

**Roaring Fork Zen
Chant Texts – MONDAY MORNING**

Hakuin's Song of Zazen

*From the very beginning, all beings are
by nature buddha.
Like water and ice – without water, no ice
– outside us no buddhas.
How near the truth yet how far we seek,
Like one in water crying, "I thirst."
Like a child of rich birth wandering poor
on this earth, we endlessly circle the six
worlds.
The cause of our sorrow is ego delusion.
From dark path to dark path, we've
wandered in darkness.
When shall we be free from birth and
death?
The gateway to freedom is zazen
samadhi –
Beyond exaltation, beyond all our praises,
The pure mahayana.
Upholding the precepts, repentance and
giving,
Paramitas and virtue, the way of right
living –
All come from zazen.
Thus one true samadhi extinguishes
evils.
It purifies karma, dissolving obstructions.
Then where are the dark paths to lead us
astray?
The pure lotus land is not far away.*

*Hearing this truth, heart humble and
grateful,
To praise and embrace it, to practice its
wisdom,
Brings unending blessings, brings
mountains of merit.
And when we turn inward and prove our
true nature – that true self is no-self, our
own self is no-self – we go beyond ego
and past clever words.
Then the gate to the oneness of cause
and effect is thrown open.
Not two and not three, straight ahead
runs the way.*

*Our form now being no form, in going and
returning we never leave home.
Our thought now being no-thought, our
dancing and songs are the voice of the
dharma.
How vast is the heaven of boundless
samadhi!
How bright and transparent the moonlight
of wisdom!
At this very moment, what is there outside
us,
What is there we lack?
Nirvana is openly shown to our eyes.
This earth where we stand is the pure
lotus land,
And this very body, the body of buddha.*

[Dedication of merit by practice leader]

*All Buddhas throughout space and time.
All bodhisattva-mahasattvas.
The great prajna paramita ↓↑*

Great Vows for All

*The many beings are numberless, I vow
to liberate them.
Greed, hatred and ignorance arise
endlessly, I vow to abandon them.
Dharma gates are countless, I vow to
awake to them.
The way is unsurpassed, I vow to
embody it fully ↓↑*

**Roaring Fork Zen
Chant Texts – WEDNESDAY EVENING**

**The Prajnaparamita (“Perfect
Wisdom”) Heart Sutra**

*The Bodhisattva of Compassion
from the depths of prajna wisdom
saw the emptiness of all five skandhas
and sundered the bonds that create
suffering.
Know then form here is only emptiness,
emptiness only form.
Form is no other than emptiness,
emptiness no other than form.
Feeling, thought and choice,
consciousness itself,
are the same as this.
Dharmas here are empty,
all are the primal void.
None are born or die,
nor are they stained or pure,
nor do they 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 color, 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,
through faith in prajna wisdom
come to full enlightenment.*

*Know then the great dharani,
the radiant, peerless mantra,
the supreme, unfailing mantra,
the Prajna Paramita,
whose words allay all pain.
This is highest wisdom,
true beyond all doubt,
know and proclaim its truth:
Ga-te ga-te par-a-ga-te
para-sam ga-te
bod-hi sva-ha ↓↑*

[Dedication of merit by practice leader]

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