

BUDDHISM

ONE MAN'S SEARCH

Edited by

JONATHON DAVISON

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The Corporate Body of the Buddha Educational Foundation
11F., 55 Hang Chow South Road Sec 1, Taipei, Taiwan, R.O.C.
Tel: 886-2-23951198 , Fax: 886-2-23913415
Email: overseas@budaedu.org
Website: <http://www.budaedu.org>
Mobile Web: m.budaedu.org
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Introduction

I use this book on a daily basis, to help guide my thoughts and actions throughout the day.

Buddhism has made a profound change to my life. It has taught me that no matter how big the challenge, the circumstances surrounding it or how many obstacles are placed in my path, I can always see that there is good in every person, and that renews my faith in humanity.

I hope that you will find an inner peace...

*May the Buddha and his Dharma help you
throughout your life!*

May all beings be blessed by the three Jewels!

*May the planet be at peace, and the earth
stay beautiful!*

May all beings be happy!

May all have good fortune!

Jonathon Davison.

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A short recital in place of Prayer for
Blessing and Protection at Any Time

**By the (protective) power
of all the Buddhas,
Pacceka Buddhas and all Arahants
I secure my protection in every way.**

**My all misfortunes be warded off,
My all ailments cease;
May no calamities befall me;
May I live long in peace.**

**May all blessings be upon me.
May all deities protect me.
By the protective power of all
the Buddhas may safety ever be mine.**

**By the power of this Paritta (protection)
May I be free from all dangers arising
from malign influences of the planets,
demons and sprits.
May My misfortunes vanish.**

By the power of the Buddha
may all evil omens and untoward
circumstances, the ominous cry of birds,
the malign conjunctions of the stars,
and evil dreams be rendered invalid.

Let those who are in misery
be free from misery;
Let those who are in fear,
(agony and insecurity)
be free from fear, agony and insecurity;
Let those who are in sorrow
be free from sorrow and
let all living beings be free from misery,
fear and sorrow.

May the rains fall in due season;
May the be rich harvests;
May the world prosper;
May the ruler be righteous.



Morning Prayers

O Great Merciful Buddha!
Today is another new beginning!
As the saying goes:
The day's plan is to be
 made during the morning,
On such a fine morning,
 One reflects on the past,
I have failed,
But never despaired.
My heart was hurt,
But in the end readily consoled;
I have been aggrieved,
But fully knew that everything in life
 starts and ends with a cause;
I have shed tears,
But deeply believe that
 life will be better tomorrow.
Today, under the embrace of
 Your compassionate light Buddha,
I pray and wish that You will

grant me courage,
To face all of today's challenges;
I pray and wish that you will
grant me perseverance,
So I can accept all of today's defeats;
I pray and wish that You will
grant me strength
To shoulder all of today's tasks;
I pray and wish that You will
grant me wisdom,
So I can be thankful
for all causal encounters.
O Great Merciful Buddha!
Please help me to unlock my wisdom,
Please help me to open my mind's eye,
So that I can appreciate
the wondrous heaven and earth,
So that I can feel the warm
glow of mankind,
So that I may obtain helpful

support from friends,
So that I can understand
the exquisite treasures of Buddhism.
O Great Merciful Buddha!
Please help me to become rich
in heart, so that
Everyday it pleases me to give,
Everyday it is enjoyable to
encounter others,
Everyday I am compassionate
and generous,
Everyday I am forgiving and caring.
O Great Merciful Buddha!
Please help me to become
a warrior of life,
Who can think purely and clearly,
Who can always humbly offer,
Who can refrain from all evils,
Who can participate in every
kind deed.

O Great Merciful Buddha!
I pray that under Your embrace,
I can be cleverly agile,
And behold a Buddhist heart;
I can have a pocketful of
compassionate light,
To save people from agony and misery.
O Great Merciful Buddha!
I have felt Your presence within
my heart,
I understand I came to the world
joyously,
I realise my purpose in this society
is to contribute,
I know I study Buddhism for perfection
I pledge from now on,
Everyday I shall facilitate happiness
and affection;
To enlighten myself and all other
beings;

I pledge from today on,
My every moment will be spent
on benefiting my country,
And enriching its people,
To liberate myself and all other beings.
O Great Merciful Buddha!
Please receive this morning
prayer of mine.
O Great Merciful Buddha!
Please receive this morning
prayer of mine.
Na Mo Sakyamuni Buddha.

Recall the Buddha to your mind

Homage to the Enlightened Buddha,
perfect in Wisdom and Compassion.
Homage to the Noble Dharma,
the universal Law the Buddha taught.
Homage to the Holy Sangha,
the protectors of the Noble Dharma.
To these Three Jewels, I go for refuge.

May the Three Jewels bless and
protect me and my loved ones.
May we be free from harm and danger.
May we overcome our difficulties.
May we always meet with success.
May we be blessed with good health,
Strength, peace and happiness.

May my parents and sisters,
teachers, friends and relatives
be well and happy.

