

## 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

Excerpt From: Kazuaki Tanahashi. "The Heart Sutra." iBooks.