

VERSE OF THE KESA

(Chanted in the mornings after dawn zazen)

Vast is the robe of liberation,
A formless field of benefaction.
I wear the Tathagata teaching
Saving all sentient beings.

THE FOUR VOWS

(Chanted after evening zazen and after a dharma talk)

Sentient beings are numberless; I vow to save them.
Delusions are inexhaustible; I vow to put an end to them.
The dharmas are boundless; I vow to master them.
The Buddha Way is unsurpassable; I vow to attain it.

WORK GATHA

(Chanted at the start of work meetings)

Gate! Gate! Paragate! Parasamgate!
Bodhi svaha.

GATHA ON OPENING THE SUTRA

(Chanted before a dharma talk during service)

The Dharma, incomparably profound and infinitely subtle,
Is rarely encountered, even in millions of ages.
Now we see it, hear it, receive and maintain it.
May we completely realize the Tathagata's true meaning.