May they be free from harm & danger.

If they are faced with harm and
danger, I wish that they overcome
their anxieties quickly.

If they faced with ill health,

I wish that they regain good health
soon.

May the Buddhas, Dharma and Sangha
bless and protect them.

Aspiration

- 1. May the Buddha guide my thoughts and actions through the day.**
- 2. May the Dharma help me be strong in moments of weakness, brave in times of trouble, and calm in the face of changing fortunes.**
- 3. May the Sangha inspire me to act with kindness, patience and forgiveness in my dealings with others, including those who are unfriendly to me.**
- 4. May the Deities protect me and my family.**
- 5. May the Bodhisatvas guide me in my daily life.**
- 6. May this country be blessed with peace and prosperity.**

7. May I have the opportunity today to help someone in need of my love and support. I shall not waste this life in useless pursuits but use it well to bring love and a happiness to the world.
- 8, May the Buddha be at my head, the Dharma in my heart and the Sangha at my side protecting and guiding me always.
9. May all living beings include my enemies find peace.

NAMO BUDDHAYA

Evening Prayers

O Great Merciful Buddha!
This day is passed,
Today has gone away,
Although I can never stop time in
its tracks,
I pray to You, Buddha!
Allow me to waken to the truth of
everlasting change;
Although I can never follow the
footsteps of sunrise or moonset,
I pray to You, Buddha!
Allow me to recognise the
real meaning of life.
In this passed day,
I have not ceased to
daydream nonsensically,
I have felt my fires of karma
continually blaze,
But given Your compassionate
power and virtue,

And relying on Your wise teachings,
I managed to safely pass this day.
Wish I can from now on,
Like bridges and highways,
I would stretch and link the
 good causes of mankind;
Like springs and timely rain,
I would irrigate everyone's peace
 and comfort;
Like forest and old trees,
I would lessen the heat and
 weariness of passion;
Like sun, moon and stars,
I would illuminate the way
 for whoever is lost.
O Great Merciful Buddha!
This day is passed,
On such a night as tonight,
I can feel that life is rapidly slipping
 away,

Within these brief moments,
Like fish without water,
I feel so powerless and so helpless
 against the everlasting
 changes in life.

Only,
O Great Buddha!
I implore You,
Let me possess a heart
 for fairness,
To forgive my marauding enemies;
Let me possess a heart for gratitude,
To repay my helpful friends;
Let me possess a heart for insight,
To be circumspect and to observe my
 own faults;
Let me cultivate a diligent heart,
To carry forward Your
 compassionate teachings.
O Great Merciful Buddha!

Thank you for Your teachings,
They have allowed me to cast away
 my sword of vengeance,
And to regain my peace of mind;
They have unchained me
 from stubborn impasses,
To enjoy the cool pure pleasure of Bud-
dhist scriptures.
O Great Merciful Buddha!
This day has passed,
Life has likewise been shortened,
I pray for Your kind blessings,
From this moment on, allow me
to be:
Free from horror,
Free from unruliness,
Free from worries,
Free from nightmares;
Through Your all embracing
Support Great Buddha!

**Bless me in wakefulness and sleep
with endless happiness and joy.**

**Help me discover my true self,
and possess eternal life.**

O Great Merciful Buddha!

**Please receive Your disciple's
night prayers.**

O Great Merciful Buddha!

**Please receive Your disciple's
night prayers.**

Na Mo Sakyamuni Buddha.

Recall the Buddha to your mind

Homage to the Enlightened Buddha,
perfect in Wisdom and Compassion.
Homage to the Noble Dharma,
the universal Law the Buddha taught.
Homage to the Holy Sangha,
the protectors of the Noble Dharma.
To these Three Jewels, I go for refuge.

May the Three Jewels bless and
protect me and my loved ones tonight.
May we be free from harm and danger.
May we overcome our difficulties.
May we always meet with success.
May we be blessed with good health,
Strength, peace and happiness.

May my parents and sisters,
teachers, friends and relatives
be well and happy.

May they be free from harm & danger.
If they are faced with harm and
danger, I wish that they overcome
their anxieties quickly.

If they faced with ill health,
I wish that they regain good health
soon.

May the Buddhas, Dharma and Sangha
bless and protect them.

Protect me and my loved ones tonight,
O Blessed One.

Keep us away from harm and danger.
Let our sleep be peaceful so that we
awake in the morning refreshed in
body and mind.

Aspiration

If I have strayed from the true path,
may I never do so again.

If I have carelessly hurt someone today,
by word or deed,
may I be more mindful the next time.
O Buddha, the Enlightened One, help
me to set my heart right.

May my actions reflect
your love and compassion.

I shall strive to cleanse my heart
from hate and envy,
and live in harmony with all people.

I shall be close to the Dharma,
in good as well as in difficult times.

I know that should the moment
come for me to leave this world,

I shall do so without fear or regret
because I leave the world a better
person than when I come into it.

