

Daily Zen Chants

Now as I enter this day of activity
Fully engaged in the service of all beings
May I remember the one who is not busy"
And be free from self-clinging

Learned from Roshi Norman Fischer

Welcome everything, push away nothing.
Bring your whole self to the experience.
Find a place of rest in the middle of things.
Only don't know.

Learned from Frank Ostaseski

Verse of Atonement

All my ancient and twisted karma
From beginningless greed, hatred and delusion
Born of body, speech and mind
I now fully atone by practicing generosity, love and wisdom

Adapted from Upaya's Liturgy

Verse of the Robe

Vast is the robe of liberation
A formless field of benefaction
I wear the Tathagatha's teaching
Serving all beings

Adapted from Upaya's Liturgy

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Four Bodhisattva Vows

Creations are numberless,

I vow to free them

Delusions are inexhaustible,

I vow to transform them

Reality is boundless,

I vow to perceive it

The awakened way is unsurpassable,

I vow to embody it.

Adapted from Upaya's Liturgy

Evening Verse

Life and death are supremely important

Time passes quickly and opportunity is lost

Let us awaken, awaken

Do not squander your life.

Adapted from Upaya's Liturgy

May I practice right understanding,

thinking, speaking, listening, action,

livelihood, effort, mindfulness, concentration.

Adapted from the Buddha's Eight Noble Truths