

**FOUR BODHISATTVA VOWS:**

CREATIONS ARE NUMBERLESS,  
I VOW TO FREE THEM.

DELUSIONS ARE INEXHAUSTIBLE,  
I VOW TO TRANSFORM THEM.

REALITY IS BOUNDLESS,  
I VOW TO PERCEIVE IT.

THE AWAKENED WAY IS UNSURPASSABLE,  
I VOW TO EMBODY IT.

**VERSE BEFORE THE DHARMA TALK:**

THE DHARMA IS VAST AND SUBTLE  
WE NOW HAVE A CHANCE TO HEAR IT,  
STUDY IT, AND PRACTICE IT.  
WE VOW TO REALIZE ITS TRUE MEANING.

# **METTA SUTTA**

## **AVERO HOMI**

May I be free from enmity and danger.

## **ABVYA PAJJO HOMI**

May I be free from mental suffering.

## **ANIGHO HOMI**

May I be free from physical suffering.

## **SUKHI ATTANAM PARIHARAMI**

May I take care of myself happily.

## **SABBE SATTHA AVERA HONTU**

May all beings be free from enmity and danger.

## **ABVYA PAJJA HONTU**

May all beings be free from mental suffering.

## **ANIGHA HONTU**

May all beings be free from physical suffering.

## **SUKHI ATTANAM PARIHARANTU**

May all beings take care of themselves happily.

## **SUKHITA HOTH**

May all beings be happy.

## **DUKKHA MUCCHATHA**

May all beings be free from suffering.

## **SADHU SADHU SADHU**

May it be so.

**THE SUTRA ON THE HEART OF REALIZING WISDOM  
BEYOND WISDOM**  
(The Heart Sutra)

Avalokiteshvara, who helps all to awaken,  
moves in the deep course of  
realizing wisdom beyond wisdom,  
sees that all five streams of  
body and mind are boundless,  
and frees all from anguish.

Oh Shariputra,  
form is not separate from boundlessness;  
boundlessness is not separate from form.  
Form is boundlessness; boundlessness is form.  
Feelings, perceptions, mental formations,  
and discernment are also like this.

Oh Shariputra,  
boundlessness is the nature of all things.  
It neither arises nor perishes,  
neither stains nor purifies,  
neither increases nor decreases.

Boundlessness is not limited by form,  
nor by feelings, perceptions, mental formations, and  
discernment.  
It is free of the eyes, ears, nose, tongue, body and mind;  
free of sight, sound, smell, taste, touch, and any object of  
mind;  
free of sensory realms including mind-consciousness.

It is free of ignorance and the end of ignorance.  
Boundlessness is free of old age and death  
and free from the end of old age and death.  
It is free of suffering, arising, cessation, and path,  
and free of wisdom and attainment.

Being free of attainment, those who help all to awaken  
abide in the realization of wisdom beyond wisdom  
and live with an unhindered mind.  
Without hindrance, the mind has no fear.  
Free from confusion, those who lead all to emancipation  
embody complete serenity.

All those, in the past, present, and future,  
who realize wisdom beyond wisdom  
manifest unsurpassable, authentic and thorough awakening.

Know that realizing wisdom beyond wisdom  
is no other than this great mantra,  
luminous, incomparable, and supreme.  
It relieves all suffering.  
It is genuine, not illusory.

So set forth this mantra of realizing wisdom beyond  
wisdom.  
Set forth this mantra that says:  
Gate, gate, paragate, parasamgate, bodhi! svaha!