

Morning Zazen with Pali Refuges
Mid City Zen
Chant Card (short service)

After Zazen

Pali Refuges

All in gassho:

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

bow toward altar in gassho

Dedication

All, standing in gassho:

All Buddhas, ten directions, three times
All Honored Ones, Bodhisattva Mahasattvas
Wisdom beyond wisdom, Maha Prajna Paramitta

At bell, three full prostrations (or standing bow if you prefer not to do full)

Closing:

First bell • everyone bow in gassho toward the altar
Second bell • everyone bows in shashu toward center of room
Then two “exit” bells, no bows ••