**略朝課 – *Ryaku-Choka Abbreviated Morning Service***

**摩訶般若波羅蜜多心経** - ***Maka hannya haramita shingyō***

***Heart of Great Perfect Wisdom Sutra***

観自在菩薩　行深般若波羅蜜多時

Kan ji zai bo satsu, gyo jin han nya ha ra mi ta ji,

*Avalokiteshvara Bodhisattva, when deeply practicing prajña paramita,*

照見五蘊皆空 度一切苦厄

Sho ken go on kai ku, Do i-ssai ku yaku,

*clearly saw that all five aggregates are empty and thus relieved all suffering.*

舎利子　色不異空　空不異色

Sha ri shi, shiki fu i ku, ku fu i shiki,

*Shariputra, form does not differ from emptiness, emptiness does not differ from form.*

色即是空 空即是色

shiki soku zeku, ku soku ze shiki

*Form itself is emptiness, emptiness itself form.*

受想行識亦復如是

Ju so gyo shiki yaku bu nyo ze,

*Sensations, perceptions, formations, and consciousness are also like this.*

舎利子　是諸法空相

sha ri shi, ze sho ho ku so,
*Shariputra, all dharmas are marked by emptiness;*

不生不滅　不垢不浄　不増不減
fu sho fu metsu, fu ku fu ju jo, fu zo fu gen,

*they neither arise nor cease, are neither defiled nor pure, neither increase nor decrease.*

是故空中

ze ko ku chu

*Therefore, given emptiness,*

無色無受想行識

mu shiki mu ju so gyo shiki,

*there is no form, no sensation, no perception, no formation, no consciousness;*

無眼耳鼻舌身意
mu gen ni bi ze-sshin-i,

*no eyes, no ears, no nose, no tongue, no body, no mind*

無色声香味触法

mu shiki sho ko mi soku ho,

*no sight, no sound, no smell, no taste, no touch, no object of mind;*

無眼界　乃至無意識界
mu gen kai, nai shi mu i shiki kai,

*no realm of sight ... no realm of mind consciousness.*

無無明亦　無無明尽

mu mu myo yaku, mu mu myo jin,

*There is neither ignorance nor extinction of ignorance...*

乃至無老死　亦無老死尽

nai shi mu ro shi, yaku mu ro shi jin,

*neither old age and death, nor extinction of old age and death;*

無苦集滅道　無智亦無得
mu ku shu metsu do, mu chi yaku mu toku,

*no suffering, no cause, no cessation, no path; no knowledge and no attainment.*

以無所得故　菩提薩埵　依般若波羅蜜多故
i mu sho-tto-kko, bo dai sa-tta, e han nya ha ra mi ta ko,

*With nothing to attain, a bodhisattva relies on prajña paramita,*

心無罣礙　無罣礙故　無有恐怖

shin mu kei ge, mu kei ge ko, mu u ku fu,

*and thus the mind is without hindrance. Without hindrance, there is no fear.*

遠離一切顛倒夢想 究竟涅槃
on ri i-ssai tendo mu so, ku gyo ne han,

*Far beyond all inverted views, one realizes nirvana.*

三世諸仏　依般若波羅蜜多故
san ze sho butsu, e han nya ha ra mi ta ko,

*All buddhas of past, present, and future rely on prajña paramita and thereby*

得阿耨多羅三藐三菩提

toku an noku ta ra san myaku san bo dai,

*attain unsurpassed, complete, perfect enlightenment*

故知般若波羅蜜多 是大神呪
ko han nya ha ra mi ta, ze dai jin shu,

*Therefore, know the prajña paramita as the great miraculous mantra,*

是大明呪　是無上呪　是無等等呪
ze dai myo shu, ze mu jo shu, ze mu to do shu.

*the great bright mantra, the supreme mantra, the incomparable mantra,*

能除一切苦　真実不虚

no jo i-ssai ku, shi jitsu fu ko,

*which removes all suffering and is true, not false.*

故説般若波羅蜜多呪
ko setsu han nya ha ra mi ta shu,

*Therefore we proclaim the prajña paramita mantra,*

即説呪日　羯諦　羯諦　波羅羯諦　波羅僧羯諦
soku setsu shu watsu, gya tei, gy tei, ha ra gya tei, ha ra so gya tei\*,

*the mantra that says: "Gate Gate Paragate Parasamgate*

菩提薩婆訶　般若心経
bo ji so wa ka, han nya shin gyo.

*Bodhi Svaha."*

**回向　― Eko (Tentative)**

Eko for Maka Hannya Harmtita Shingyo in Ryaku Choka

Having chanted the Maka Hannya Haramita Shingyo (or) the Heart of Great Perfect Wisdom Sutra in gratitude for receiving boundless compassionate gifts, we reverently offer the merit of our chanting to: ◎

The great Founding Teacher, Shakyamuni Buddha;

Our first ancestor in Japan, Great Teacher Eihei Dogen;

The eminent Ancestor, Great Teacher Keizan Jokin;

The successive ancestors who transmitted the light of Dharma, and to the eternal Three Treasures in the ten directions. ◎

We also offer it to the guardian deities of this temple and to all Dharma-protecting devas and good spirits.

