

## **THE SEVENFOLD PUJA**

### **WORSHIP**

With mandarava, blue lotus and jasmine,  
With all flowers, pleasing and fragrant,  
And with garlands skillfully woven,  
I pay honour to the princes of the sages,  
So worthy of veneration.

I envelop them in clouds of incense,  
Sweet and penetrating;  
I make them offerings of food, hard and soft,  
And pleasing kinds of liquids to drink.

I offer them lamps encrusted with jewels,  
Festooned with golden lotus,  
On the paving, sprinkled with perfume,  
I scatter handfuls of beautiful flowers.

### **AVALOKITESVARA MANTRA**

Om Mani Padme Hum

### **SALUTATION**

As many atoms as there are,  
In the thousand million worlds,  
So many times I make reverent salutation  
To all the Buddhas of the three eras,  
To the Saddharma,  
And to the excellent Community.

I pay homage to all the shrines  
And places in which the Bodhisattvas have been.  
I make profound obeisance to the teachers  
And those to whom respectful salutation is due.

### **GOING FOR REFUGE**

This very day,  
I go for my refuge  
To the powerful Protectors,  
Whose purpose is to guard the universe,  
The mighty conquerors who overcome suffering everywhere.

Wholeheartedly also I take my refuge  
In the Dharma they have ascertained,  
Which is the abode of security against the rounds of rebirth;  
Likewise in the host of Bodhisattvas  
I take my refuge.

***refuges and precepts***

Namo Tassa Bhagavato Arahato Sammasambuddhassa  
Namo Tassa Bhagavato Arahato Sammasambuddhassa  
Namo Tassa Bhagavato Arahato Sammasambuddhassa

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

translation

Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!  
To the Buddha for refuge I go.  
To the Dharma for refuge I go.  
To the Sangha for refuge I go.  
For the second time to the Buddha for refuge I go.  
For the second time to the Dharma for refuge I go.  
For the second time to the Sangha for refuge I go.  
For the third time to the Buddha for refuge I go.  
For the third time to the Dharma for refuge I go.  
For the third time to the Sangha for refuge I go.

***five precepts***

Panatipata Veramani Sikkhapadam Samadiyami  
Adinnadana Veramani Sikkhapadam Samadiyami  
Kamesu Micchacara Veramani Sikkhapadam Samadiyami  
Musavada Veramani Sikkhapadam Samadiyami  
Surameraya Majja Pamadatthana Veramani Sikkhapadam Samadiyami

sadhu sadhu sadhu

***the positive precepts***

With deeds of loving kindness, I purify my body.  
With open-handed generosity, I purify my body.  
With stillness, simplicity, and contentment, I purify my body.  
With truthful communication, I purify my speech.  
With mindfulness clear and radiant, I purify my mind.

translation

I undertake to abstain from taking life.  
I undertake to abstain from taking the not-given.  
I undertake to abstain from sexual misconduct.  
I undertake to abstain from false speech.  
I undertake to abstain from taking intoxicants.

***dhammacari/dhammacarini precepts (for members of the Western Buddhist Order)***

Panatipata Veramani Sikkhapadam Samadiyami  
Adinnadana Veramani Sikkhapadam Samadiyami  
Kamesu Micchacara Veramani Sikkhapadam Samadiyami  
Musavada Veramani Sikkhapadam Samadiyami  
Pharusavaca Veramani Sikkhapadam Samadiyami

Samphappalapavaca Veramani Sikkhapadam Samadiyami  
Pisunavaca Veramani Sikkhapadam Samadiyami  
Abhijjha Veramani Sikkhapadam Samadiyami  
Byapada Veramani Sikkhapadam Samadiyami  
Micchadassana Veramani Sikkhapadam Samadiyami

sadhu sadhu sadhu

translation

I undertake to abstain from taking life.  
I undertake to abstain from taking the not-given.  
I undertake to abstain from sexual misconduct.  
I undertake to abstain from false speech.  
I undertake to abstain from harsh speech.  
I undertake to abstain from useless speech.  
I undertake to abstain from slanderous speech.  
I undertake to abstain from covetousness.  
I undertake to abstain from animosity.  
I undertake to abstain from false views.

