

Retreat Discounts

Discount Codes

Please use the following codes during registration:

- Kwan Um School of Zen (KUSZ) members: **MEMBER** - 20% off
- Full time students (bring ID): **STUDENT** - 20% off
- Seniors (65+): **SENIOR** - 20% off
- DTs and DTiTs: **TEACHER** - 30% off
- PZC Home Sangha Members: **PZCMEMBER** - 1 free temple stay per month
- PZC Residents: **PZCRESIDENT** - Free
- KUSZ Monastics: **MONASTIC** - Free
- Non Member Self-Guided Retreat Participants: **SELF-GUIDED** - 20% off registration of follow-on workshop or retreat

Special discounts may be offered for particular retreats or at particular times. Check retreat or event descriptions for more information.

Please note:

- If you paid a retreat deposit through Eventbrite or Retreat Guru, check your email for discount code to use during registration, or email media@providencezen.org.
- Cash payments are accepted on the morning of the retreat, but we ask that you complete the registration form in advance if possible. Email info@providencezen.org for cash payment registration code.

Retreat Dāna

Dāna is the ancient Pali word for “generosity of heart”, or “freely giving.” It is customary to give dāna to the teacher & retreat staff at the end of the retreat. Your generous support helps them continue teaching.

Dāna is always voluntary and offered on a 'give what you can' basis. Cash and checks are preferred and accepted in person, or you may submit [online payment](#) for retreat dāna.

Scholarships

- PZC retreat scholarships may be available for those with financial need. Email info@providencezen.org to inquire.
- KUSZ member scholarships may be available to join Kyol Che Long Retreats at Diamond Hill Monastery. Contact your guiding teacher or email director@kwanumzen.org for more information.

One Day Retreats

- [Upcoming Retreats](#)
- [Book a Temple Stay](#) before or after retreat

Foundations of Zen Schedule



Foundations of Zen Workshop Schedule

- *8:00 AM Registration & Check-In*
- **9:00 AM Welcome to the Foundations of Zen**
- 9:15 AM Brief History of Zen
- 9:45 AM Brief History of Korean Zen
- 10:15 AM Zen Master Seung Sahn and the Kwan Um School of Zen tradition
- *10:45 AM Break*
- 11:00 AM Meditation Instruction
- 11:30 AM Sitting and Walking meditation
- 11:45 AM Short Q&A
- *12:00 PM Hygiene & Bio Break*
- **12:10 PM Vegetarian Lunch**
- 1:00 Why we chant
- 1:30 Heart Sutra and Kwan Seum Bosal chanting
- 2:00 Kong-An Practice
- *2:30 Break*
- 3:00 Other practices: bowing and mantra practice
- 3:15 About PZC
- 3:30 Q&A
- 4:00 Closing remarks

1 Day Retreat Schedule



One Day Zen Retreat Schedule

- *8:00 AM Registration & Check-In*
- 8:15 AM Orientation
- **9:00 AM RETREAT STARTS:**
 - Reading of Temple Rules
 - Teacher Welcome / Dharma Talks
 - 25 min sitting + 10 min walking meditation periods
 - Kong-an Interviews
- *12:00 PM Hygiene & Bio Break*
- ***12:10 PM Lunch (In Silence) & Short Break***
- **1:00 PM RETREAT CONTINUES:**
 - 25 min sitting + 10 min walking meditation periods
 - Kong-an Interviews
 - Dharma Talks (as time allows)
- **3:00 PM Chanting**
- **3:20 PM Circle Talk**
- *4:00 PM Retreat Ends*

Christian Buddhist Schedule



Christian Buddhist Retreat Schedule

- 08:00 AM Registration & Check-In
- **08:15 AM Orientation**
- **09:00 AM RETREAT STARTS**
 - Teacher Welcome / Dharma Talks
 - 25 min sitting + 10 min walking meditation periods
 - Joint Teacher Interviews
- *12:00 PM Hygiene & Bio Break*
- *12:10 PM Lunch (In silence) & Short Break*
- **01:00 PM RETREAT CONTINUES:**
 - 25 min sitting + 10 min walking meditation periods
 - Teacher Interviews Continue
 - Dharma Talks (as time allows)
- 3:00 PM Chanting
- **03:20 PM Teacher Q&A**
- 04:00 PM Retreat Ends

