

Four Great Zen Vows

All beings, without number, I vow to liberate them all. Endless blind passions, I vow to uproot them all. Dharma gates, beyond measure, I vow to penetrate them all. The Great Way of Buddha, I vow to attain. Dedication of the Merits

We dedicate all the merits gained in our practice Towards all sentients beings May all sentient beings realize the awakening of the Buddha May all beings be free of sufferings and the causes of sufferings.

The Three Refuges

I take refuge in the Buddha, the one who shows me the way in this life. I take refuge in the Dharma, the way of understanding and of love. I take refuge in the Sangha, the community that lives in harmony and awareness.

Dwelling in the refuge of Buddha, I clearly see the path of light and beauty in the world.

Dwelling in the refuge of Dharma, I learn to open many doors on the path of transformation.

Dwelling in the refuge of Sangha, shining light that supports me, keeping my practice free of obstruction.



Taking refuge in the Buddha in myself, I aspire to help all people recognize their own awakened nature, realizing the Mind of Love. Taking refuge in the Dharma in myself, I aspire to help all people fully master the ways of practice and walk together on the path of liberation. Taking refuge in the Sangha in myself, I aspire to help all people build Fourfold Communities, to embrace all beings and support their transformation.

Ten-verse Bodhisattva of Compassion Sutra

Bodhisattva! Praise to Buddha! All are one with Buddha, all awake to Buddha— Buddha, Dharma, Sangha eternal, joyous, selfless, pure. Through the day Bodhisattva. Through the night Bodhisattva. This moment springs from Mind. This moment itself is Mind. Great Repentance Release of Karma

May all unskillful karma committed by me since time immemorial, stemming from greed, anger, and ignorance, arising from body, speech and mind, I now repent and release them all.