

Short Morning Service

Bell rings 3 times to begin the Service.

(Spoken by Guide): Daily Recitation

(All recite Daily Recitation aloud; persons with rosary beads may use them.)

(Spoken by Guide): Meditation

(All meditate silently for 30 minutes.)

(Spoken by Guide) *Striking of the Blocks*

Kesa Verse (3X) [Recommitment Statement]

(Student places the folded stole, rakusu, or okesa across the head, ear to ear, and brings the hands to anjoli.)

(All recite): How great and wondrous are the clothes of enlightenment, formless and embracing every treasure. I wish to unfold the Buddha's teaching that I may help all living things.

(Bell rings 2 times to end the Service. All gassho. All rise as Bell Ringer rises, making gassho to one's meditation place and then across the meditation hall.)

Service Dedication

(Spoken by Guide): We offer the merit of the Daily Recitation and this meditation to (pause for meditators to say names aloud) and to all, so they may realize Truth.

Three Homages

(All recite): Homage to all the Buddhas in all Worlds;
Homage to all the Bodhisattvas in all Worlds;
Homage to the *Prāṇā Paramita Hridaya Sutra*.

(All make gassho together, initiated by Bell Ringer.)

(All exit the Meditation Hall.)