Two Traditions: One Family

Two Traditions: One Family Zen Retreat

Full Moon Zen (Soto) x KUSZ

Updated February 2026

- *8:00 AM Registration & Check-In*
- ***8:15 AM Orientation***
- ***9:00 AM RETREAT STARTS:***
 - Reading of Temple Rules
 - Teacher Welcome / Dharma Talks from both traditions
 - 25 min sitting + 10 min walking meditation periods
 - Kong-an Interviews from both traditions
- *12:00 PM Hygiene & Bio Break*
- ***12:10 PM Lunch (In Silence) & Short Break***
- ***1:00 PM RETREAT CONTINUES:***
 - 25 min sitting + 10 min walking meditation periods
 - Kong-an Interviews continue
- ***3:00 PM Chanting***
- ***3:40 PM Dharma Talks***
- *3:00 PM Circle Talk*
- *4:30 PM Retreat Ends*

Half Day Kido Chanting



Kido Chanting + Sitting Retreat Schedule

Updated March 2026

- *8:00 AM Registration & Check-In*
- *8:15 AM Orientation for Beginners to Meditation*
- **9:00 AM RETREAT STARTS:**
 - Introductions and Reading of Foreword to Chanting Book
 - Group Orientation
 - **Kwan Seum Bosal Chanting**
- *11:50 PM Hygiene & Bio Break*
- *12:00 PM Informal Lunch (Not In Silence)*
- *Cleanup & Short Break*
- **1:05 PM RETREAT CONTINUES:**
 - 25 min sitting + 10 min walking meditation periods
- **3:20 PM Chanting - Heart Sutra in English and Great Dharani**
- **3:30 PM Circle Talk**
- *4:00 PM Retreat Ends*

Full Day Kido Chanting



Full Day Kido Chanting Retreat Schedule

Schedule tentative pending teacher approval

- *8:00 AM Registration & Check-In*
- *8:15 AM Orientation*
- **9:00 AM RETREAT STARTS:**
 - Reading of Temple Rules
 - Teacher Welcome / Dharma Talks
 - **Kwan Seum Bosal Chanting**
- *12:00 PM Hygiene & Bio Break*
- ***12:10 PM Lunch (In Silence) & Short Break***
- **1:00 PM RETREAT CONTINUES:**
 - 25 min sitting + 10 min walking meditation periods
 - Kong-an Interviews
 - Dharma Talks (as time allows)
- **3:00 PM Chanting**
- **3:20 PM Circle Talk**
- *4:00 PM Retreat Ends*

Zen in Motion Schedule



Zen in Motion Retreat Schedule

MORNING SCHEDULE

- 8:00 AM Registration and Check-in
- 08:15 AM Orientation
- 09:00 AM Introductions and Dharma Talk
- 09:35 AM **Guided Sitting, Breathing, and Moving Meditation**
- 11:45 AM *Hygiene & Bio Break*
- 12:00 PM *Lunch*

AFTERNOON SCHEDULE

- 12:30 PM *Break, Optional Break Silence*
- **01:00 PM Guided Hike & Moving Meditation**
- 02:45 PM *Hygiene & Bio Break*
- 03:00 PM **Restorative Yoga Stretch**
- 03:15 PM **Sitting & Breathing Meditation**
- 03:25 PM Closing Chants
- 03:40 PM Circle Talk
- 04:00 PM Retreat Ends

Art as Practice Retreat Schedule



Art as Practice Retreat Schedule

Updated March 2026

MORNING SCHEDULE

- 08:00 AM On-site registration & arrival
- 08:45 AM Orientation
- 09:00 AM Introductory Talks & Sitting Period
- **09:30 AM Session 1: Ink Painting Practice**
with Senior Dharma Teacher Willy Garver
- 10:45 AM Tea Break (Dining Room)
- **11:00 AM Zen Poetry Practice**
with Eva Kaniasty
- 12:00 PM Social Lunch & Break

