INKIN>

Doshi takes another step and leaves <INKIN>

GET READY FOR LUNCH

BAMBOO IN THE WIND EVENING SERVICE

DOSHI GOES TO ALTAR AND SANGHA STANDS AND FACES ALTAR

after incense offering and doan rings small bell turn and face the altar hands in gassho
(priest prepare to lay down zagu)

Doshi: rings small bells

Doshi: offers incense

Doshi: Moves to the side and bows to altar <INKIN>

Reaches middle of the bowing mat <INKIN>

Reaches foot of the bowing mat <INKIN>

ALL Removes zagu from arm <INKIN>

Opens zagu <INKIN>

Places zagu on bowing mat <INKIN>

Begin roll down <INKIN>.

ALL 3 prostrations <INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

<STOP> **TISARANA** ↑ ↓ ↑ <BELL>

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

EKO: Without pause

We dedicate our practice to all the great teachers
From whom we have received immeasurable benefit.

May our life reveal their compassion.
Let us honor their true be~ing

<BELL> ALL BUDDHAS, TEN DIRECTIONS, THREE WORLDS <BELL>
ALL VENERABLE ONES, BODHISATTVAS, MAHASATTVAS <BELL>
WISDOM <INKIN> BEYOND WISDOM, <INKIN>MAHA PRAJNA PARAMITA

<INKIN>.....**ROLL DOWN**

FINAL PROSTRATIONS repeat X 3

<INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

Doshi takes one step back <INKIN>

Doshi takes another step and leaves <INKIN>

**AFTER DOSHI LEAVES WE STRAIGHTEN OUR CUSHION AND RETURN TO
STANDING POSITION IN SHASHU FOR FINAL BOWS BEFORE EXITING**

<INKIN> <INKIN>

BOW TO SANGHA ON 2ND BELL AND THEN WE'LL DO A FORMAL EXIT