Whatever wrong someone may do to
me, may I be compassionate and
forgive and bear no hatred in my
heart.

I shall bear in mind to be grateful
for the acts of love and consideration
shown to me,

No matter how small they appear to be.
For those I love and those who loved
me, may this life be a blessing and a
a source of happiness to all beings.

NAMO BUDDHAYA

Sharing of Merits

I would like to share the merits I have gathered today as well as in the past with the Deities.

May they rejoice in these merits and keep an eye on me and my loved ones.

I would like also to transfer these merits to my departed relatives and family.

Whenever they are, may they be free from suffering and be happy.



Salutation to the Buddha

Three Refuges

Homage to the Enlightened Buddha,
perfect in Wisdom and Compassion.

Homage to the Noble Dharma,
the universal Law the Buddha taught.

Homage to the Holy Sangha,
the protectors of the Noble Dharma.

To these Three Jewels, I go for refuge.

HOMAGE TO THE BUDDHA

I pay homage to the Blessed One, the
Worthy One, the Fully Enlightened One.
(*Three times*)

Such, indeed, is the Exalted One: worthy,
perfectly enlightened, endowed with
knowledge and conduct, well-gone, knower
of the worlds, supreme trainer of persons to
be tamed, teacher of gods and humans,
enlightened and exalted.

To the Buddhas of the past,
To the Buddhas of the future,
To the Buddhas of the present
I offer my reverence always.

For me there is no other refuge,
the Buddha is my matchless refuge.
By these words of truth

May joyous victory be mine.

With my forehead I pay reverence
To the dust at His feet;
If I have done wrong to the Buddha
May the Buddha please forgive me.

HOMAGE TO THE DHARMA

Well expounded is the Dharma
by the Exalted One, directly visible,
immediately effective, calling one to come
and see, leading onwards, to be personally
realized by the wise.

To the Dharmas of the past,
To the Dharmas of the future,
To the Dharmas of the present,
I offer my reverence always.

For me there is no other refuge,
The Dharma is my matchless refuge.
By these words of truth
May joyous victory be mine.

With my forehead I pay reverence
To the matchless threefold Dharma;
If I have done wrong to the Dharma
May the Dharma please forgive me.

HOMAGE TO THE SANGHA

The Order of the Exalted One's disciples is practicing well; the Order of the Exalted One's disciples is of upright conduct; the Order of the Exalted One's disciples has entered the right path; the Order of the Exalted One's disciples is practicing correctly, that is, the Four Pairs of Persons, the Eight Kinds of individuals, this Order of the Exalted One's disciples worthy of offerings and hospitality, worthy of gifts and salutation, supreme field of merit for the world.

To the Sanghas of the past,
To the Sanghas of the future,
To the Sanghas of the present

I offer my reverence always.

For me there is no other refuge,
The Sangha is my matchless refuge.
By these words of truth
May joyous victory be mine.

With my forehead I pay reverence
To the matchless threefold Sanghas;
If I have done wrong to the Sanghas
May the Sangha please forgive me.

They go to many a refuge,
Those who have been struck by fear ,
They go to mountains and forests,
To parks and trees and shrines.

But this is not a secure refuge,
This is not the refuge supreme,
Not by relying on such a refuge
Can one be freed from all suffering.

But one who has gone for refuge
To the Buddha, Dharma, and Sangha,
Sees with perfect wisdom
The Four Noble Truths.

Suffering, the arising of suffering,
The transcending of suffering,
And the Noble Eightfold path
That leads to suffering's final end.

This is the refuge that is secure,
This is the refuge that is supreme,
By relying on such a refuge as this
One is released from all suffering.

THE BLESSED REFUGES

O, Blessed One! The greatest of mankind
Thou gracious Master, filled with love divine.
Glorious Thy life, so sweet, so pure,
Thou mighty Light, Thou Blessed One so dear.

Lord, at Thy feet I seat myself to learn
The wisdom of Thy Life and Law.
Plainly I see the Truth which dost teach;
Sorrow and pain and self shall be no more.

Into my heart there comes a lasting peace;
Within my mind there glows a wondrous Light.
All tears and sorrows, doubts and worries cease,
For Truth and Joy Thy Glorious Teaching brings.

I take my refuge in The Glorious Lord,
No other shelter shall I need,
I take my refuge in the Law and Sangha,
Which freedom bring and Light forevermore.

THE ETERNAL REFUGES

How glorious is Thy Dharma,
O, Buddha, Blessed Lord,
How wonderful Thy Sangha,
That spreads Thy word abroad.

We, too, will surely follow
The road that Thou didst find,
The perfect Road of Knowledge
And never look behind.

And, walk in Thy footsteps,
We'll find the truest wealth
Lies in the full surrender
Of that we call the self.

Thine Infinite Compassion,
Thy pure and holy life,
At length shall lead the nations
From bloodshed, hate and strife.
And so we take our refuge

In Thee, our Lord Benign,
Thy Holy Law the beacon
That in our hearts shall shine.

