



The Order of Clear Mind Zen: Gathas

Verse of the Kesa

Vast is the robe of liberation
A formless field of benefaction.
I wear the Tathagatha's teaching
Liberating all sentient beings.

Verse of the Kesa

Dai sai ge dap pu ku,
Mu so fu ku den e
Hi bu nyo rai kyo
Ko do sho shu jo

Gatha on Opening the Sutra

The Dharma, incomparably profound and minutely subtle,
Is rarely encountered in hundreds of thousands of kalpas.
We can now see it, hear it, receive and maintain it;
May we understand the Tathagatha's true meaning.

Gatha on Opening the Sutra

Mu jo jin jin myo ho
Hyaku sen man go nan so gu.
Ga kon ken mon toku ju ji
Gan ge nyo rai shin jitsu gi.

Verse for Shaving the Head

We shave the head that we may
See how by freeing
Ourselves from attachments
We are released from suffering.

Verse for Shaving the Head

Ru ten gan gai chu on nai fu no
O dan ki on nyo mu I shin ji tsu
Ho on sha tei jo sho hat su to gan shu jo
Yo ri bon no ku kyo an ra ku.

Morning Verse

This morning I vow with all beings
To see the world clearly
As it is, to end violence
And bring compassion to all beings.

Meal Gatha

We reflect on the effort that brought us this food---
And consider how it comes to us.

Evening Verse

This evening, as I go to sleep,
May all beings rest deeply
And be renewed in peace and love.

We reflect on our virtue and practice---
And consider whether we are worthy of this offering.

We regard greed as an obstacle to freedom of mind.

We regard this meal as medicine to sustain our life.

For the sake of Enlightenment we now receive this food.

