

(Announced) Great Wisdom Beyond Wisdom Heart Sutra

Avalokiteshvara Bodhisattva when deeply practicing *prajna paramita* clearly saw that all five aggregates are empty and thus relieved all suffering Shariputra form does not differ from emptiness emptiness does not differ from form form itself is emptiness emptiness itself form sensations perceptions formations and consciousness are also like this Shariputra all dharmas are marked by emptiness they neither arise nor cease are neither defiled nor pure neither increase nor decrease therefore given emptiness there is no form no sensation no perception no formation no consciousness no eyes no ears no nose no tongue no body no mind no sight no sound no smell no taste no touch no object of mind no realm of sight...no realm of mind consciousness there is neither ignorance nor extinction of ignorance...neither old age and death nor extinction of old age and death no suffering no cause no cessation no path no knowledge and no attainment with nothing to attain a Bodhisattva relies on *prajna paramita* and thus the mind is without hindrance without hindrance there is no fear far beyond all inverted views one realizes nirvana all Buddhas of past present and future rely on *prajna paramita* and thereby attain unsurpassed complete perfect enlightenment therefore know the *prajna paramita* as the great miraculous mantra the great bright mantra the supreme mantra the incomparable mantra which removes all suffering and is true not false therefore we proclaim the *prajna paramita* mantra the mantra that says: “Gate gate paragate parasamgate bodhi svaha”

All Buddhas, ten directions, three times,
All beings, bodhisattva mahasattvas,
Wisdom beyond wisdom, Maha Prajna Paramitta

(Announced) 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 one's self the burden of riches let one's senses be controlled let one be wise but not puffed up and 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 practice the way with gratitude not holding to fixed views endowed with insight freed from sense appetites one who achieves the way will be freed from the duality of birth and death

All Buddhas, ten directions, three times,
All beings, bodhisattva mahasattvas,
Wisdom beyond wisdom, Maha Prajna Paramitta.