How glorious is Thy Dharma,
O Buddha, Blessed Lord;
How wonderful Thy Sangha,
That spreads Thy word aboard.

- The Venerable E. K. S. Hunt.



Offerings

Offering of Light

With lights brightly shining,
abolishing the gloom,
I adore the Enlightened One,
who dispels the darkness (of ignorance).

Offering of Flowers

This mass of flowers,
fresh cut, fragrant and chosen,
I offer at the sacred lotus-like feet
of the Nobel Sage.

Offering of Food

O Lord! The Blessed One,
may this food
be kindly accepted by You,
out of great compassion for us.

Offering of Medicinal Drinks

O Lord! The Blessed One,
please accept these medicinal drinks
as an offering o Thee,
out of great compassion for us.

Offering of Perfumed Smoke

With perfumed smoke,
Made from fragrant substances,
I honor the Exalted One,
worthy of respect,
Who dispels the darkness (of ignorance).

I pay reverence to every shrine that may
stand in any place, the bodily relics, the
Bodhi Tree, and all images of the Buddha.

I have gained a vast mass of merit
honoring the most honorable Triple Gem;
by the spiritual power of that merit may
my obstacles be destroyed.

With candle lights dispelling dark I
venerate the perfect Buddha,
the light of the triple world, who dispels
the darkness of delusion.

With this incense sweetly scented, made
from fragrant substances,
I venerate the One worthy of reverence,
the supreme recipient of offerings.

This cluster of flowers, beautiful,
fragrant, and excellent, I offer at the holy
lotus feet of the noble lord of sages.

With these flowers I venerate the Buddha,
by this merit may I gain liberation.
As these flowers fade and wither so will
my body be destroyed.

By this practice of Dhamma,
in accord with the Dhamma,
I venerate the Buddha.

By this practice of Dhamma,
in accord with the Dhamma,
I venerate the Dhamma.

By this practice of Dhamma,
in accord with the Dhamma,
I venerate the Sangha.



Pray for Help
for the Deceased

OM

O ten directions' Buddhas and Bodhisattvas, compassionate, all-knowing, all seeing, all loving - you are the refuge of beings! By the power of your compassion, please come to this place! Please accept these physical and visualised offerings! You compassionate ones command inconceivable all-knowing wisdom, miraculous deeds performed with loving compassion, and power to give refuge! O you compassionate ones, this person named So-and-so is going from this world to the beyond, leaving this world, making the great migration. She has no friends. She has great suffering, no

refuge, no protector, and no allies. Her perception of this life is declining. She is going to another life-realm, entering a thick darkness, falling into a great abyss, and getting lost in a dense forest.

She is driven by the power of evolution, going into a vast wilderness, swept off by a huge ocean. She is blown off by the wind of evolution, going to a place without firm ground, entering a vast battleground. She is being seized by a great devil, terrified by the messengers of Yama. She is going from one evolutionary existence to another, without any power of her own. The time has come when she must go,

friendly and alone. Therefore, may you compassionate ones please give refuge to this helpless one named So-and-so! Protect her! Be her ally! Save her from the great darkness of the between! Hold her back from the harsh red wind evolution! Save her from the great terror of Yama! Deliver her from the great long straits of the between! O Compassionate ones, don't hold back on your compassion! Help her!

Don't let her fall into the three horrid states! Don't waver from your ancient vows! Extend your compassion power! O Buddhas and Bodhisattvas, enfold this one named So-and-so with your

**compassionate art and power!
Look after her with compassion!**

**Don't abandon her to the power of
negative evolution! I strongly pray
to that your Three Jewels save her
from the suffering of the between!**



The Eight Precepts

1. I take to precept to abstain from destroying living beings.
2. I take to precept to abstain from taking things not given.
3. I take to precept to abstain from sexual misconduct.
4. I take to precept to abstain from false speech.
5. I take to precept to abstain from taking anything that causes intoxication.
6. I take to precept to abstain from eating at improper times.
7. I take to precept to abstain from dancing, music, shows and beautifying with cosmetics;
8. I take to precept to abstain from the use of high and large seats and beds.

The

Eightfold

Path

Perfect Understanding

Realisation of real nature of existence.

Perfect Thoughts

Properly guided human emotion.

Perfect Speech

Harmornised human communication.

Perfect Action

Upholding morals and ethics.

Perfect Livelihood

Respectable and harmless way of life.

Perfect Effort

Dynamic mental process and directed to discipline and cultivation of the mind.

Perfect Mindfulness

Awareness of own action, words, and thoughts.

Perfect Concentration

Higher consciousness with purity and wisdom.

The Four Noble Truths

Dukkha:

All life knows sorrow or suffering

Realisation of the unsatisfactoriness of existence.

Dukkha Samudaya:

The Cause of Suffering has a cause

Realisation of the cause of this unsatisfactoriness (craving)

Nirodha:

Cessation of Suffering

Experience complete liberation from unsatisfactoriness (Nibbána)

Magga:

Path leading to the Cessation of Suffering

The method to be practiced in order to gain liberation from unsatisfactoriness.

