

### **Prayer 1**

May all beings have happiness and the causes of happiness.

May they be free from suffering and the causes of suffering.

May they never be apart from the sublime bliss that is free from suffering.

May they remain in a state of equanimity, free from attachment and aversion.

### **Prayer 2**

May all beings everywhere

Plagued by sufferings of body and mind

Obtain an ocean of happiness and joy

May no living creature suffer,

Commit evil, or ever fall ill.

May no one be afraid or discouraged,

With a mind weighed down by depression.

May the blind see forms

May the deaf hear sounds,

May those whose bodies are worn with toil

Be restored on finding repose.

May the naked find clothing,

May the hungry find food;

May the thirsty find water

And delicious drinks.

May the poor find wealth,

May those weak with sorrow find joy;

May the forlorn find hope,

Constant happiness, and prosperity.

May there be timely rains

And bountiful harvests;

May all medicines be effective

And all wholesome prayers bear fruit.

May all who are sick and ill

Quickly be freed from their ailments.

Whatever diseases there are in the world,

May they never occur again.

May the frightened cease to be afraid

May those bound be freed;

May the powerless find power,

And may people think of benefiting each other.

For as long as space endures,

For as long as beings remain,

Until then, may I too remain

To dispel the miseries of the world.

### **The Heart Sutra:**

The Maha.... Prajna Paramita Hridaya Sutra

Avalokitesvara Bodhisattva when practicing deeply the Prajna Paramita perceives that all five skandhas are empty and is saved from all suffering and distress.

Shariputra, form does not differ from emptiness,

emptiness does not differ from form.

That which is form is emptiness, that which is emptiness form.

The same is true of feelings, perceptions, impulses, consciousness.

Shariputra, all dharmas are marked with emptiness;

they do not appear or disappear,  
are not tainted or pure,  
do not increase or decrease.

Therefore, in emptiness no form, no feelings, perceptions, impulses, consciousness.

No eyes, no ears, no nose, no tongue, no body,  
no mind; no color, no sound, no smell, no taste, no touch,  
no object of mind; no realm of eyes  
and so forth until no realm of mind consciousness.

No ignorance and also no extinction of it,  
and so forth until no old age and death  
and also no extinction of them.

No suffering, no origination,  
no stopping, no path, no cognition,  
also no attainment with nothing to attain.

The Bodhisattva depends on Prajna Paramita  
and the mind is no hindrance;  
without any hindrance no fears exist.  
Far apart from every perverted view one dwells in Nirvana.

In the three worlds all Buddhas depend on Prajna Paramita  
and attain Anuttara Samyak Sambodhi.

Therefore, know that Prajna Paramita  
is the great transcendent mantra  
is the great bright mantra, is the utmost mantra,  
is the supreme mantra,  
which is able to relieve all suffering and is true, not false.

So proclaim the Prajna Paramita mantra, proclaim the mantra which says:

gate, gate, paragate, parasamgate, bodhi svaha  
gate, gate, paragate, parasamgate, bodhi svaha gate,  
gate, paragate, parasamgate, bodhi svaha

### **The Four Great Vows:**

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 awake to them.  
Buddha's Way is unsurpassed; I vow to embody it fully.