



PLUM VILLAGE SANGHAS OF THE CENTRAL PLAINS

Five Mindfulness Trainings Recitation Ceremony

♪ = bell . = wake=up or stop sound 🙏 = earth touching or bow if physically preferable

♪ ♪ ♪ .

Collecting the Sangha

Chant Master: 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

Chant Master: Everyone please stand.

Chant Master: 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. ♪

Chant Master: Please touch the earth at the sound of each bell.

Chant Master: Offering light in the Ten Directions,

All: the Buddha, the Dharma and the Sangha, to whom we bow in gratitude. ♪ 🙏 .

Chant Master: Teaching and living the way of awareness in the very midst of suffering and confusion,

All: Shakyamuni (Shah-kya-moo-nee) Buddha the Fully Enlightened One, to whom we bow in gratitude. ♪ 🙏 .

Chant Master: Mother of all Buddhas, bodhisattvas and all beings, nourishing, holding and healing all,

All: Bodhisattva Gaia (Guy-uh), Great Mother Earth, Precious Jewel of the Cosmos, to whom we bow in gratitude. 🎵 🙏 .

Chant Master: Radiating light in all directions, source of life on earth,

All: 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. 🎵 🙏 .

Chant Master: Showing the way fearlessly and compassionately,

All: the stream of all our ancestral teachers, to whom we bow in gratitude. 🎵 🎵 🙏 .

Sutra Opening Verses and Heart Sutra Recitation

All: Namō 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)

All: The Dharma is deep and lovely.

We now have a chance to see, study and to practice it.

We vow to realize its true meaning. 🎵

The Insight that Brings Us to the Other Shore - See separate sheet music

Sanghakarman Procedure

Sanghakarman Master: Has the entire community assembled?

Sangha Convener: Yes, 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: Why has the community assembled today?

Sangha Convener: The community has assembled to perform the Sanghakarman of reciting the Five Mindfulness Trainings.

Sanghakarman Master: Noble community, please listen. Today, _____, has been chosen as the day to recite the Five Mindfulness Trainings. The community has assembled at the appointed time and is ready to recite the Mindfulness Trainings in an atmosphere of harmony. Thus, the recitation can proceed. Such is the proposal. Is the proposal clear and complete?

Everyone: Clear and complete. ♪

[The Five Mindfulness Trainings Recitation] ♪ ♪

Closing Words

Chant Master: Dear friends, we have recited the Five Mindfulness Trainings, a foundation for happiness in our families and society. We should recite them regularly so that our study and practice of the mindfulness trainings can deepen day by day. ♪ .

Closing Verses

Chant Master: 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 ♪