Verses

OUR BLESSED MASTER

The Blessed Master teaches
That children must be true,
In every thought and every word,
In every act they do.

The Holy Master teaches
All children must be pure,
If they would walk his pathway,
And happiness secure.

The gentle Master teaches
That all must surely bring,
Tender care and kindness
To every living thing.

Our Blessed Master teaches
Each child must slay within,
The ugly selfish longing
That leads to acts of sin.

RIGHT UNDERSTANDING

You who will know
In the truth shall grow
And to fullest knowledge win
By the light within.

Unto humankind
Is the task assigned
All by reason's power to test
And to choose the best.

Reason's steadfast glow
Doth the pathway show
Out of error's woe and night
Unto wisdom's height.

Cease from base desire,
Ardently aspire
Pure in mind to be
From all evil free.

Then shall reason's ray
Merge in truth's bright day,
And in full enlightenment
You shall find content.

- A. R. Zorn.

RIGHT THOUGHT

Right thought will lead me on
to wisdom's holy height,
And show to me the surest way
to pass through sorrow's night.

Right thought will light me through
The shadows of the life;
It will ease my heart and peace assure
And free my mind from strife.

Right thought will be my guide
Across life's troubled sea;
My pilot, compass, star and chart,
Right thought shall ever be.

Right thought will keep me on
The way to perfect peace,
And ferry to the other shore
Where all illusions cease.

RIGHT SPEECH

Let truth upon thy lips
 Its seal impress
To guard thee from deceit
 And false excess.

Let purity pervade
 Thine every word,
Lest that which may defile
 from thee be heard.

Let love unto thy voice
 Its music lend,
Then shalt thou gladden all
 And none offend.

Let wisdom thee restrain
 Lest thou betray,
Or idle tales repeat
 To cause dismay.

RIGHT ACTION

Firm in our purpose we have set
Our feet in wisdom's way,
Nor shall the transient things of earth
Our resolution sway.

We spurn the lure of fame or gold,
The lust for things of sense,
And find purity and peace
Our ample recompense.

Unselfish love to all that live
Our lives shall manifest,
In thought, in word, in action show
Its inspiration blest.

Though steep and toilsome be the path,
We shall but strive the more
Nirvana's holy realm to gain
And peace forevermore.

STEADFASTNESS

Thread thou the path of rectitude

The precepts five observe,
Lest base desire or lure of gain
Thy resolution swerve.

Let love thy spirit dominate
And let thine heart be kind,
That all in sorrow, pain o need
A friend in thee may find.

Pure in thy thought, thy word and deed,
So let thy life be spent,
And thou shalt make thy progress sure
To full enlightenment.

- A. R. Zorn.

RIGHT EFFORT

Constant let thine effort be
From delusion's slavery,
By the truth, thy mind to free
Wisdom to attain.

Break the bonds of sense-desire
Holding thee in error's mire,
And with all thine heart aspire
Purity to know.

Strive the ego to deny,
Let all selfish cravings die,
To all beings low and high
Love and kindness show.

Never let thine effort cease
Till in ultimate release
And in Buddha's perfect peace
Thou hast reached thy goal.

RIGHT MINDFULNESS

Keep thou thy mind as a garden,
Let hot thy diligence cease,
Weeding out evil and error,
Striving the good to increase.

Sow thou by Highest Attention
Thoughts that are holy and pure;
Constant and earnest endeavor
Vigour and growth will assure.

Seek with the Light of the Doctrine
Daily thy thoughts to illume,
Truth by its power shall quicken,
Bring them in virtue to bloom.

Then shall thy thoughts find fruition,
Yielding in word and in deed
Cheer, inspiration and blessing,
Help unto other in need

SWEET TIME OF MEDITATION

Sweet time of meditation,
The quiet time of peace,
When from life's care and turmoil
I find a blessed release.

In silent contemplation,
New faith and hope I win;
More light and deeper knowledge
More strength to conquer sin.

Sweet time of meditation,
When, silent and alone,
The Master's word I ponder,
His truth to make my own.

With earnest purpose seeking,
I gather more and more
Of wisdom's holy treasure
From His exhaustless store.

Sweet time of meditation,
When oft there comes to me,
A vision of the Master
Beneath the Bodhi tree.

And with Him in the vigil,
My sprit seems to share
A foretaste of Nirvana,
Of bliss beyond compare.

- A. R. Zorn.

THE LAW OF KARMA

What e're ye sow that shall ye reap,

Such is the Law Divine.

Think not that thou can't escape

The karma which is thine.

The present is the true result

Of actions all our own,

The sower always reaps the fruits

Of seeds which he has sown.

The law is ever just and true

And all must surely bear,

The strict result of every act

For none the law can spare.

Weep not for what is past and gone,

For it cannot return.

This is the teaching Buddha gave

For all His sons to learn.