AFTERNOON SCHEDULE

- **01:00 PM Rhythm Workshop**
with Matt Keeler JDPSN
- 01:30 PM Zen Flow / Self-Guided Art Practice
- **03:00 PM Circle Talk**
- 04:00 PM Retreat Ends

New Year's Self-Guided Retreat Schedule

New Year's Self-Guided Retreat Schedule

Wednesday - New Year's Eve

- 5:00 PM Arrival & Check-in
- 5:30 PM Sangha Dinner
- 6:15 PM Meditation Orientation
- 6:30 PM Evening Practice
- 11:00 PM Midnight Practice Orientation
- 11:30 PM Midnight Practice
- 1:30 AM Midnight Practice Ends
- **Free overnight stay** for all participants

Thursday - New Year's Day

- 09:00 AM Breakfast
- 11:00 AM Zen Yoga
- 12:00 PM Lunch
- 1:30 PM Guided Hike
- 3:00 PM Self-retreat
- 5:30 PM Sangha Dinner
- 6:30 PM Evening Practice

Friday

- 05:15 AM Morning Zen Practice
- 07:00 AM Continental Breakfast
- 08:00 AM Sangha Work Period
- 10:00 AM Zen Yoga
- 12:00 PM Lunch
- 1:30 PM Guided Hike
- 3:00 PM Self-retreat
- 5:30 PM Sangha Dinner
- 6:30 PM Special Chanting
- 7:00 PM Kyol Che Opening Ceremony
- **Free overnight stay** for those entering Kyol Che retreat

Saturday

- 5:15 AM Morning Zen Practice
- 7:00 AM Continental Breakfast
- 9:00 AM – 4:00 PM Foundations of Zen Workshop

OR

- Continue self-retreat & evening practice

Sunday

- 7:00 AM Continental Breakfast
- 9:35 AM Sitting & Walking Meditation
- 10:45 AM Dharma Talk
- 11:30 AM Refreshments
- 12:00 PM Check-Out OR Lunch
- 5:00 PM Late Check-Out

YMJJ & Kyol Che

Overnight Retreat Resources

- [Amenities](#)
- [Packing Lists](#)
- [Kyol Che Booklet](#)

2 day YMJJ Schedule



<https://providencezen.org/ymjj-schedule-2>

7 day YMJJ Schedule



7 Day Yong Maeng Jong Jin (YMJJ)

Status: Updated 12/2/25

Full Daily Schedule

MORNING

- 04:30 AM Wake-up Bell
- 04:45 AM Bow to Teacher
- **04:45 AM 108 Bows & Short Break**
- **05:15 AM Chanting**
- **06:00 AM Sitting & Walking Meditation**
- **07:30 AM Breakfast**
- **08:15 Work Period**
- *09:15 AM Rest Period*
- **10:00 AM Sitting & Walking Meditation**
- **12:00 p.m. Lunch**

AFTERNOON

- **02:00 PM Sitting & Walking Meditation**
- *04:00 PM Rest Period*
- **05:00 PM Dinner**
- **06:30 PM Special Chanting**
- **07:00 PM Chanting**
- **07:30 PM Sitting Meditation**
- **08:05 PM Yoga**
- **08:40 Sitting Meditation**
- **09:05 Chanting**
- *09:15 PM Bedtime*

ENTRY DAY

SAT OR WED ONLY

- *08:00 AM Arrival & Check-In*
- **08:30 AM Retreat Orientation**
- **10:00 AM Follow Daily Schedule**

EXIT DAY

Tuesday through Thursday mornings

- **4:30 AM Follow Daily Schedule**
- **8:15 AM Pack & Depart**

Friday (Last Retreat Day)

- **04:30 AM Follow Daily Schedule**
- **10:00 AM Sitting Meditation**
- **11:05 AM Chanting**
- **11:15 AM Circle Talk***
- **12:00 PM Informal/Social Lunch**
- *01:00 PM Retreat Ends*

