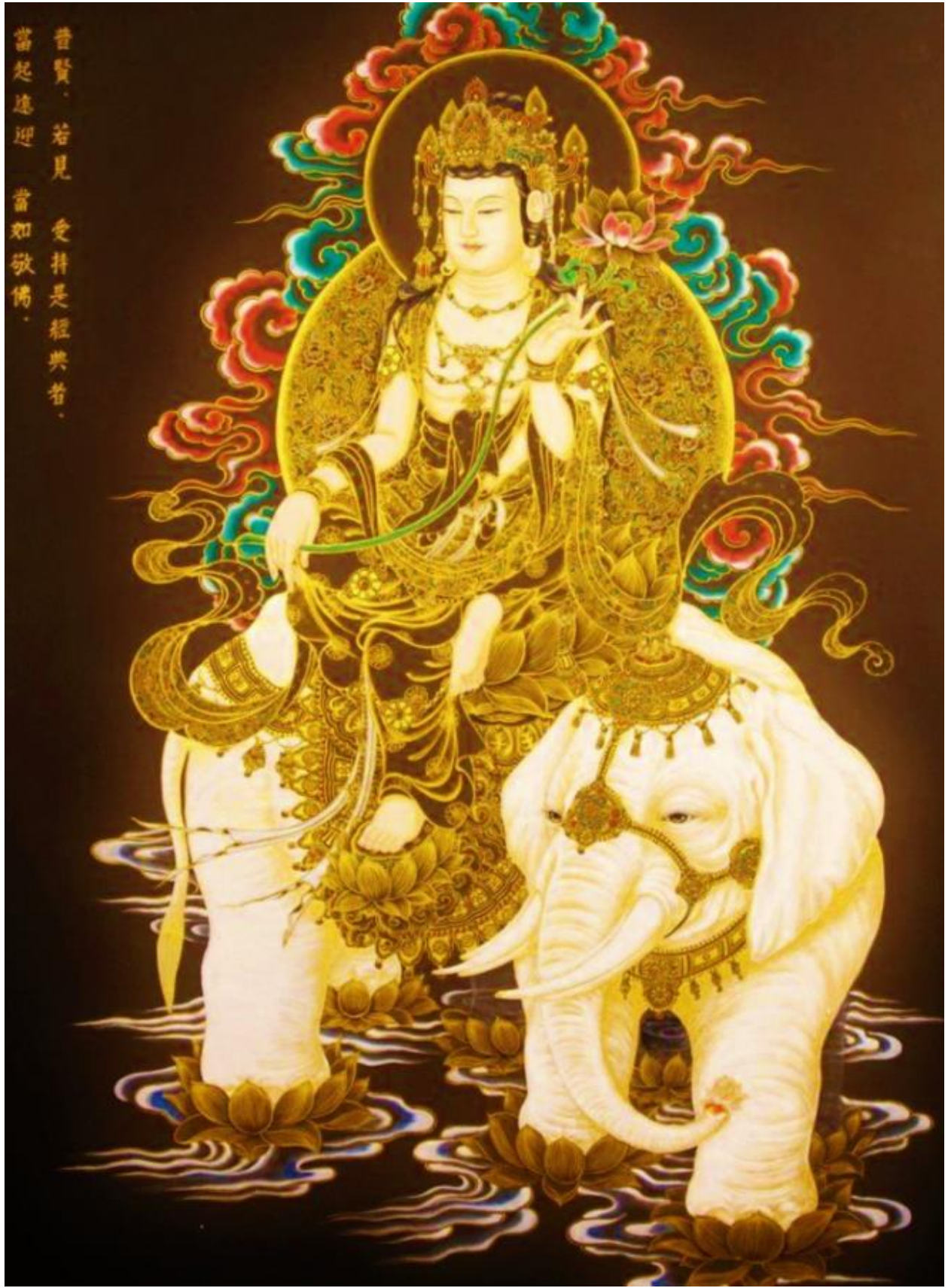


普賢。若見。受持。是經典者。  
當起。速迎。當如。敬佛。



我音所造諸是業  
皆由無始貪瞋疾  
從身語意之所生  
一切我今皆懺悔

懺 means regret, repent, confess sins

悔 means repent, show remorse, repent

## Ji-Sange Versions in English

Our chanted version

All my ancient twisted karma,  
From beginningless greed hatred and delusion,  
Born of body, speech and mind,  
I now fully avow.

Shohaku Okamura (Minneapolis Zen Meditation Center)

All the karma ever created by me since of old  
Through greed, anger, and self-delusion  
Which has no beginning, born of my body, speech and  
thought  
I now make full repentance of it.

Kazuaki Tanahashi (with Roshi Joan Halifax)

For all my unwholesome actions since olden times,  
From my beginningless greed, hatred, and ignorance,  
Born of my body, speech, and thought,  
I now fully atone.

## Samantabhadra's Vows

(At the close of last chapter of the Avatamsaka Sutra – The Flower Ornament Sutra, vows 17-26 + 43)

Learning from all buddhas,  
Fulfilling the practice of good,  
I will practice pure conduct,  
Always free from defect.

I will expound the teaching  
In the languages of gods and dragons,  
In the languages of demons and humans,  
And of all living beings.

May those engaged in the ways of transcendence  
Not stray from enlightenment;  
And may all evils to be inhibited  
Be thoroughly extinguished.

I will traverse the paths of the world  
Free from compulsion, affliction, and delusion,  
Like a lotus unstained by water,  
Like the sun and moon unattached in the sky.

Extinguishing all the miseries of bad states  
And bringing all beings to happiness,  
I will act for the welfare of all beings  
In all lands everywhere.

According with the conduct of sentient beings  
While fulfilling the practice of enlightenment,  
And cultivating the practice of good,  
Thus, will I act throughout future eons.

May I always be in communion  
With those who share my practice;  
Physically, verbally, and. Mentally,  
I will carry out vows as one practice.

And may I always be with my benefactors,  
Who teach me the practice of good;  
May I never displease them.

May I always see the buddhas face to face,  
Surrounded by enlightening beings;  
I will make fine offerings to them  
Forever, unwearied.

Preserving the true teaching of buddhas,  
Illumining the practice of enlightenment,  
And purifying the practice of good,  
I will practice for all future eons.

As long as the earth exists,  
As long as all beings exist,  
As long as act and afflictions exist,  
So long will my vow remain.

Similar verse from Shantideva's *Bodhisattvacharyavattara*,  
Patience Chapter, often quoted by HH Dalai Lama

“For as long as space endures  
And for as long as living beings remain,  
Until then may I too abide  
To dispel the misery of the world.”

*Daily Precepts Verse, Nomon Tim Burnett*

Oh Buddhas and Bodhisattvas, please concentrate your  
hearts on me.

I, \_\_\_your name\_\_\_, Buddha's Disciple, greet the new day  
with humility and joy.

May I today in all actions of body, speech and mind:  
Affirm life; give generously; keep the mind clear;  
treasure the body; be courageous and kind in speech;  
open to and heal through strong emotions;  
and return to Buddha, Dharma and Sangha on every breath.