

Contemporary Readings

Taking Refuge (The Three Treasures)

I take refuge in the Buddha, the one who shows me the way in this life.

I take refuge in the Dharma, the way of understanding and of love.

I take refuge in the Sangha, the community that lives in harmony and awareness.

Dwelling in the refuge of Buddha, I clearly see the path of light and beauty in the world.

Dwelling in the refuge of Dharma, I learn to open many doors on the path of transformation.

Dwelling in the refuge of Sangha, shining light that supports me, keeping my practice free of obstruction.

Taking refuge in the Buddha in myself, I aspire to help all people recognize their own awakened nature, realizing the Mind of Love.

Taking refuge in the Dharma in myself, I aspire to help all people fully master the ways of practice and walk together on the path of liberation.

Taking refuge in the Sangha in myself, I aspire to help all people build Fourfold Communities, to embrace all beings and support their transformation.

– *“Chanting From the Heart: Buddhist Ceremonies and Daily Practices”* (2007) by Thich Nhat Hanh with permission of Parallax Press, Berkeley, California, www.parallax.org.

The Golden Chain

I am a link in Amida's golden chain of love that stretches around the world. I will keep my link bright and strong.

May I be kind and gentle to every living thing and protect all who are weaker than myself.

May I think pure and beautiful thoughts, say pure and beautiful words, and do pure and beautiful deeds.

May every link in Amida's golden chain of love be bright and strong, and may we all attain perfect peace.

Vandana Ti-Sarana

(Homage and Three Refuges)

° Leader

Na - mo tas - sa Bha - ga - va - a - to

A - ra - ha - a - to Samm' - sam - bud - dhas - sa

Leader: 1st / All: 2nd

Bud - dham sa - ra - nam gac - cha - mi

Dham - mam sa - ra - nam gac - cha - mi

Sam - gham sa - ra - nam gac - cha - mi

Homage to Śākyamuni Buddha, the Blessed One, the Noble One, the Perfectly Awakened One.

I go to the Buddha for guidance.

I go to the Dharma for guidance.

I go to the Sangha for guidance.

NAMO KIE BUTSU ↘
 NAMO KIE HO° ↗
 NAMO KIE SOO ↘

Sanbutsuge (讚仏偈)

○ ○

<i>Kō gen gi gi</i>	Fu se jō i	Jip-pō rai shō
I jin mu goku	Kai nin shō jin	Shin-netsu shō jō
Nyo ze en myō	Nyo ze sam-mai	I tō ga koku
Mu yo tō sha	Chi e i jō	Ke raku an-non
↓		
Nichi gatsu ma ni	Go sei toku butsu	Kō butsu shin myō
Shu kō en nyō	Fu gyō shi gan	Ze ga shin shō
Kai shitsu on pei	Is-sai ku ku	Hotsu gan-no hi
Yu nyaku ju moku	I sa dai an	Riki shō sho yoku
Nyo rai yō gen	Ke shi u butsu	Jip-pō se son
Chō se mu rin	Hyaku sen-noku man	Chi e mu ge
Shō gaku dai on	Mu ryō dai shō	Jō ryō shi son
Kō ru jip-pō	Shu nyo gō ja	Chi ga shin gyō
Kai mon shō jin	Ku yō is-sai	Ke ryō shin shi
Sam-mai chi e	Shi tō sho butsu	Sho ku doku chū
I toku mu ryo	Fu nyo gu dō	<u>Ga gyō shō jin</u>
Shu shō ke u	Ken shō fu gyaku	<u>Nin jū fu ke</u> ○
Jin tai zen nen	Hi nyo gō ja	<i>Na man da bu</i> ○
Sho butsu hō kai	Sho butsu se kai	Na man da bu
Gu jin jin nō	Bu fu ka ge	Na man da bu
Ku go gai tai	Mu shu setsu do	Na man da bu
 		Na man da bu
Mu myō yoku nu	Kō myō shis-shō	Na man da bu ○
Se son yō mu	Hen shi sho koku	
Nin-no shi shi	Nyo ze shō jin	<i>Gan ni shi ku doku</i>
Jin toku mu ryō	I jin nan ryō	Byō dō se is-sai
 		Dō ho'n bo dai shin
Ku kun kō dai	Ryō ga sa butsu	Ō jō an rak-koku
Chi e jin myō	Koku do dai ichi	○ ○ ○
Kō myō i sō	Go shu ki myō	
Shin dō dai sen	Dō jō chō zetsu	
Gan ga sa butsu	Koku nyo nai on	
Zai shō hō ō	Ni mu tō sō	
Ka dō shō ji	Ga tō ai min	
Mi fu ge datsu ↑	Do datsu is-sai	