Winter Kyol Che Schedule



Winter Kyol Che Schedule

ENTRY DAY: SATURDAY

- 08:00 AM Check-In (at main building)
- 09:00 AM Orientation (proceed to monastery)
- 10:00 AM Follow daily schedule

MONASTERY DAILY SCHEDULE

- 4:30 AM Wake-Up Bell
- **4:45 AM Bow to teacher | 108 Bows**
- **5:15 AM Chanting**
- **6:00 AM Sitting & Walking Meditation**
- **7:30 AM Breakfast**
- **8:15 AM Work Period**
- **9:15 AM Rest Period**
- **10:00 AM Sitting & Walking Meditation**
- **12:00 PM Lunch**
- **12:30 PM Rest Period**
- **01:30 PM Sitting & Walking Meditation**
- **03:30 PM Mindful Walk Outside**
- **04:00 PM Sitting Meditation**
- **4:30 PM Rest Period**
- **05:00 PM Dinner**
- **05:30 PM Rest Period**
- **06:30 PM Chanting**
- **07:30 PM Sitting & Walking Meditation**
- **08:05 PM Mindful Movement & Short Break**
- **08:45 PM Sitting Meditation**
- **09:15 PM Chanting & Four Great Vows**

EXIT DAY: SATURDAY

- 04:30 AM Follow daily schedule
- 08:15 AM Pack & depart*

Last Day (Friday before Sangha weekend):

- 4:30 AM Follow daily schedule
- 10:50 AM Chanting
- 11:00 AM Circle Talk
- 12:00 PM Lunch / Retreat Ends

SITTING PERIODS

- 06:00-6:40 AM
- 06:50-7:30 AM
- 10:00-10:35 AM
- 10:45-11:20 AM
- 11:30-12:00 PM
- 1:30-2:05 PM
- 2:15-2:50 PM
- 3:00-3:30 PM
- 04:00-4:30 PM
- 07:30-8:05 PM
- 08:45-9:15 PM

DHARMA TALK

- Sunday at 1:30 PM

INTERVIEWS

- Monday
- Wednesday
- Friday

INTENSIVE WEEK

Additional Practice

12:00 AM Wake-up bell
12:15 AM Bows
12:45 AM Sitting
02:00 AM Back to Sleep



*All are welcome to return for
last day's Circle Talk*

Summer Kyol Che Schedule

Summer Kyol Che Schedule

ENTRY DAY: SAT & WED

- Night Before: Check-In (at main building)
- 09:00 AM Orientation (at monastery)
- 10:00 AM All follow daily schedule

MONASTERY DAILY SCHEDULE

- 4:30 AM Wake-Up Bell
- **4:45 AM Bow to teacher | 108 Bows**
- **5:15 AM Chanting**
- **6:00 AM Sitting & Walking Meditation**
- **7:30 AM Formal Breakfast**
- **8:15 AM Work Period**
- *9:15 AM Rest Period*
- **10:00 AM Sitting & Walking Meditation**
- **12:00 PM Formal Lunch**
- *12:30 PM Rest Period*
- **02:00 PM Sitting & Walking Meditation**
- **03:20 PM Silent Walk Outside**
- **04:00 PM Sitting Meditation**
- *4:30 PM Rest Period*
- **05:00 PM Formal Dinner**
- *05:30 PM Rest Period*
- **06:30 PM Chanting**
- **07:30 PM Sitting & Walking Meditation**
- **08:05 PM Yoga & Short Break**
- **09:00 PM Sitting Meditation**
- **09:30 PM Chanting & Four Great Vows**
- *09:45 PM Bedtime*

EXIT DAY

- 04:30 AM Follow daily schedule
- 08:15 AM Pack & depart*

Last Day (Friday before Sangha weekend):

- 4:30 AM Follow daily schedule
- 10:50 AM Chanting
- 11:00 AM Circle Talk
- 12:00 PM Lunch / Retreat Ends
- Register for sangha weekend on KUSZ Americas website

