

Morning Zazen with Pali Refuges  
Mid City Zen  
**Chant Card (short service)**

**After Zazen**

**Pali Refuges**

***All in gassho:***

Buddham saranam gacchami  
Dhammam saranam gacchami  
Sangham saranam gacchami

Dutiyampi buddham saranam gacchami  
Dutiyampi dhammam saranam gacchami  
Dutiyampi sangham saranam gacchami

Tatiyampi buddham saranam gacchami  
Tatiyampi dhammam saranam gacchami  
Tatiyampi sangham saranam gacchami

***bow toward altar in gassho***

***Dedication***

***All, standing in gassho:***

All Buddhas, ten directions, three times  
All Honored Ones, Bodhisattva Mahasattvas  
Wisdom beyond wisdom, Maha Prajna Paramitta

At bell, three full prostrations (or standing bow if you prefer not to do full)

**Closing:**

First bell • everyone bow in gassho toward the altar  
Second bell • everyone bows in shashu toward center of room  
Then two “exit” bells, no bows ••