Do not despair, the future still
Is thine to mar or make;
Sow then today good seeds and pure,
And reap their harvest great.

The goal divine still shines afar
All may this goal attain,
When they have learned good seeds to
sow
And things of self have slain.

- D. Hunt.

THE THREE SIGNS

Dukkha, Anicca, Anatta,

The leaves are falling fast,

The reign of the rose is ended,

The sky is overcast.

The whole world is filled with sadness,

From city and jungle arise

The cry of life's suffering children—

The daylight slowly dies.

Our Lord looked with love and pity

Upon every living thing,

From the lowest child of nature

To the mightiest crowned king.

For hatred, delusion, passion

Still claim and enslave us all,

And each alike on the wheel of change

Must suffer, and rise, and fall.

Dukkha, Anicca, Anatta,
Thou every life knows pain
He who faithfully walks the Path
Will not look for help in vain.
The law of the Tathagatha
Forever will light the way;
It is our moon to shine by night,
Our sun to illumine the day.

In Lord Buddha we take Refuge,
His Law of Good our guide,
To pilot us as we toss and drift
On being's remorseless tide.
With the Dharma's light to steer by
Some day we'll fear rocks no more,
But, merit won, each will moor his barque
On Nirvana's changeless shore.

- Geraldine E. Lyster.

THE ETERNAL REFUGE

We thirst for something lasting, something real
in this our world of constant change and strife;
A spot wherein our spirits may find rest, Amid
the storms and agony of life.

But while we seek confused by things of sense,
bewildered by the calls of self and sin,
We oft forget the words Lord Buddha spoke:
The gateway of the Kingdom lies within.

Greatest tempests rage o'er oceans mighty face,
While angry billows sweep and surge around,
But in the depths far hidden out of sight,
Eternal Peace and Perfect Clam are found.

So are there depths within the spirit hid,
Where storms and winds of passion never blow,
And all who rest within this hallowed spot,
The hidden joys of Truth shall surely know.

- D. Hunt.

SONG OF THE GOLDEN RULE

Do unto others as you wish
That they should do to you.
Then would this earth a heaven be
So beautiful and true.

Be kind to those who are unkind
Give love to those who hate;
Thus will your merit be untold,
Your blessings very great.

Give unto all the best you have
To all a favor do,
And all those blessings in their time
Will then come back to you.

- C. Albers.

THE ANTHEM OF THE UNIVERSAL

One Cosmic brotherhood,
 One Universal good,
One Source, One Sway;
 One purpose moulding us,
One life enfolding us,
 In love always.

Anger, resentment, hate,
 Long made us desolate;
Their reign is done.

 Race, colour, creed and caste
Fate in the dreamy past
 Man wakes to learn at last:
All life is one!

- Sir Francis Younghusband.

THE BUDDHIST'S FATE

Happy is the Buddhist's fate,
For his heart knows not of hate;
Haters may be all around,
Yet in him no hate is found.

Happy is the Buddhist's fate,
He all pining makes abate;
Pining may be all around,
Yet in him no pining's found.

Happy is the Buddhist's fate,
Him no greed will agitate
In the world may greed abound,
Yet in him no greed is found.

Happy then let us live,
Joyously our service give;
Quench all pining, hate and greed
Happy is the life we lead.

HOLY DAY OF WESAK

Buddha, Lord we offer,
Oh Thy birthday fair,
Garlands of the bright
Blossoms choice and rare.

Holy Day of Wesak,
Day of Buddha's birth,
When the sun of wisdom
Shone upon the earth.

Incense too we offer
On this Festal Day,
For the things we cherish
All must pass away.

Through this holy symbol
We shall learn to see,
Things of priceless value
Hid in transiency.

And the deep gong sounding
Bids us leave the self,
And the Buddha's teaching
Find the truest wealth.

Lights upon the altar
Show to us the way,
From the realms of darkness
To Nirvana's day.

LORD BUDDHA FOUND THE TRUTH

Lord Buddha found the truth,
That breaks the captive's chains,
The truth that gladdens hearts forlorn,
And heals the sufferer's pain.

Lord Buddha found the Light
That scatters all our fear,
And on the weary paths of night
It sheds a gladdening cheer.

Lord Buddha found the Way,
The Holy War of Peace,
For all who tread the Eight Fold Path
Shall find earth's sorrows cease.

Lord Buddha found true Life,
Immortal and sublime,
And those who win the fight with self
Shall find the Life Divine.

Lord Buddha found the Goal,
Nirvana's state most blest,
And those who trust him as their guide,
Will find eternal rest.

- D. Hunt.

THIS WOULD I KNOW

Of those who talk the Noble Eightfold Way,

How many walk the way?

How many know

The pitfalls and the snares;

The swampland and the plain,

The scorching heat, the snows,

The drenching rain?

The loneliness and the heartache

The dismay

The pilgrim as he journeys

Night and day?

How many walk the way?