SITTING PERIODS

- 06:00-6:40 AM
- 06:50-7:30 AM
- 10:00-10:35 AM
- 10:45-11:20 AM
- 11:30-12:00 PM
- 02:00-2:35 PM
- 02:45-3:20 PM
- 04:00-4:30 PM
- 07:30-8:05 PM
- 09:00-9:30 PM

DHARMA TALK

- Sunday at 1:30 PM

KONG-AN INTERVIEWS

- Monday
- Wednesday
- Friday

All are welcome to return for last day's Circle Talk.

Retreat Policies

Providence Zen Center Retreat Policies

Waiver of Liability

Providence Zen Center Waiver of Liability & Assumption of Risk

By participating in any retreat, program, or activity at Providence Zen Center (PZC), I acknowledge that traditional Zen training and related activities can be physically and mentally demanding and may involve inherent risks of injury. I understand that participation is entirely voluntary, and I agree not to engage in any activity for which I believe I am unprepared, physically incapable, or otherwise at risk.

I agree to inform PZC of any relevant medical conditions prior to participating. I accept full responsibility for my own safety and well-being and agree to assume all risks associated with my participation. In the event of injury, I agree to bear all related medical costs.

I hereby waive, release, and hold harmless Providence Zen Center, its officers, employees, teachers, trainees, volunteers, retreat officers, and trustees from any and all claims or liability for injury, loss, or damage arising from my participation. I further agree to indemnify PZC for any loss it may incur as a result of my actions.

I understand that PZC carries liability insurance; however, coverage applies only in circumstances where PZC or its staff are determined to be negligent.

By registering for a retreat, program, or activity, I affirm that I have read and understood this waiver and agree to its terms.

Winter Kyol Che Cancellation Policy

Winter Kyol Che Cancellation Policy

Cancellations made **14 or more days before the scheduled arrival date for a practice period** are eligible for a full refund.

Cancellations made **fewer than 14 days before the scheduled arrival date are non-refundable.**

A practice period is one or more consecutive registered Kyol Che weeks between arrivals.

For multi-week registrations, changes made at least 14 days before the affected practice period may be eligible for a refund after the registration is recalculated at the rate applicable to the revised total practice commitment.

Winter Kyol Che registrations are **not transferable** to other retreats, Temple Stays, or future Kyol Che programs.

Travel Insurance

Travel Insurance

We strongly recommend travel insurance, particularly for international travelers, to help protect against unexpected trip cancellations, travel disruptions, and medical expenses.

Visitors to the United States should be aware that medical care can be costly and is generally not covered for international travelers without appropriate insurance.

Notice of Photography and Filming at Providence Z...

Notice of Photography and Filming at Providence Zen Center

Providence Zen Center often has a photographer and/or videographer on site to take photos for advertising, promotion, social media, etc. This is especially true at events. Additionally, some events may be presented on Zoom and live-streamed on YouTube and/or Facebook Live. Here is our notice of photography and filming, along with your consent as a guest, visitor, or volunteer at Providence Zen Center:

Notice of Photography and Filming

By entering the premises or an event at Providence Zen Center, you are entering an area where photography, audio and video recording may occur.

Your consent to having photos and/or videos taken of you and/or your family

Your entry and presence constitute your consent to be photographed, filmed, and/or otherwise recorded and to the release, publication, exhibition, or reproduction of any and all recorded media of your appearance, voice, and name for any purpose whatsoever in perpetuity in connection with Providence Zen Center, and its initiatives, including, by way of example only, use on websites, in social media, news, promotional videos and advertising.

Your waiver and release

By entering the premises, you waive and release any claims you may have related to the use of recorded media of you at the event, including, without limitation, any right to inspect or approve the photo, video or audio recording of you, any claims for invasion of privacy, violation of the right of publicity, defamation, and copyright infringement or for any fees for use of such record media.

You understand that all photography, filming and/or recording will be done in reliance on this consent.