***the ten positive precepts***

With deeds of loving kindness, I purify my body.  
With open-handed generosity, I purify my body.  
With stillness, simplicity, and contentment, I purify my body.  
With truthful communication, I purify my speech.  
With words kindly and gracious, I purify my speech.  
With utterance helpful and harmonious, I purify my speech.  
Abandoning covetousness for tranquillity, I purify my mind.  
Changing hatred into compassion, I purify my mind.  
Transforming ignorance into wisdom, I purify my mind.

**CONFESSION OF EVIL**

The evil which I have heaped up  
Through my ignorance and foolishness -  
Evil in the world of everyday experience,  
As well as evil in understanding and intelligence -  
All that I acknowledge to the Protectors.

Standing before them  
With hands raised in reverence,  
And terrified of suffering,  
I pay salutations again and again.

May the leaders receive this kindly,  
Just as it is, with its many faults!  
What is not good, O Protectors,  
I shall not do again.

**REJOICING IN MERIT**

I rejoice with delight  
In the good done by all beings,  
Through which they obtain rest  
With the end of suffering.  
May those who have suffered be happy!

I rejoice in the release of beings  
From the sufferings of the rounds of existence;  
I rejoice in the nature of the Bodhisattva  
And the Buddha,  
Who are Protectors.

I rejoice in the arising of the Will to Enlightenment,  
And the Teaching:  
Those oceans which bring happiness to all beings,  
And are the abode of welfare of all beings.

### **ENTREATY AND SUPPLICATION**

Saluting them with folded hands  
I entreat the Buddhas in all the quarters:  
May they make shine the lamp of the Dharma  
For those wandering in the suffering of delusion!

With hands folded in reverence  
I implore the conquerors desiring to enter Nirvana:  
May they remain here for endless ages,  
So that life in this world does not grow dark.

### **HEART SUTRA**

The Bodhisattva of Compassion,  
When he meditated deeply,  
Saw the emptiness of all five skandhas  
And sundered the bonds that caused him suffering.

Here then,  
Form is no other than emptiness,  
Emptiness no other than form.  
Form is only emptiness,  
Emptiness only form.

Feeling, thought, and choice,  
Consciousness itself,  
Are the same as this.

All things are by nature void  
They are not born or destroyed  
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 colour, 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,  
Using this Prajna wisdom,  
Come to full and perfect vision.

Hear then the great dharani,  
The radiant peerless mantra,  
The Prajnaparamita  
Whose words allay all pain;  
Hear and believe its truth!

Gate Gate Paragate Parasamgate Bodhi Svaha

### **TRANSFERENCE OF MERIT AND SELF-SURRENDER**

May the merit gained  
In my acting thus  
Go to the alleviation of the suffering of all beings.

My personality throughout my existences,  
My possessions,  
And my merit in all three ways,  
I give up without regard to myself  
For the benefit of all beings.

Just as the earth and other elements  
Are serviceable in many ways  
To the infinite number of beings,  
Inhabiting limitless space,

So may I become  
That which maintains all beings  
Situated throughout space,  
So long as all have not attained  
To peace.

***mantras***

om

ah

hum

jetsun

guru

padma

siddhi

hum

(Padmasambhava mantra)

om mani padme hum (Avalokitesvara)

om a ra pa ca na dhih (Manjusri)

om vajrapani hum (Vajrapani)

om tare tuttare ture svaha (Tara)

om amideva hrih (Amitabha)

om muni muni maha muni sakyamuni svaha (Sakyamuni Buddha)

om ah hum vajra guru padma siddhi hum (Padmasambhava)

gate gate paragate parasamgate bodhi svaha (Prajnaparamita/blue sky)

om santi santi santi