

Well Being Service

(Last Friday of month)

Metta Sutta

Enmei Jukku Kannon Gyo (x7)

Dedication (English)

LOVING KINDNESS MEDITATION

(Metta Sutta)

This is what should be accomplished by the one who is wise, who seeks the good, and has obtained peace. Let one be strenuous, upright, and sincere, without pride, easily contented, and joyous. Let one not be submerged by the things of the world. Let one not take upon oneself the burden of riches. Let one's senses be controlled. Let one be wise but not puffed up and let one not desire great possessions even for one's family. Let one do nothing that is mean or that the wise would reprove. May all beings be happy. May they be joyous and live in safety. All living beings, whether weak or strong, in high or middle or low realms of existence, small or great, visible or invisible, near or far, born or to be born, may all beings be happy. Let no one deceive another nor despise any being in any state. Let none by anger or hatred wish harm to another. Even as a mother at the risk of her life watches over and protects her only child, so with a boundless mind should one cherish all living things, suffusing love over the entire

world, above, below, and all around, without limit. So let one cultivate an infinite good will toward the whole world. Standing or walking, sitting or lying down, during all one's waking hours, let one practice the way with gratitude. Not holding to fixed views, endowed with insight, freed from sense appetites, one who achieves the way will be freed from the duality of birth and death.

ENMEI JUKKU KANNON GYO

Kan ze on
Na mu Butsu
Yo Butsu u in
Yo Butsu u en
Bup-po so en
Jo raku ga jo
Cho nen Kan ze on
Bo nen Kan ze on
Nen nen ju shin ki
Nen nen fu ri shin

DEDICATION

All Buddhas, ten directions, three times
All Beings, Bodhisattvas, Mahasattvas
Wisdom beyond Wisdom, Maha Prajna Paramita