

# Buddhist Meditation Group @ UUCR – Prayer Sheet

## INCENSE & LIGHT OFFERING

### **Om**

(chant in unison three times)

Refuge in the Triple Jewels (Buddha, Dharma and Sangha), Three Bodies (Nirmanakaya, Sambhogakaya, Dharmakaya)

### **Om sarva-Tathâgata-pada-vandanam karomi**

Giving thanks to all the enlightened ones of the past, present, and future for manifesting the path of the Buddha

### **Nama Om amogha Amitabha mahamudra mani-padma jwala pravartaya hung**

I bow before the all-embracing Amitabha, the Great Embrace of the indestructible (jewel) and the unfolding (lotus) light, may I manifest this mind

### **Om Ah Amitabha Hung**

In body, speech, and mind, I am Amitabha

## MEDITATION CHANT

Namo Amitofo

## PURE LAND ZEN SILENT MANTRA

### *First Sequence:*

Inhale: Namō  
Exhale: Amitofo

### *Second Sequence:*

Inhale: Ami  
Exhale: Tofo

### *Third Sequence:*

Inhale: Ah  
Exhale: Mmm

## THE FIVE LIMITLESS THOUGHTS

May all living beings have happiness and its causes  
May all be free from unhappiness and its causes  
May all dwell in equanimity, free of attraction and aversion  
May all quickly find the great happiness that lies beyond all misery  
May all enjoy inner and outer peace now and forever

## REFUGE

(Recite three times)

I take Refuge in the Buddha  
I take Refuge in the Dharma  
I take Refuge in the Sangha

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### **DAILY AFFIRMATION FOR PRACTITIONERS**

I am endless light  
Buddha everywhere is the womb from which I have emerged  
Ta Shi Chi Bodhisattva is my father  
Kuan Yin Bodhisattva is my mother  
I am, here and now, dwelling in the consummation of enlightenment

In the six directions, within and without  
The Pure Land, my true home, surrounds me  
Pain shall assault me, but never defeat me  
Circumstances may distress me, but never conquer me  
These are wind, clouds, simply passing in the sky of mind

Endless forms shall be my raiment, but none are my true name  
I am endless light  
Unmoving, unchanging, never born, never dying  
I am endless life

The victory was mine from beginningless beginning  
The victory is mine, never ending  
Nothing to reject  
Nothing to accomplish  
Simple, present

NAMO AMITOFU

### **PURE LAND BODHICITTA ASPIRATION**

Why do I practice the Buddha's way?  
What use being a Buddha, if others continue to suffer?  
The compassionate nature of the Buddhas and Bodhisattvas compel them to work ceaselessly to save all beings  
Yet in this temporary form, limited by self-grasping and the suffering it causes, I can offer very little to lift others out of suffering  
Therefore I must endeavor to achieve Buddhahood.  
Not for my sake, but for the sake of others  
Until I realize the unsurpassed state of illumination, I take refuge in Buddha Amitabha  
I aspire to practice sincerely with the wish to be reborn in Sukhavati, reach enlightenment, and work to save all beings.

### **BODHICITTA**

(Recite three times)  
Bodhicitta, the excellent and precious mind -  
Where it is unborn, may it arise;  
Where it is born, may it not decline,  
But ever increase higher and higher.