

Nanaimo Buddhist Meditation Group

Service Book

The Nanaimo Buddhist Meditation Group is devoted to exploring and practicing the teaching of the Buddha. The non-denominational group meets every Saturday from 10:00 to 12:00pm. Everyone is welcome

Order of Service

1. Incense Offering
2. Opening Gatha
3. Three Prostrations
4. Reading of Refuge Prayer
5. Chanting for five minutes
6. Sitting meditation for twenty minutes
7. Walking meditation for ten minutes
8. Brief reading or Discourse
9. Sitting meditation for twenty minutes
10. Precepts Recitation
11. Ending Song
12. Reading of Dedication & Offering of Merit
13. Tea and Dharma Circle

Chants

**GATE, GATE, PRARACATE,
PARASAMGATE, BODHI SVAHA**

(Trans: Going, going, going on beyond, always going on beyond, always becoming Buddha.)

OM MANI PADME HUNG

(Trans: The jewel is in the lotus. Also know as Chenresig's mantra. Chenresig is the Buddha of Compassion in the Tibetan Buddhist radiation)

OM TARA TUTTARE TURE SOHA

(Tara, Divine Mother in Tibetan Buddhist tradition)

KUAN YIN PUJA

(Kuan Yin, Goddess of Compassion)

HEART SUTRA

The Maha Prajna Paramita Hrdaya 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 no realm of ears

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

Songs From Plum Village

Happiness is Here and Now

Happiness is here and now,

I have dropped my worries.

Nowhere to go, nothing to do,

no longer in a hurry.

Happiness is here and now,

I have dropped my worries.

Somewhere to go, something to do,

But I don't need to hurry.

I Am Free

I am a cloud, I am the blue sky,

I am a bird spreading out it's wings.

I am a flower, I am the sunshine,

I am the Earth receiving a seed.

And I am free when my heart is open.

Yes I am free when my mind is clear.

Oh dear brothers, oh dear sisters,

Let's walk together mindfully.

Let's walk together joyfully.

Refuge, Dedication, & Offering

Refuge Prayer

I take refuge in the Buddha, the Dharma, and the Sangha
Until I attain the state of enlightenment
By the force of generosity and other virtues,
May I achieve Buddhahood to the benefit of all sentient beings

Dedication

By the power and truth of this practice,
May all beings enjoy happiness and the root of happiness,
Be free from suffering and the root of suffering
May they not be separated from the great happiness devoid of suffering
And may they dwell in the great equanimity, free from passion, aggression and
prejudice

Offering of Merit

May whatever merit that comes from this practice
Go toward the enlightenment of all beings.
May it become a drop in the ocean of the activity of all the Buddhas in their tireless
work for the liberation of all beings.