

Five Mindfulness Trainings Recitation

Before starting the ceremony, review how to prostrate and assign the sanghakarman procedure and any other roles.

Inviting the Sangha

♪♪♪

The Sangha is invited to come back to our breathing
so that the collective energy of mindfulness
will bring us together as an organism,
going as a river with no more separation.

Let the whole Sangha breathe as one body,
chant as one body, listen as one body--
transcending the boundaries of a delusive "self,"
liberating ourselves from the superiority complex, the inferiority complex, and the
equality complex. ♪

Touching the Earth Opening Gatha for Prostrations

Invite to stand those who wish to prostrate.

♪• The one who bows and the one who is bowed to are both by nature empty.
Therefore the communication between them is inexpressibly perfect.
Our practice center is the Net of Indra reflecting all Buddhas everywhere.
And with my own person in front of each Buddha
I go with my whole life for refuge. ♪

Prostrations [Touch the earth one time at the sound of each bell]

Offering light in the Ten Directions, the Buddha, the Dharma, and the Sangha, to
whom we bow in gratitude. ♪

Teaching and living the way of awareness in the very midst of suffering and
confusion, Shakyamuni Buddha the Fully Enlightened One, to whom we bow in
gratitude. ♪

Cutting through ignorance, awakening our hearts and our minds, Manjushri (*Man-
jew-shri*) the bodhisattva (*bo-dee-sot-vah*) of great understanding to whom we bow in
gratitude. ♪

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Working mindfully, working joyfully for the sake of all beings, Samantabhadra (*Sa-mon-ta-bah-druh*) the bodhisattva of great action, to whom we bow in gratitude. ♪

Listening deeply, serving beings in countless ways, serving beings in countless ways, Avalokiteshvara, (*Ah-vah-loh-kee-tesh-vahr-uh*) the Bodhisattva of Great Compassion, to whom we bow in gratitude. ♪

Fearless and persevering through realms of suffering and darkness, Kshitigarbha (*Kuh-shi-ti-gahr-buh*), the Bodhisattva of Great Aspiration, to whom we bow in gratitude. ♪

Mother of all Buddhas, bodhisattvas and all beings, nourishing, holding, and healing all, Bodhisattva Gaia (*Guy-uh*), Great Mother Earth, Precious Jewel of the Cosmos, to whom we bow in gratitude. ♪

Radiating light in all directions, source of life on earth, Mahavairocana (*Ma-ha-vy-ro-cha-nuh*) Tathagata (*Ta-tha-guh-tuh*), Great Father Sun, Buddha of infinite light and life, to whom we bow in gratitude. ♪

Seed of awakening and loving kindness in children and all beings, Maitreya (*My-tray-uh*), the Buddha to be born, to whom we bow in gratitude. ♪

Showing the way fearlessly and compassionately, the stream of all our ancestral teachers, to whom we bow in gratitude. ♪♪

Invite all to be seated

Sutra Opening Verses

Namo Tassa Bhagavato Arahato Samma Sambuddhasa (3 times then ♪)
(*pronounced Na-moe Tah-sah Bah-gah-vah-toe Ahr-a-hah-toe Sah-muh Som-boo-dah-suh*)

(*Homage to the blessed one, the worthy undefiled one, the perfectly self-awakened one*)

The Dharma is deep and lovely.
We now have a chance to see,
Study and practice it.
We vow to realize its true meaning. ♪

[The Insight That Brings Us to the Other Shore (The Heart Sutra)] ♪♪

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Sanghakarman Procedure

Sanghakarman Master: Has the entire community assembled?

Sangha Convener: The entire community has assembled.

Sanghakarman Master: Is there harmony in the community?

Sangha Convener: Yes, there is harmony.

Sanghakarman Master: Is there anyone not able to be present who has asked to be represented, and have they declared themselves to have done their best to study and practice the mindfulness trainings?

Sangha Convener: No, there is not. - OR- Yes, [name of person or persons] cannot be at the recitation today. They have asked us to represent them and they declare that they have done their best to study and practice the mindfulness trainings.

Sanghakarman Master: What is the reason for the community gathering today?

Sangha Convener: The community has gathered to practice the recitation of the Five Mindfulness Trainings.

Sanghakarman Master: Noble community, please listen. Today, [date], has been declared to be the Mindfulness Training Recitation Day. We have gathered at the appointed time. The noble community is ready to hear and recite the mindfulness trainings in an atmosphere of harmony and the recitation can proceed. Is this statement clear and complete?

Everyone: Clear and complete. ♪

[Five Mindfulness Trainings or Sutra Recitation] ♪

Concluding words

Brothers and Sisters, we have recited the Five Mindfulness Trainings, the foundation of happiness for the individual, the family and society. We should recite them regularly so that our study and practice of the mindfulness trainings can deepen day by day. ♪•

Five Mindfulness Trainings Recitation

Sharing the Merit

Reciting the trainings
Practicing the way of awareness,
Gives rise to benefits without limit.
We vow to share the fruits with all beings
We vow to offer tribute to parents, teachers, friends and numerous beings
Who give guidance ♪ and support ♪ along the path. ♪