

EVENING ZAZEN

HAN NYA SHIN GYO

The Heart Sutra

MA KA HAN YA HA RA MI TA SHIN GYO

**KAN JI ZAI BO SA GYO JIN HAN NYA HA RA MI TA JI
SHO KEN GO UN KAI KU DO IS SAI KU YAKU SHA RI
SHI SHIKI FU I KU KU FU I SHIKI SHIKI SOKU ZE KU
KU SOKU ZE SHIKI JU SO GYO SHIKI YAKU BU NYO
ZE SHA RI SHI ZE SHO HO KU SO FU SHO FU METSU
FU KU FU JO FU ZO FU GEN ZE KO KU CHU MU
SHIKI MU JU SO GYO SHIKI MU GEN NI BI ZES SHIN
NI MU SHIKI SHO KO MI SOKU HO MU GEN KAI NAI
SHI MU I SHIKI KAI MU MU MYO YAKU MU MU MYO
JIN NAI SHI MU RO SHI YAKU MU RO SHI JIN MU KU
SHU METSU DO MU CHI YAKU MU TOKU I MU SHO
TOK KO BO DAI SAT TA E HAN NYA HA RA MI TA KO
SHIN MU KE GE MU KE GE KO MU U KU FU ON RI IS
SAI TEN DO MU SO KU GYO NE HAN SAN ZE SHO
BUTSU E HAN NYA HA RA MI TA KO TOKU A NOKU TA
RA SAN MYAKU SAN BO DAI KO CHI HAN NYA HA RA
MI TA ZE DAI JIN SHU ZE DAI MYO SHU ZE MU JO
SHU ZE MU TO DO SHU NO JO IS SAI KU SHIN JITSU
FU KO KO SETSU HAN NYA HA RA MI TA SHU SOKU
SETSU SHU WATSU GYA TE GYA TE HA RA GYA TE
HARA SO GYA TE BO JI SOWA KA - HAN NYA SHIN
GYO.**

**PRAJNA PARAMITA HRIDAYA SUTRA,
A VA LO KI TES VA RA THE BO DHI SATT VA OF COM
PAS SION, DO ING DEEP PRAJ NA PA RA MI TA,
CLEAR LY SAW THAT THE FIVE SKAN DHAS ARE
SHUN YA TA, THUS TRAN SCEND ING MIS FOR TUNE
AND SUF FER ING. O SHA RI PU TRA FORM IS NO O
THER THAN SHUN YA TA, SHUN YA TA IS NO O THER
THAN FORM. FORM IS EX ACT LY SHUN YA TA, SHUN
YA TA EX ACT LY FORM. FEEL ING THOUGHT, VO LI
TION, AND CON SCIOUS NESS ARE LIKE WISE THIS.
O SHA RI PU TRA, RE MEM BER, DHAR MA IS FUN DA
MEN TAL LY SHUN YA TA. NO BIRTH, NO DEATH, NO
THING IS DEFILED, NO THING IS PURE. NO THING
CAN IN CREASE, NO THING CAN DE CREASE. HENCE
IN SHUN YA TA, NO FORM NO FEELING , NO
THOUGHT, NO VO LI TION, NO CON SCIOUS NESS,
NO EYES, NO EARS, NO NOSE, NO TONGUE, NO
BODY, NO MIND, NO SEEING, NO HEARING, NO
SMELLING, NO TASTING, NO TOUCH ING , NO THINK
ING; NO WORLD OF SIGHT, NO WORLD OF CON
SCIOUS NESS, NO IG NOR ANCE AND NO END TO IG
NOR ANCE, NO OLD AGE AND DEATH AND NO END
TO OLD AGE AND DEATH. NO SUF FER ING, NO CRA
VING, NO EX TINC TION, NO PATH; NO WIS DOM, NO
AT TAIN MENT. IN DEED THERE IS NO THING TO BE
AT TAINED; THE BO DHI SATT VA RE LIES ON PRAJ
NA PA RA MI TA WITH NO HIN DRANCE IN THE MIND.
NO HIN DRANCE THERE FORE NO FEAR. FAR BE
YOND UP SIDE DOWN VIEWS, AT LAST NIR VAN NA.**

**PAST, PRESENT, AND FUTURE, ALL BUDDHAS, BO
DHISATTVA, RELY ON PRAJNA PARAMITTA AND
THEREFORE REACH THE MOST SUPREME EN
LIGHTENMENT. THEREFORE KNOW: PRAJNA PA
RAMITTA IS THE GREATEST DHARANI, THE BRIGHT
EST DHARANI, THE HIGHEST DHARANI, THE IN
COMPARABLE DHARANI. IT COMPLETELY
CLEARS ALL SUFFERING. THIS IS THE TRUTH NOT
A LIE. SO SET FORTH THE PRAJNA PARAMITTA
DHARANI. SET FORTH THIS DHARANI AND SAY : GA TE
GA TE PARAGATE PARASAMGATE, BODHISVA
HA HEART SUTRA**

Four Great Vows SHIGU SEIGAN MON

**SHUJOMUHENSEIGANDO,
BONOMUJINSEIGANDAN,
HOMONMURYOSEIGANGAKU,
BUTSUJOMUJISEIGANJO.**

(Repeat 3x)