



**Liturgy for Retreat Chants**

禪修課誦本

**Morning Service**

早課

***Homage to the Buddhas and Bodhisattvas of the  
Prajnaparamita Gathering***

*(Precentor intones first two words)*

*Na mo bo re hui shang fo pu sa*  
南 無 般 若 會 上 佛 菩 薩 *(Chant 3 times)*

***The Prajnaparamita Heart Sutra***

*(Precentor intones first two words)*

*When the Bodhisattva Avalokitesvara  
was coursing in the deep prajnaparamita,  
he perceived that all five skandhas are empty,  
thereby transcending all sufferings.*

*Sariputra, form is not other than emptiness  
and emptiness not other than form.  
Form is precisely emptiness  
and emptiness precisely form.*

*So also are sensation, perception, volition,  
and consciousness.*

*Sariputra, this voidness of all dharmas  
is not born, not destroyed,  
not impure, not pure, does not increase or decrease.*

*In voidness there is no form,  
and no sensation, perception,  
volition or consciousness;  
no eye, ear, nose, tongue, body, mind;  
no sight, sound, smell, taste, touch, thought;  
there is no realm of the eye,  
all the way up to no realm of mental cognition.*

*There is no ignorance  
and there is no ending of ignorance,  
through to no aging and death  
and no ending of aging and death.  
There is no suffering, no cause of suffering,  
no cessation of suffering, and no path.*

*There is no wisdom or any attainment.  
With nothing to attain,  
bodhisattvas relying on prajnaparamita  
have no obstructions in their minds.*

*Having no obstructions, there is no fear  
and departing far from confusion and imagining,  
they reach ultimate nirvana.*

*All past, present and future Buddhas,  
relying on prajnaparamita,  
attain anuttara-samyak-sambodhi.  
Therefore, know that prajnaparamita  
is the great mantra of power,  
the great mantra of wisdom, the supreme mantra,  
the unequalled mantra,  
which is able to remove all sufferings.  
It is real and not false.*

*Therefore, recite the mantra of prajnaparamita:  
Gate, Gate. Paragate. Parasamgate. Bodhi Svaha*

***Maha Prajnaparamita***

*(Precentor intones first word)*

*Mo he bo re bo luo mi duo*  
摩 訶 般 若 波 羅 密 多 *(Chant 3 times)*

***Samantabhadra's Ten Great Vows***

*(Precentor intones first two words)*

The first, to worship and respect all Buddhas.

The second, to praise the Tathagatas.

The third, to cultivate the giving of offerings.

The fourth, to repent all karmic obstructions.

The fifth, to rejoice in the merits of others.

The sixth, to request the turning of the Dharma wheel.

The seventh, to request that the Buddhas dwell in the world.

The eighth, to always follow the Buddhas in study.

The ninth, to always harmonize with sentient beings.

The tenth, to transfer all merits to all others.

All Buddhas of the past, present, and future in all quarters.

All Bodhisattva-Mahasattvas. Maha Prajnaparamita.

*(Precentor intones the first word)*

Yi	zhe	li	jing	zhu	fo	
一	者	禮	敬	諸	佛	
E	zhe	cheng	zan	ru	lai	
二	者	稱	讚	如	來	
San	zhe	guang	xiu	gong	yang	
三	者	廣	修	供	養	
Si	zhe	chan	hui	ye	zhang	
四	者	懺	悔	業	障	
Wu	zhe	sui	xi	gong	de	
五	者	隨	喜	功	德	
Liu	zhe	qing	zhuan	fa	lun	
六	者	請	轉	法	輪	
Qi	zhe	qing	fo	zhu	shi	
七	者	請	佛	住	世	
Ba	zhe	chang	sui	fo	xue	
八	者	常	隨	佛	學	
Jiu	zhe	heng	shun	zhong	sheng	
九	者	恆	順	眾	生	
Shi	zhe	pu	jie	hui	xiang	
十	者	普	皆	回	向	
Shi	fang	san	shi	yi	qie	fo
十	方	三	世	一	切	佛
Yi	qie	pu	sa	mo	he	sa
一	切	菩	薩	摩	訶	薩
Mo	he	bo	re	bo	luo	mi
摩	訶	般	若	波	羅	密

### **The Four Great Vows**

*(Precentor intones first two words)*

I vow to deliver innumerable sentient beings.  
I vow to cut off endless vexations.  
I vow to master limitless approaches to Dharma.  
I vow to attain supreme Buddhahood.

