

Anattasati Magga
A Path of Mindfulness of No Self

Sangha Services – Table of Contents

Morning Service . . . 1

Daily Recitation
Meditation
Striking of the Blocks
Kesa Verse [Recommitment]
Sandokai
Prāṇā Paramita Hridaya Sutra
Sutra Dedication, Shasta Abbey/ASM Lineage Chant, Three Homages
Service Dedication, Three Homages, Prostrations,
Depart Hall to the entry room

Sit/Walk/Sit . . . 8

Sitting/Walking/Sitting Meditation
Meditation Dedication, Three Homages

Dogen’s Rules for Meditation Service . . . 9

Rules for Meditation
Service Dedication, Three Homages
Meditation
Meditation Dedication, Three Homages

Puja Service . . . 11

Puja
Puja Dedication, Women’s Lineage Chant, Three Homages
Meditation
Meditation Dedication, Three Homages

Vespers Service . . . 15

Meditation
Litany of the Great Compassionate One
[Hymn to Fudo]
Invocation of Achalanatha
[Hymn to Daikaku]
Invocation of Mahakala
[Hymn to the Cosmic Buddha]
Invocation of the Cosmic Buddha
The Golden Bell that Rings but Once
Service Dedication, Three Homages, Prostrations,
Depart Hall to the entry room

Short Morning Service . . . 17

Daily Recitation
Meditation
Kesa Verse
Service Dedication, Three Homages

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The Kesa Verse

Sandokai

[Prāṇā Paramita Hridaya Sutra] The Scripture of Great Wisdom

The Litany of the Great Compassionate One

[Hymn to Fudo] Invocation of Achalanatha

[Hymn to Daikaku] Invocation of Mahakala

[Hymn to the Cosmic Buddha] Invocation of the Cosmic Buddha

The Golden Bell that Rings but Once

Rules for Meditation

Wherever a word or phrase within the Shasta Abbey scriptures is adapted, the adaptation is indicated by brackets [_____].

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In Gratitude,

Sujata Yasa, Lay Teacher
(Nancy Spence)

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