

🔔 INVITING THE BELL

We invite the bell to bring us back to our breath, to bring us home to the present moment.

✿ SIGN OF THE LOTUS ✿

We place our palms together in front of our hearts, forming the sign of the budding lotus, kindly bowing to the Sangha, acknowledging the presence of the living Buddha seed in each participant.

A lotus for you, a Buddha to be.

✿ WELCOME ✿

Welcome to **Sun Seed Sangha** where we intend to apply Buddhist teachings, practices, and principles shared by Venerable Thich Nhat Hanh. One need not be a Buddhist—nor leave their root faith—to benefit from Buddhist practices. *With practice, may we bloom in the ordinary circumstances of our lives.*

🔔 TAKING REFUGE

We take refuge in the Triple Gem, the Buddha, Dharma, and Sangha.

I take refuge in the Buddha, the one who shows me the way in this life.

I take refuge in the Dharma, the teachings of love, compassion, and understanding.

I take refuge in the Sangha, the community that lives in harmony and awareness.



SUN SEED

SANGHA

A BUDDHIST PRACTICE GROUP



CHECKING INTENTIONS

We check the intentions of our hearts and minds, drawing close to the present moment—our true home—through **The Five Remembrances**.

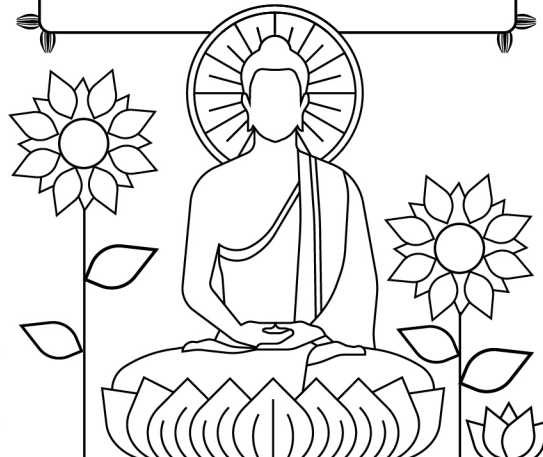
1. *I am of the nature to grow old, I cannot escape old age.*

2. *I am of the nature to get sick, I cannot escape sickness.*

3. *I am of the nature to die, I cannot escape death.*

4. *All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.*

5. *I inherit the results of my actions of body, speech, and mind. My actions are my continuation.*



🔔 MEDITATION

We sit with our breath and our thoughts in silence for 10 minutes.

With my body, speech, and mind in perfect oneness, I send my heart along with the sound of the bell. May the hearer awaken from forgetfulness and transcend all anxiety and sorrow.

✿ HEART SUTRA ✿

The Insight That Brings Us To The Other Shore is the essence of Buddhist teaching. It is recited daily in temples and practice centers throughout the world.

...all phenomena bear the mark of emptiness: their true nature is the nature of no birth no death, no being no non-being, no defilement no purity, no increasing no decreasing.

🔔 DHARMA READING

✿ ANNOUNCEMENTS ✿

🔔 CLOSING PRAYER

The Four Immeasurables

1. Loving-kindness
2. Compassion,
3. Appreciative joy
4. Equanimity

May all beings have happiness and the causes of happiness.

+++

May all beings be free from suffering and the causes of suffering.

+++

May all beings rejoice in the well-being of others.

+++

May all beings live in peace, free from greed and hatred.



❖ THE INSIGHT THAT BRINGS US TO THE OTHER SHORE ❖

Avalokiteshvara while practicing deeply with the Insight that Brings Us to the Other Shore, suddenly discovered that all of the five Skandhas are equally empty, and with this realisation he overcame all Ill-being.

❖ ❖ ❖

“Listen Sariputra, this Body itself is Emptiness and Emptiness itself is this Body. This Body is not other than Emptiness and Emptiness is not other than this Body. The same is true of Feelings, Perceptions, Mental Formations, and Consciousness.

❖ ❖ ❖

“Listen Sariputra, all phenomena bear the mark of Emptiness: their true nature is the nature of no Birth no Death, no Being no Non-being, no Defilement no Purity, no Increasing no Decreasing.

❖ ❖ ❖

“That is why in Emptiness, Body, Feelings, Perceptions, Mental Formations and Consciousness are not separate self entities.

“The Eighteen Realms of Phenomena which are the six Sense Organs, the six Sense Objects, and the six Consciousnesses are also not separate self entities.

❖ ❖ ❖

“The Twelve Links of Interdependent Arising and their Extinction are also not separate self entities.

❖ ❖ ❖

“Ill-being, the Causes of Ill-being, the End of Ill-being, the Path, insight and attainment, are also not separate self entities.

❖ ❖ ❖

“Whoever can see this no longer needs anything to attain.

❖ ❖ ❖

“Bodhisattvas who practice the Insight that Brings Us to the Other Shore see no more obstacles in their mind, and because there are no more obstacles in their mind, they can overcome all fear, destroy all wrong perceptions and realize Perfect Nirvana.

❖ ❖ ❖

“All Buddhas in the past, present and future by practicing the Insight that Brings Us to the Other Shore are all capable of attaining Authentic and Perfect Enlightenment.

“Therefore Sariputra, it should be known that the Insight that Brings Us to the Other Shore is a Great Mantra, the most illuminating mantra, the highest mantra, a mantra beyond compare, the True Wisdom that has the power to put an end to all kinds of suffering.

❖ ❖ ❖

“Therefore let us proclaim a mantra to praise the Insight that Brings Us to the Other Shore:

❖ ❖ ❖

Gate, gate, pāragate, pārasamgate, bodhi svāhā,

❖ ❖ ❖

Gate, gate, pāragate, pārasamgate, bodhi svāhā,

❖ ❖ ❖

Gate, gate, pāragate, pārasamgate, bodhi svāhā!”

This is the new English translation of the Heart Sutra completed in 2014 by Thich Nhat Hanh.



Venerable Thich Nhat Hanh, 1926-2022 / Thich Nhat Hanh stands with a sunflower in south-west France—on the property that would become Plum Village mindfulness practice center—in the early 1980s.

❖ A BODHISATTVA PRAYER ❖

May all beings everywhere plagued by sufferings of body and mind obtain an ocean of happiness and joy by virtue of my merits.

May no living creature suffer, commit evil, or ever fall ill.

May no one be afraid or belittled, with a mind weighed down by depression.

May the blind see forms and the deaf hear sounds, may those whose bodies are worn with toil be restored on finding repose.

May the naked find clothing, the hungry find food; may the thirsty find water and delicious drinks.

May the poor find wealth, those weak with sorrow find joy; may the forlorn find hope, constant happiness, and prosperity.

May there be timely rains and bountiful harvests; may all medicines be effective and wholesome prayers bear fruit.

May all who are sick and ill quickly be freed from their ailments.

Whatever diseases there are in the world, may they never occur again.

May the frightened cease to be afraid and those bound be freed; may the powerless find power, and may people think of benefiting each other.

For as long as space remains, for as long as sentient beings remain, until then may I too remain to dispel the miseries of the world.

Excerpt from Shantideva's Way of the Bodhisattva



FOR INFO & SCHEDULE

www.SunSeedSangha.com

SUN SEED
SANGHA
A BUDDHIST PRACTICE GROUP