*(Precentor intones first word)*

Zhong sheng wu bian	shi yuan du
眾 生 無 邊	誓 願 度
Fan nao wu jin	shi yuan duan
煩 惱 無 盡	誓 願 斷
Fa men wu liang	shi yuan xue
法 門 無 量	誓 願 學
Fo dao wu shang	shi yuan cheng
佛 道 無 上	誓 願 成

### **The Three Refuges**

*(Precentor intones first two words)*

I take refuge in the Buddha, and I wish all sentient beings,  
will awaken to the great Path,  
and make the supreme resolution.  
I take refuge in the Dharma, and I wish all sentient beings,  
will penetrate the sutras,  
their wisdom as deep as the ocean.  
I take refuge in the Sangha, and I wish all sentient beings,  
will be brought together in great harmony,  
without any obstructions at all.

*(Precentor intones first word of each phrase)*

Zi gui yi fo	dang yuan zhong sheng
自 歸 依 佛	當 願 眾 生
ti jie da dao	fa wu shang xin
體 解 大 道	發 無 上 心
Zi gui yi fa	dang yuan zhong sheng
自 歸 依 法	當 願 眾 生
shen ru jing zang	zhi hui ru hai
深 入 經 藏	智 慧 如 海
Zi gui yi seng	dang yuan zhong sheng
自 歸 依 僧	當 願 眾 生
Tong li da zhong	yi qie wu ai
統 理 大 眾	一 切 無 礙

### **Transfer of Merit**

*(Precentor recites first two words)*

We pray:  
For the flourishing of Buddhadharma,  
for peace in the world,  
for the joy and contentment of all people,  
for the freedom and ease of body and mind.  
May sentient beings depart from suffering.  
May the vows of the donors be fulfilled.

# Evening Service

## 晚課

### ***Homage to the Buddhas and Bodisattvas of the Prajnaparamita Gathering***

*(Precentor intones first two words)*

*Na mo bo re hui shang fo pu sa*

南 無 般 若 會 上 佛 菩 薩 *(Chant 3 times)*

*(Precentor intones first two words)*

To know all the Buddhas of the past, present, and future,  
perceive that Dharmadhatu nature is all created by the  
mind. *(Chant 3 times)*

### ***The Prajnaparamita Heart Sutra***

*(Precentor recites first two words)*

When the Bodhisattva Avalokitesvara  
was coursing in the deep prajnaparamita,  
he perceived that all five skandhas are empty,  
thereby transcending all sufferings.

Sariputra, form is not other than emptiness  
and emptiness not other than form.

Form is precisely emptiness  
and emptiness precisely form.

So also are sensation, perception, volition,  
and consciousness.

Sariputra, this voidness of all dharmas  
is not born, not destroyed,  
not impure, not pure, does not increase or decrease.

In voidness there is no form,  
and no sensation, perception,  
volition or consciousness;

no eye, ear, nose, tongue, body, mind;  
no sight, sound, smell, taste, touch, thought;  
there is no realm of the eye,  
all the way up to no realm of mental cognition.

There is no ignorance  
and there is no ending of ignorance,  
through to no aging and death  
and no ending of aging and death.  
There is no suffering, no cause of suffering,  
no cessation of suffering, and no path.

There is no wisdom or any attainment.  
With nothing to attain,  
bodhisattvas relying on prajnaparamita  
have no obstructions in their minds.

Having no obstructions, there is no fear  
and departing far from confusion and imagining,  
they reach ultimate nirvana.

All past, present and future Buddhas,  
relying on prajnaparamita,  
attain anuttara-samyak-sambodhi.  
Therefore, know that prajnaparamita  
is the great mantra of power,  
the great mantra of wisdom, the supreme mantra,  
the unequalled mantra,  
which is able to remove all sufferings.  
It is real and not false.

