Ten-Line Life-Affirming Sutra of Avalokiteshvara (Emmei Jukku Kannon Gyo)

Kanzeon
namu butsu
yo butsu u in
yo butsu u en
bupposo en
jo raki ga jo
cho nen Kanzeon
bo nen Kanzeon
nen nen ju shin ki
nen nen fu ri shin.

This sutra is usually chanted aloud many times, each time with increased speed and volume.

Avalokiteshvara, perceiver of the cries of the world,
takes refuge in Buddha,
will be a buddha,
helps all to be buddhas,
is not separate from buddha, dharma, sangha —
being eternal, intimate, pure, and joyful.
In the morning, be one with Avalokiteshvara,
In the evening, be one with Avalokiteshvara,
whose heart, moment by moment, arises,
whose heart, moment by moment, remains!

Translation by Kaz and Roshi Joan Halifax