May the true Dharma flourish in the ten directions, may all nations dwell together in harmony, may peace and tranquility pervade this sangha, and may all beings live together joyfully.

**Ryakusanbō (略三宝)/ Three Treasures**

十方三世一切仏 Ji ho san shi i shi fu.

諸尊菩薩摩訶薩 Shi son bu sa mo ko sa.

摩訶般若波羅蜜 Mo ko ho ja ho ro mi

All buddhas, ten directions, three times

All beings, bodhisattva mahasattvas

Wisdom beyond wisdom, Maha Prajna Paramita

**大悲心陀羅尼 - *Daihishin dharana.***

Namu kara tan no, tora ya ya, namu ori ya, boryo ki chi shifu ra ya, fuji sato bo ya,

moko sato bo ya, mo ko kya runi kya ya, en, sa hara ha e shu tan no ton sha,

namu shiki ri toi mo, ori ya, boryo ki chi, shifu ra, rin to bo, na mu no ra, kin ji ki ri,

mo ko ho do, sha mi sa bo, o to jo shu ben, o shu in, sa bo sa to, no mo bo gya,

mo ha te cho, to ji to, en, o bo ryo ki, ru gya chi, kya ra chi,

i kiri mo ko, fuji sa to, sa bo sa bo, mo ra mo ra, mo ki mo ki, ri to in ku ryo ku ryo,

ke mo to ryo to ryo, ho ja ya chi, mo ko ho ja ya chi, to ra to ra, chiri ni, shifu ra ya,

sha ro sha ro, mo mo ha mo ra, ho chi ri, i ki i ki, shi no shi no, ora san fura sha ri,

ha za ha za, fura sha ya, ku ryo ku ryo, mo ra ku ryo ku ryo, ki ri sha ro sha ro,

shi ri shi ri, su ryo su ryo, fuji ya, fuji ya, fudo ya fudo ya, mi chiri ya, nora kin ji,

chiri shuni no, hoya mono, somo ko, shido ya, somo ko, moko shido ya, somo ko,

shido yu ki, shifu ra ya , somo ko, nora kin ji, somo ko, mo ra no ra somo ko,

shira su omo gya ya, so mo ko, sobo moko shido ya, somo ko, shaki ra oshi do ya,

somo ko, hodo mogya shido ya, somo ko, nora kin ji ha gyara ya, somo ko,

mo hori shin gyara ya somo ko, namu kara tan no tora ya ya, \* namu ori ya,

boryo ki chi, shifu ra ya, somo ko,\* shite do modora, hodo ya, so mo ko.

**回向　― Eko (Tentative)**

Eko for Daihishin Dharani in Ryaku Choka

May the Three Treasures illuminate our awakening in practice.

Having chanted the Daihishin Dharani, we dedicate this merit to the deceased ~~monks~~ throughout the Dharma realm;

May they know rest and attain Buddhahood;

To those who are ill May they know comfort and peace.and

To the founding patrons of this temple, and to sentient beings throughout the Dharma Realm.

May they perfect awakening in Buddha’s Way.

十方三世一切仏 Ji ho san shi i shi fu All buddhas, ten directions, three times

諸尊菩薩摩訶薩 Shi son bu sa mo ko sa All beings, bodhisattva mahasattvas

摩訶般若波羅蜜 Mo ko ho ja ho ro mi Wisdom beyond wisdom, Maha Prajna Paramita

**韋駄天諷経 – *Idaten Fugin (Sutra Chanting For Idaten)***

**摩訶般若波羅蜜多心経** - ***Maka hannya haramita shingyō***

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*clearly saw that all five aggregates are empty and thus relieved all suffering.*

舎利子　色不異空　空不異色

Sha ri shi, shiki fu i ku, ku fu i shiki,

*Shariputra, form does not differ from emptiness, emptiness does not differ from form.*

色即是空 空即是色

shiki soku zeku, ku soku ze shiki

*Form itself is emptiness, emptiness itself form.*

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*Bodhi Svaha."*

**消災妙吉祥陀羅尼 - *Shōsai myōkichijō dharana***

No mo san man da, moto nan, oha ra chi koto sha, sono nan, to ji to, en, gya gya,

gya ki gya ki, un nun, shifu ra shifu ra, hara shifu ra hara shifu ra, chishu sa chishu sa,

chishu ri chishu ri, sowa ja sowa ja, sen chi gya, shiri ei so mo ko.

回向― Eko (Tentative)

Having chanted Maka Hannya Haramita Shingyo, the *Heart of Great Perfect Wisdom Sutra* and Shosaimyo Kichijo Dharani, we offer the merit generated thereby to the dharma- protecting Venerable Deva Idaten, the envoy who oversees meals in the kitchen, the god in charge of hot water and fire. What we pray for is tranquility within the monastery, safety inside and out, the prevention of fire and theft, and the support of

donors and believers.

十方三世一切仏 Ji ho san shi i shi fu

諸尊菩薩摩訶薩 Shi son bu sa mo ko sa

摩訶般若波羅蜜 Mo ko ho ja ho ro mi

All buddhas, ten directions, three times

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