

Zen Nova Scotia Chant & Check-in

This event gives ZNS community members a chance to chant and to socialize, two things that we would usually do in our in-person gatherings (if it weren't for the coronavirus crisis). To join in, just follow the link to enter our Zoom meeting room and read along with the text below).

Note: due to technological limits, we can't all have our mics on as we do this. Only the chant leader will be mic'd during the chanting portion of the event. But please, chant along at home as if we were in fact all together—it will help make it feel as if we were!

The Chants

Our chants are taken from a couple of ceremonies that have been practiced at ZNS for a while now. We'll start with the Repentance, Refuge, and Vow, followed by the *Metta Sutta*. After the *Metta Sutta*, the chant leader will lead a dedication in which we are all welcome to invoke out loud or internally the names of beings who are suffering due to illness or distress, and those who are facing the end of life. We'll then close with an invocation.

Read along with the chant leader and the rest of the sangha (green circles ● mark places to bow, either from your seat or as a full prostration, but bowing is optional):

REPENTANCE VERSE (3x)

All my past and harmful karma,
born from beginningless greed, hate, and delusion,
through body, speech, and mind,

● I now fully avow.

(full prostration each time)

REFUGE

I take refuge in Buddha.

I take refuge in Dharma.

● I take refuge in Sangha.

I take refuge in Buddha—
May all beings
embody the great way,
resolving to awaken.

I take refuge in Dharma—
May all beings
deeply enter the teachings,
wisdom like an ocean.

I take refuge in Sangha—
May all beings
support harmony in the community,
● free from hindrance.

I have completely taken refuge in Buddha.
I have completely taken refuge in Dharma.
● I have completely taken refuge in Sangha.

BODHISATTVA VOWS (3x)

Beings are countless; I vow to free them all.
Delusions are inexhaustible; I vow to put an end to them.
Dharma gates are infinite; I vow to enter them.
The awakened way is unsurpassable; ● I vow to embody it.

▲ METTA SUTTA

⊙ This is what should be accomplished by the one who is wise,
who seeks the good and has obtained peace:

⊙ Let one be strenuous, upright and sincere, without pride,
easily contented and joyous;

Let one not be submerged by the things of the world.
Let one not take upon oneself the burden of riches;
Let one's senses be controlled;
Let one be wise but not puffed up;
Let one not desire great possessions even for one's family;
Let one do nothing that is mean or that the wise would reprove.

May all beings be happy.
May they be joyous and live in safety.

All living beings,
whether weak or strong,
in high or middle or low realms of existence,
small or great,
visible or invisible,
near or far,
born or to be born,
may all beings be happy.

Let no one deceive another, nor despise any being in any state;

Let none by anger or hatred wish harm to another.

☉ Even as a mother at the risk of her life watches over and protects her only child,
so with a boundless mind should one cherish all living things,
suffusing love over the entire world,
above, below and all around without limit;
☉ so let one cultivate an infinite good will toward the whole world.

Standing or walking,
sitting or lying down,

during all one's waking hours let one cherish the thought that this way of living is the best in the world.

Abandoning vain discussion,
having a clear vision,
freed from sense appetites,

● one who is made perfect will never again know rebirth in the cycle of creation of suffering

● for ourselves or for others.

▲ DEDICATION OF MERIT <Chant Leader Only>

We humbly beg the three treasures for their illumination.

Having chanted *METTA SUTTA*, we offer any merit generated thereby to the health and well-being of our planet Earth and all her creatures, to refugees and victims of war, to the oppressed and denied, and to all who are sick or in distress. (pause)

We also dedicate this to the clarity and equanimity of those going through the passage we call death, (pause)

to the six close kin and seven generations of parents of the pure assembly gathered in this community; to all we affect through thought, word, and deed; and to sentient beings throughout the dharma realm.

May they equally perfect awakening.

INVOCATION <All>

- ◎ All buddhas throughout space and time,
- ◎ all honored ones, bodhisattvas, mahasattvas,
- ◎ wisdom beyond ◎ wisdom, maha-prajnaparamita.

