

## BAMBOO IN THE WIND MORNING SERVICE

[BEFORE STARTING MAKE SURE THE PERSON WHO WILL BE USING THE MOKUGYO HAS THE INSTRUMENT AT THEIR SEAT. IDEALLY THIS PERSON IS THE TIMEKEEPER.]

Small Bell for end of Morning Zazen

### ROBE CHANT

How great the robe of liberation,  
A formless field of merit  
Wrapping ourselves in Buddha's teachings  
We free all living beings      repeat 3X

**DOSHI GOES TO BOWING CUSHION TO START SERVICE. SANGHA STANDING WITH HANDS IN SHASHU. DOSHI GOEA TO ALTAR TO LIGHT INCENSE.**

Doshi: Offers incense

Doshi: Moves to the side and bows to altar <INKIN>

Reaches middle of the bowing mat <INKIN>

Reaches foot of the bowing mat <INKIN>

**ALL** Removes zagu from arm <INKIN>

Opens zagu <INKIN>

Places zagu on bowing mat <INKIN>

**Begin roll down** <INKIN>. . . . .

**ALL 3 full bows** <INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

**DOSHI GOES TO THE ALTER OFFERS INCENSE.**

Bows at side of Alter <BELL>

Bows at Mat 1 <BELL>

Bows at Mat 2 <BELL>

Bows at Mat 3 <DEADHIT>

Doan: All my past harmful Karma <BELL>

All: **Born from beginningless greed, hate and delusion  
Through body, speech and mind  
I now fully avow. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Buddha <BELL>

All: **Before all being  
Immersing body and mind deeply in the Way  
Awakening true mind. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Dharma <BELL>

All: **Before all being  
Entering deeply the merciful ocean  
Of Buddha's Way. <sm bell> FULL PROSTRATION**

Doan: I take refuge in Sangha <BELL>

All: **Before all being  
Bringing harmony to everyone,  
Free from hindrance. <sm bell> FULL PROSTRATION**

Doan: Beings are numberless <BELL>

All: **I vow to free them  
Delusions are inexhaustible  
I vow to end them.  
Dharma gates are boundless,  
I vow to enter them.  
Buddhas way is unsurpassable  
I vow to realize it... ↓ . <sm bell> FULL PROSTRATION**

Doshi: Moves to the side and bows to altar <BELL>

<sm bell> <sm bell> **EVERYONE IS SEATED.**

1 FULL BOW <BELL>  
2<sup>ND</sup> FULL BOW <BELL>  
3<sup>RD</sup> FULL BOW **DEADHIT**

**The Heart of Great Perfect Wisdom Sutra-a-a <BELL>**

**FOLLOW INSTRUCTIONS ON THE SUTRA PAGE. AT THE END ANNOUNCE PAGE AND TITLE OF 2<sup>ND</sup> SUTRA.**

Doan: <DEADHIT> TITLE OF 2<sup>ND</sup> SUTRA <BELL>

Doan: May we awaken Buddha's compassion and luminous mirror wisdom, chanting

The Heart Sutra and \_\_\_\_\_

. We dedicate this merit to: <sm bell>

↑ Our first ancestor in India, GREAT TEACHER, SHAKYAMUNI BUDDHA  
Our first woman Ancestor, GREAT TEACHER, MAHA PRAJAPATI  
Our first ancestor in China, GREAT TEACHER, BODHIDHARMA  
Our first ancestor in Japan, GREAT TEACHER, EIHEI DOGEN  
Our first ancestor in America, GREAT TEACHER, SHOGAKU SHUNRYU  
Our Compassionate Founder, GREAT TEACHER, JI KAI DAIIN  
And to the perfect wisdom bodhisattva, MANJUSRI

<sm bell>

↓ May the power of their liberating wisdom direct the wandering in circles world toward the peaceful Buddha land. We aspire to turn the Dharma wheel unceasingly and to free the world from every tragedy of war, epidemic, natural disaster, starvation and ↑ ↓ ↑ mental afflictions...

<BELL> ALL BUDDHAS, TEN DIRECTIONS, THREE WORLDS <BELL>  
ALL VENERABLE ONES, BODHISATTVAS, MAHASATTVAS <BELL>  
WISDOM <INKIN>BEYOND WISDOM, <INKIN>MAHA PRAJNA PARAMITA

<INKIN>>.....**ROLL DOWN**

FINAL PROSTRATIONS repeat X 3 <INKIN>  
<INKIN>  
<INKIN> <INKIN> forehead meets mat

Doshi takes one step back <INKIN>  
Doshi takes another step and leaves <INKIN> SANGHA BOWS TO TEACHER  
Or faces the Sangha  
<INKIN> SANGHA FACES EACH OTHER  
<INKIN> SANGHA BOWS TO EACH OTHER

**FORMAL EXIT**

**BAMBOO IN THE WIND  
LUNCH SERVICE  
CEREMONY OF WELL BEING**

BEFORE STARTING MAKE SURE YOU HAVE THE MOKUGYO AT YOUR SEAT.  
AFTER LAST SITTING DOSHI GOES TO BOWING CUSHION TO START  
SERVICE. SANGHA STANDING WITH HANDS IN SHASHU. DOSHI GOES TO  
ALTAR.

Doshi: Offers incense  
Moves to the side of altar and bows <INKIN>  
Reaches middle of the bowing mat <INKIN>  
Reaches foot of the bowing mat <INKIN>  
Removes zagu from arm <INKIN>  
Opens zagu <INKIN>  
Places zagu on bowing mat <INKIN>

**ALL:** Roll down for X3 prostrations  
<INKIN>  
<INKIN>  
<INKIN> <INKIN> forehead meets mat.

DOSHI MAKES AN OFFERING AT ALTAR AND BOWS  
<BELL>  
<BELL>  
<BELL>

Doan: < DEADHIT> **Chant of Boundless compassion** ↑ ↓ ↑ <BELL>  
7X with mokugyo

Absorbing world sounds awakens a Buddha right here! <small bell, last rounds>

This Buddha, the source of compassion!

This Buddha receives only compassion.

Buddha, Dharma, Sangha, just compassion.

Thus, the true heart always rejoices!

In the light recall this!

In the dark recall this!

Moment after moment the true heart arises <small bell, last rounds>

Time after time there is nothing but THIS! <small bell, last rounds>

**Doan:**

May we awaken Buddha's compassion and luminous mirror wisdom.  
Having chanted the Chant of Boundless compassion for  
protecting life we dedicate this merit to the well being, equanimity and  
complete healing of our friends:

↑ *(recite the names of those who are ill and in need of blessing)*

↓  
May they be supported deeply in the dharma , be peaceful and free from  
suffering, and may they together with all beings, realize the Buddha way.

↑ ↓ ↑ <BELL>

### **DOSHI GOES TO ALTAR**

ALL BUDDHAS, TEN DIRECTIONS, THREE WORLDS <BELL>

ALL VENERABLE ONES, BODHISATTVAS, MAHASATTVAS <BELL>

WISDOM <INKIN>BEYOND WISDOM, <INKIN>MAHA PRAJNA PARAMITA

<INKIN>.....**ROLL DOWN**

FINAL PROSTRATIONS repeat X 3 <INKIN>

<INKIN>

<INKIN> <INKIN> forehead meets mat

Doshi takes one step back <INKIN>

Doshi takes another step and leaves <INKIN>