If you do not agree to the foregoing, please speak with the photographer/videographer, or email media@providencezen.org.

Retreat Materials

 ChristianBuddhist-Grace & Chants.pdf

2 Traditions 1 Family

Two Traditions One Family



From left to right:

Robert Aitken Roshi, Zen Master Seung Sahn, Taizan Maezumi Roshi, Bernie Glassman Roshi

Four Great Vows

Full Moon Zen

1. Creations are numberless; I vow to be one with them.
2. Delusions are inexhaustible; I vow to transform them.
3. Dharmas are boundless; I vow to be teachable.
4. The enlightened way is unsurpassable; I vow to embody it.

Kwan Um Zen

1. Sentient beings are numberless. We vow to save them all.
2. Delusions are endless. We vow to cut through them all.
3. The teachings are infinite. We vow to learn them all.
4. The Buddha Way is inconceivable. We vow to attain it.

Full Moon Zen–Heart Sutra (Sino Japanese)

Kan ji zai bo sa
gyo jin han-nya ha ra mi ta ji
sho ken go on kai ku
do is-sai ku yaku
sha ri shi
shiki fu i ku
ku fu i shiki
shiki soku ze ku
ku soku ze shiki
ju so gyo shiki
yaku bu nyo ze
sha ri shi
ze sho ho ku so
fu sho fu metsu
fu ku fu jo
fu zo fu gen
ze ko ku chu
mu shiki mu ju so gyo shiki
mu gen ni bi zes-shin ni
mu shiki sho ko mi soku ho
mu gen kai nai shi mu i shiki kai
mu mu myo yaku mu mu myo jin
nai shi mu ro shi
yaku mu ro shi jin
mu ku shu metsu do
mu chi yaku mu toku
i mu sho tok-ko

bo dai sat-ta
e han-nya ha ra mi ta ko
shin mu kei ge
mu kei ge ko
mu u ku fu
on ri is-sai ten do mu so
ku gyo ne han
san ze sho butsu
e han-nya ha ra mi ta ko
toku a noku ta ra san myaku san
bo dai
ko chi han-nya ha ra mi ta
ze dai jin shu
ze dai myo shu
ze mu jo shu
ze mu to do shu
no jo is-sai ku
shin jitsu fu ko
ko setsu han-nya ha ra mi ta shu
soku setsu shu watsu
gya tei gya tei
ha ra gya tei
hara so gya tei
bo ji sowa ka
han-nya shin gyo.

Kwan Um Zen–Heart Sutra (Korean)

ma-ha ban-ya ba-ra-mil-ta shim gyong kwan-ja-jae bo-sal haeng shim ban-ya
ba-ra-mil-ta shi jo-gyon o-on gae gong do il-che go-aek

sa-ri-ja saek-pur-i-gong
gong-bur-i-saek saek-chuk-shi-gong gong-juk-shi-saek
su-sang-haeng-shik yok-pu-yo-shi
sa-ri-ja shi-je-bop-kong-sang
bul-saeng-bul-myol bul-gu-bu-jong bu-jung-bul-gam shi-go gong-jung-mu-saek
mu su-sang-haeng-shik mu an-i-bi-sol-shin-ui mu saek-song-hyang-mi-chok-pop
mu-an-gye nae-ji mu-ui-shik-kye
mu-mu-myong yong mu-mu-myong-jin
nae-ji mu-no-sa yong-mu-no-sa-jin
mu go-jim-myol-to mu-ji yong-mu-dug-i
mu-so duk-ko bo-ri-sal-ta ui
ban-ya ba-ra-mil-ta go-shim-mu gae-ae mu-gae-ae-go mu-yu-gong-po
wol-li jon-do mong-sang gu-gyong yol-ban sam-se je-bur-ui ban-ya
ba-ra-mil-ta go-dug-a-nyok-ta-ra
sam-myak sam-bo-ri go-ji ban-ya
ba-ra-mil-ta shi dae-shin ju
she dae-myong-ju shi mu-sang-ju
shi mu-dung-dung ju nung je il-che go
jin-shil bur-ho go-sol ban-ya ba-ra-mil-ta
ju juk-sol-chu-wal

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha a-je a-je ba-ra-a-je
ba-ra-sung-a-je mo-ji sa-ba-
ha a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

ma-ha ban-ya ba-ra-mil-ta shim gyong

Kwan Um Zen–Heart Sutra (English)

The Maha!