This would I know:

Of those who prate the Fourfold Noble

Truths,

How many seek the truth?

How many know

Release of mind,

True wisdom comprehended?

Cessation from their pain
And craving ended?
Work out their own salvation,
Look within?
And in the silence
Find the strength to win?
How many?
This would I know.

- Hesper Le Gallienne Hutchinson.

PERSERVERANCE

Lord Buddha, I will follow

Thy Dharma without cease,
And keep always at Thy side,
My heart will know Thy peace.

Steadfast and loyal I will be

In thought and word and deed;
Thus persevering all the way,
I Shall sow Buddha-seed.

There's sowing time and harvest time,

And what we sow we reap;
Thus children all should persevere
Thy way to know and keep.

- Sumangalo.

THE STANZA OF PRAISE

Buddha, Lord, to thee
Praise and thanks shall be;
Wisdom's way thy word has taught us,
Peace and joy thy love has brought us
In eternity.

- A. R. Zorn.

THE DHARMAKAKRA

When we see the Dharma-Wheel,
Shining with each turn,
We are thus reminded
Of our Lord's concern;
Concern for every mortal,
That each might find release
From the round of sorrow,
Into perfect peace.

- S. R.

THE TWIG AND THE TREE

Gently teach the little children

How to walk the Buddha-way;
Show with kindness and affection,

What to do and what to say.
Even as a tiny twig, if twisted,

Grows into a twisted tree,
So do men and women follow

Patterns learned from infancy.
Let us then make sure that always

Example right we clearly show,
So that our youth in life may never
Down the path of evil go.

Teach the young the path to follow;
Show them in their days of youth,
And when old they'll never waver
From Lord Buddha's Path of Truth.

- Sumangalo.



