

BAMBOO IN THE WIND ONLINE MORNING SERVICE

Doan: Turn camera lens toward altar

SITTING

Doan: Rings <BELL> to begin mediation
<BELL>
<BELL>

Doan: <INKIN> once to end meditation

SERVICE

Chant HEART OF GREAT PERFECT WISDOM SUTRA (see below)

After chanting the Heart Sutra:

Doshi: "May this merit extend universally to all so that we together with all living beings realize the Buddha Way" ↑↓↑ <BELL>

**All: All Buddhas throughout space and time <BELL>
All Honored ones, Bodhisattvas, Mahasattvas, <BELL>
Wisdom<BELL> beyond Wisdom,<begin rolldown...stop after "Paramita">
Maha Prajna Paramita**

**All: Three prostrations or standing bows.
Bows <BELL> lifts hands
Bows <BELL> lifts hands
Bows <BELL> lifts hands<INKIN>**

**All: <INKIN> <BOW> toward the altar, respect for the altar
All: <INKIN> <BOW> to the Doshi/or whoever leads Service, in respect.
All: <INKIN> Hands in Shashu, in respect to the unseen
All: <INKIN> <BOW> toward each other in respect to the Sangha**

HEART OF GREAT PERFECT WISDOM SUTRA

Avalokiteshvara Bodhisattva, when deeply practicing prajna paramita, clearly saw that all five <BELL> aggregates are empty and thus relieved all suffering. Shariputra, form does not differ from emptiness, emptiness does not differ from form. Form itself is emptiness, emptiness itself form. Sensations, perceptions, formations, and consciousness are also like this. Shariputra, all dharmas are marked by emptiness; they neither arise nor cease, are neither defiled nor pure, neither increase nor decrease. Therefore, given emptiness, there are no forms, sensations, perceptions, formations, or consciousness; no eye, ear, nose, tongue, body, or mind; no sights, sounds, smells, tastes, touch, or objects of mind; no realm of sight, and so forth, down to no realm of mind consciousness. There is neither ignorance nor extinction of ignorance, and so forth, down to neither old age and death, nor extinction of old age and death; no suffering, no cause, no cessation, no path; no knowledge and no attainment. With nothing to attain, a bodhisattva relies on prajna paramita <BELL> and thus the mind is without hindrance. Without hindrance, there is no fear. Far beyond all inverted views, one realizes nirvana. All buddhas of past, present, and future rely on prajna paramita <BELL> and thereby attain unsurpassed, complete, perfect enlightenment. Therefore, know the prajna paramita as the great miraculous mantra, the great bright mantra, the supreme mantra, the incomparable mantra, which removes all suffering and is true, not false. Therefore we proclaim the prajna paramita mantra, the mantra that says: <BELL> "Gate Gate Paragate Parasamgate <BELL> Bodhi Svaha."