Praaa-jnaa Paa-raa-mii-taa Hre-daa-yaa Suu-traa-a-a

Avalokitesvara Bodhisattva

When practicing deeply the Prajna Paramita perceives that all five skandhas are empty and is saved from all suffering and distress.

Shariputra

form does not differ from emptiness, emptiness does not differ from form.

That which is form is emptiness, that which is emptiness form.

The same is true of feelings, perceptions, impulses, consciousness.

Shariputra

all dharmas are marked with emptiness; they do not appear or disappear, are not tainted or pure, do not increase or decrease.

Therefore, in emptiness no form, no feelings, perceptions, impulses, consciousness.

No eyes, no ears, no nose, no tongue, no body, no mind; no color, no sound, no smell, no taste, no touch, no object of mind; no realm of eyes and so forth until no realm of mind consciousness.

No ignorance and also no extinction of it, and so forth until no old age and death and also no extinction of them.

No suffering, no origination, no stopping, no path, no cognition, also no attainment with nothing to attain.

The Bodhisattva depends on Prajna Paramita and the mind is no hindrance; without any hindrance no fears exist. Far apart from every deluded view one dwells in Nirvana.

In the three worlds all Buddhas depend on Prajna Paramita and attain Anuttara Samyak Sambodhi.

Therefore, know that Prajna Paramita is the great transcendent mantra is the great bright mantra, is the utmost mantra, is the supreme mantra, which is able to relieve all suffering and is true, not false.

So proclaim the Prajna Paramita mantra, proclaim the mantra which says:

gate gate paragate parasamgate bodhi svaha
gate gate paragate parasamgate bodhi svaha
gate gate paragate parasamgate bodhi svaha.

Full Moon Zen – Heart Sutra (English)

Avalokitesvara Bodhisattva, doing deep prajna paramita,
Clearly saw ◎ emptiness of all the five conditions,
Thus completely relieving misfortune and pain.
O Shariputra, form is no other than emptiness, emptiness no other than form;
Form is exactly emptiness, emptiness exactly form;
Sensation, conception, discrimination, awareness are likewise like this.
O Shariputra, all dharmas are forms of emptiness, not born, not destroyed;
Not stained, not pure, without loss, without gain;
So in emptiness there is no form, no sensation, conception, discrimination, awareness;
No eye, ear, nose, tongue, body, mind;
No color, sound, smell, taste, touch, phenomena;
No realm of sight . . . no realm of consciousness;
No ignorance and no end to ignorance . . .
No old age and death, and no end to old age and death;
No suffering, no cause of suffering, no extinguishing, no path;
No wisdom and no gain. No gain and thus
The bodhisattva lives prajna paramita
With no hindrance in the mind, no hindrance, therefore no fear,
Far beyond deluded thoughts, this is nirvana.
All past, present, and future Buddhas live prajna paramita,

And therefore attain anuttara-samyak-sambodhi.
Therefore know, prajna paramita is
The great mantra, the vivid mantra,
The best mantra, the unsurpassable mantra;
It completely clears all pain—this is the truth, not a lie.
So set forth the Prajna Paramita Mantra,
Set forth this mantra and declare:
Gaté! Gaté! • Paragaté! Parasamgaté! • Bodhi svaha!

Meal Gathas

Meal Gathas

Full Moon Zen

We receive this food in gratitude to all beings
Who have helped to bring it to our table,
And vow to respond in turn to those in need
With wisdom and compassion.

Kwan Um Zen

In a drop of water is a cosmic blessing
In a piece of grain is the sweat of ten thousand people
As this meal keeps me healthy
I vow to save people from suffering