Therefore, recite the mantra of prajnaparamita:  
Gate, Gate. Paragate. Parasamgate. Bodhi Svaha.

### ***Food Conversion Mantra***

Na mo sa wa dan ta ye duo  
南 無 薩 縛 怛 他 識 哆  
wa lu zhi di an  
縛 嚕 枳 帝 唵  
san bo la san bo la hong  
三 跋 囉 三 跋 囉 吽 (Repeat 3 times)

### ***Amrta Mantra***

Na mo su lu po ye  
南 無 蘇 嚕 婆 耶  
Dan ta ye duo ye dan zhi ta  
怛 他 識 哆 耶 怛 姪 他  
an su lu su lu  
唵 蘇 嚕 蘇 嚕  
bo la su lu bo la su lu  
鉢 囉 蘇 嚕 鉢 囉 蘇 嚕  
Suo po he  
娑 婆 訶 (Repeat 3 times)

### ***Mantra of Universal Offering***

An ye ye nang san po wa  
唵 識 識 曩 三 娑 縛  
Fa ri la hong  
伐 日 囉 斛 (Repeat 3 times)

## **The Four Great Vows**

*(Precentor intones first word)*

I vow to deliver innumerable sentient beings.  
I vow to cut off endless vexations.  
I vow to master limitless approaches to Dharma.  
I vow to attain supreme Buddhahood.

*(Precentor intones first word)*

Zhong sheng	wu	bian	shi	yuan	du	
眾	生	無	邊	誓	願	度
Fan nao	wu	jin	shi	yuan	duan	
煩	惱	無	盡	誓	願	斷
Fa men	wu	liang	shi	yuan	xue	
法	門	無	量	誓	願	學
Fo dao	wu	shang	shi	yuan	cheng	
佛	道	無	上	誓	願	成

## **Admonition to the Assembly**

*(Precentor intones first two words)*

This day has passed.  
Our lives, too, are closing.  
Like fish with little water,  
Joy will not last.  
Let us work with pure effort.  
Work as we would were our heads aflame.  
Be mindful of impermanence.  
Be careful of idleness.

*(Precentor intones first word)*

Shi	ri	yi	guo	ming	yi	sui	jian
是	日	已	過	命	亦	隨	滅
Ru	shao	shui	yu	si	you	he	le
如	少	水	魚	斯	有	何	樂

### **Da Zhong**

**大 眾** *(Precentor intones two words)*

Dang	qin	jing	jin	ru	jiu	tou	ran
當	勤	精	進	如	救	頭	然
Dan	nian	wu	chang	shen	wu	fang	yi
但	念	無	常	慎	勿	放	逸

### ***The Three Refuges***

*(Precentor intones first two words)*

I take refuge in the Buddha, and I wish all sentient beings,  
will awaken to the great Path,  
and make the supreme resolution.

I take refuge in the Dharma, and I wish all sentient beings,  
will penetrate the sutras,  
their wisdom as deep as the ocean.

I take refuge in the Sangha, and I wish all sentient beings,  
will be brought together in great harmony,  
without any obstructions at all.

*(Precentor intones first two words)*

Zi    gui    yi    fo        dang    yuan    zhong    sheng  
自    歸    依    佛        當    願    眾    生

ti    jie    da    dao        fa    wu    shang    xin  
體    解    大    道        發    無    上    心

Zi    gui    yi    fa        dang    yuan    zhong    sheng  
自    歸    依    法        當    願    眾    生

shen    ru    jing    zang        zhi    hui    ru    hai  
深    入    經    藏        智    慧    如    海

Zi    gui    yi    seng        dang    yuan    zhong    sheng  
自    歸    依    僧        當    願    眾    生

Tong    li    da    zhong        yi    qie    wu    ai  
統    理    大    眾        一    切    無    礙

### ***Transfer of Merit***

*(Precentor recites first two words)*

We pray:

For the flourishing of Buddhadharma,  
for peace in the world,  
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