Images

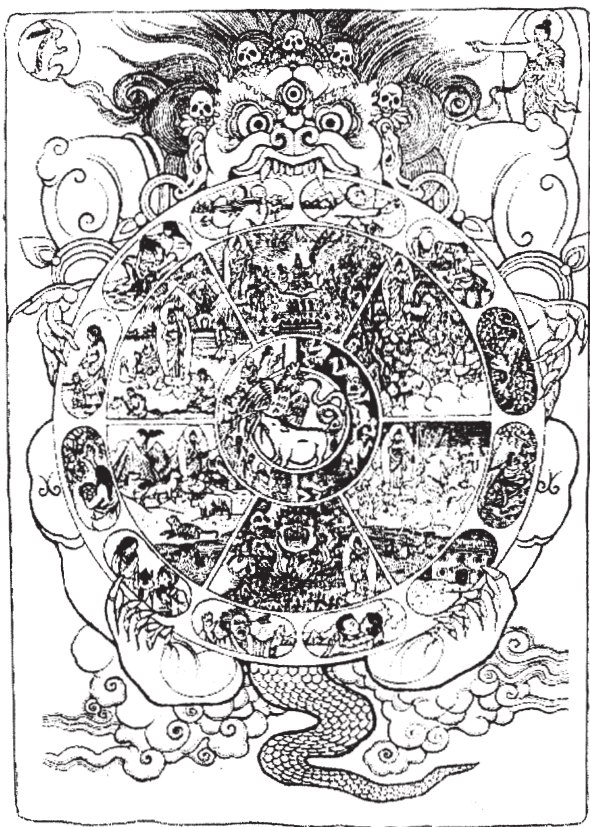








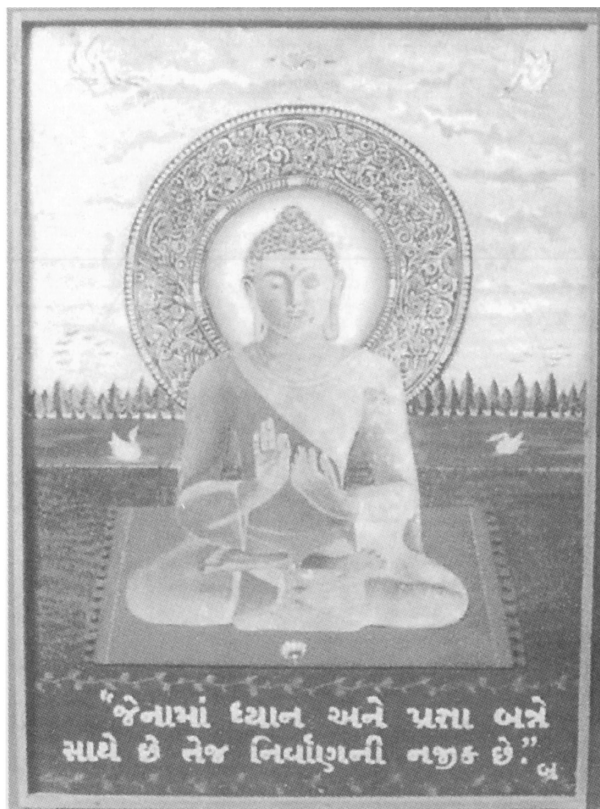




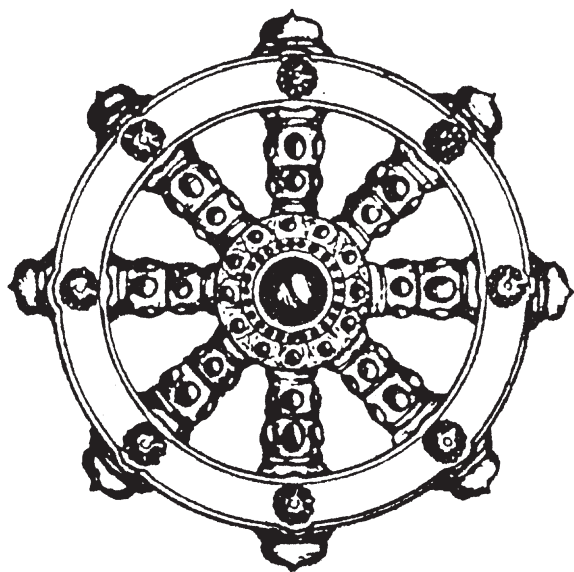








“જેનામાં ઈશ્વાન અને પ્રજા બન્ને
સાથે છે તેજ નિર્વાણની નજીક છે.” ❧



“Wherever the Buddha’s teachings have flourished,
either in cities or countrysides,
people would gain inconceivable benefits.
The land and people would be enveloped in peace.
The sun and moon will shine clear and bright.
Wind and rain would appear accordingly,
and there will be no disasters.
Nations would be prosperous
and there would be no use for soldiers or weapons.
People would abide by morality and accord with laws.
They would be courteous and humble,
and everyone would be content without injustices.
There would be no thefts or violence.
The strong would not dominate the weak
and everyone would get their fair share.”

※ THE BUDDHA SPEAKS OF
THE INFINITE LIFE SUTRA OF
ADORNMENT, PURITY, EQUALITY
AND ENLIGHTENMENT OF
THE MAHAYANA SCHOOL ※

GREAT VOW

***BODHISATTVA EARTH-TREASURY
(BODHISATTVA KSITIGARBHA)***

***“ Unless Hells become empty,
I vow not to attain Buddhahood;
Till all have achieved the Ultimate Liberation,
I shall then consider my Enlightenment full !”***

***Bodhisattva Earth-Treasury is
entrusted as the Caretaker of the World until
Buddha Maitreya reincarnates on Earth
in 5.7 billion years.***

***Reciting the Holy Name:
NAMO BODHISATTVA EARTH-TREASURY***

***Karma-erasing Mantra:
OM BA LA MO LING TO NING SVAHA***

**Taking Refuge with a mind of Bodhichitta
In the Buddha, the Dharma and the Sangha,
I shall always take refuge
Until the attainment of full awakening.**

**Through the merit of practicing generosity
and other perfections,
May I swiftly accomplish Buddhahood,
And benefit of all sentient beings.**

**The Prayers of the Bodhisattvas
With a wish to awaken all beings,
I shall always go for refuge
To the Buddha, Dharma, and Sangha,
Until I attain full enlightenment.**

**Possessing compassion and wisdom,
Today, in the Buddha's presence,
I sincerely generate
the supreme mind of Bodhichitta
For the benefit of all sentient beings.**

**"As long as space endures,
As long as sentient beings dwell,
Until then, may I too remain
To dispel the miseries of all sentient beings."**

With bad advisors forever left behind,
From paths of evil he departs for eternity,
Soon to see the Buddha of Limitless Light
And perfect Samantabhadra's Supreme Vows.

The supreme and endless blessings
of Samantabhadra's deeds,
I now universally transfer.
May every living being, drowning and adrift,
Soon return to the Pure Land of
Limitless Light!

~The Vows of Samantabhadra~

I vow that when my life approaches its end,
All obstructions will be swept away;
I will see Amitabha Buddha,
And be born in His Western Pure Land of
Ultimate Bliss and Peace.

When reborn in the Western Pure Land,
I will perfect and completely fulfill
Without exception these Great Vows,
To delight and benefit all beings.

~The Vows of Samantabhadra
Avatamsaka Sutra~

DEDICATION OF MERIT

May the merit and virtue
accrued from this work
adorn Amitabha Buddha's Pure Land,
repay the four great kindnesses above,
and relieve the suffering of
those on the three paths below.

May those who see or hear of these efforts
generate Bodhi-mind,
spend their lives devoted to the Buddha Dharma,
and finally be reborn together in
the Land of Ultimate Bliss.
Homage to Amita Buddha!

NAMO AMITABHA

南無阿彌陀佛

財團法人佛陀教育基金會 印贈

台北市杭州南路一段五十五號十一樓

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11F., 55 Hang Chow South Road Sec 1, Taipei, Taiwan, R.O.C.

Tel: 886-2-23951198, Fax: 886-2-23913415

Email: overseas@budaedu.org

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