

*Buddhist  
Gathas  
and  
Service*



# Gathas and Service



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# Creed

We rely upon Tathagata Amitabha with our whole heart for the Enlightenment in the life to come, abstain from all sundry practices and teachings, and giving up the trust in our powerless self.

We believe that the assurance of our Rebirth through His Salvation comes at the very moment we put our faith in Him; and we call the name, (Namu Amida Butsu), in happiness and thankfulness for His Mercy.

We also acknowledge gratefully ~~the~~ the benign benevolence of our Founder and the succeeding Masters who have led us to believe in this profound Teaching; and we now endeavor to follow throughout our lives the Way laid down for us.



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# ASPIRATION

Reverently we come before the shrine of our Lord Buddha the Holy one. With gratitude we have brought our offering of love and devotion to honor Him. We earnestly resolve to strive to understand His Holy Teaching, and to walk every day in His Blessed Path, so that like Him we may attain the peace of Nirvana.

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# PROMISE

I promise not to hurt anything nor take anything that does not belong to me. To keep my thoughts and acts pure and clean; nor tell what is false, nor to drink things harmful to me.

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# THOUGHT WAVES

We surround all men and all forms of life with Infinite Love and compassion. Particularly do we send out loving thoughts to those in suffering and sorrow, and to all those in doubt and ignorance, to all who are groping for the Truth, and to those whose feet are standing close to the great change men call death, we send forth oceans of Wisdom, Mercy and Love.

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# GOLDEN CHAIN

I am a link in Lord Buddha's golden-chain of love that stretches around the world. I must keep my link bright and strong. I will try to be kind and gentle to every living thing, and protect all who are weaker than myself. I will try to think pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends on my happiness and misery. May every link in Lord Buddha's golden chain of love become bright and strong, and may we all attain Perfect Peace.

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## INVOCATION

May the wisdom of the All-Compassionate One so shine within our hearts and minds that the mists of errors and the foolish vanity of self may be dispelled. So shall we understand the changing nature of existence and reach spiritual peace.

I pledge myself to strive for the Enlightenment of all beings

I pledge myself to renounce all unholy desires.

I pledge myself to follow the Law of Righteousness.



# THREE TREASURES

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Hard is it to be born into human life. Now we are living it. Difficult is it to hear the Teaching of the Blessed One. Now we hear it.

If we do not deliver ourselves in the present life, no hope is there that we shall be freed from suffering and sorrow in the ocean of birth and death.

Let us reverently take refuge in the Three Treasures of the Truth.

I PUT MY FAITH IN BUDDHA. May we all together absorb into ourselves the principle of Thy Way to Enlightenment and awaken in our souls Thy Supreme Will.

I PUT MY FAITH IN DHARMA. May we all together be submerged in the depths of Thy Doctrine and gain wisdom as deep as the ocean.

I PUT MY FAITH IN SANGHA. May we all together become units in true accord in Thy Life of Harmony, in a spirit of Universal Brotherhood, freed from the bondage of selfishness.

Even through ages of myriads of Kalpas hard is it to hear such an excellent, profound and wonderful doctrine. Now we are able to hear and receive it. Let us thoroughly understand the true meaning of Tathagata's Teaching.

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# JUNI RAI

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1. In awful reverence, I seek my refuge in Amita (Amida) Buddha of infinite wisdom and compassion whom all men and angels worship. He dwells now in the blissful Land of Peace surrounded by innumerable Bodhisattvas.

2. His body, issuing radiant rays of gold, is pure and sublime as Sumera, the King of Mountains. His process of meditation is as calm and steady as the walk of elephants. His eyes are pure like blue lotus blossoms.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

3. His countenance is perfect, pure, and peaceful as the full moon. His dignity is majestic like a thousand suns and moons. His voice is full of grandeur like the sound of the celestial drum and sweet like the song of the Kokila Bird.

Therefore in reverence, I prostrate myself before the Amita Buddha.

4. On the crown of Avalokitesvara, He manifests Himself in forms of excellence with various adornments of treasures. In structing heretics, devils and haughty ones, He converts them and makes them all, have absolute faith in Him (His teachings).

Therefore, in reverence, I prostrate myself before the Amita Buddha.

5. His pure Virtues are beyond comparison, and without a single stain, and as vast as the sky. He always seeks the welfare of all sentient beings and for them freely uses the means of salvation.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

6. His Holy Name resounds throughout the Ten Quarters. All Bodhisattvas and even innumerable devils praise His name. The Divine Might of His Promise is perpetually working for the sake of all the living.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

7. In the Land of Peace, there are Lakes adorned with various gems; their bottoms are strewn with golden sand and pure and splendid Lotus blossoms grow in the lakes. These are all manifestations of the supreme merit of the Buddha; and He is seated on the exquisite Lotus throne, calm and magnificent like Semora, the King of the Mountains.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

8. The Bodhisattvas coming from the Ten Regions enter the Land of Peace manifesting supernatural wisdom. They all dedicate homage to the Buddha, looking upward on His Divine Countenance.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

9. He teaches that all living things are transitory and uncertain like lightning or shadow like dew or the reflection of the moon on the water, teaches the Doctrine of Egolessness and Emptiness.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

10. In His Land of Peace, there exists no Evil Realms, nay not even the names of Evil Realms can be heard. And no females (temptations) are there. All who surround Him, venerate Him sincerely.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

11. To instruct all that have life, he used innumerable skillful devices (ways) He expels all Evil Lands and wicked (unwise) teachers. All who are born in His land are beyond birth and death and there attain full Enlightenment.

Therefore, in reverence, I prostrate myself before the Amita Buddha.

12. In these gathas, I commend the Treasury of His Good and glorify His Virtues, boundless like the water (s) of a great ocean. May the pure merit which comes through praising Him be turned to all living things, that they may all be born in His Land of Peace.

# EIGHTFOLD PATH

The Buddha - Dhamma is the realization within one's deepest consciousness of the Oneness of all life. For the attainment of this purpose our Blessed Master left for us to follow the Eightfold Path which is the Way of prime importance.

## I RIGHT VIEWS

To keep ourselves free from prejudice, superstition, and delusion, and to see aright the true nature of life.

## II RIGHT ASPIRATIONS

To turn away from the evils of this world and to direct our minds toward righteousness.

## III RIGHT SPEECH

To refrain from pointless and harmful talk and to speak kindly and courteously to all.

## IV RIGHT ACTION

To see that our deeds are peaceful, benevolent, compassionate, and pure; to live the Teaching daily.

V  
RIGHT LIVELIHOOD

To earn our living in such a way as to entail no evil consequences.

VI  
RIGHT EFFORT

To direct our efforts incessantly to the overcoming and ignorance and selfish desires.

VII  
RIGHT MINDFULNESS

To cherish good and pure thoughts, for all that we say and do arise from our thoughts.

VIII  
RIGHT CONTEMPLATION

To concentrate our will on the Buddha, His Life, and His Teachings.

Let us remember to contemplate so that we will not be led astray from the Eightfold Path. Right contemplation will lead us to righteous living through right views, right aspirations, right speech, right actions, right livelihood, right effort and right contemplation. May the sacred presence of Him who said He would abide in His Teaching be our guide. May we follow, with faith and thanks, His way and tread with unfaltering step this Noble Path until we, too, shall attain Enlightenment.

# Gathas



## AMIDA'S PARADISE

There is a blessed country  
Beyond the Western sky  
A land of joy and sunshine  
Amida's Paradise.

There trees and fragrant flowers  
In wondrous beauty grow  
And through the sunlit meadows  
The rippling streamlets flow.

Bright with the rainbow colors  
The sparkling fountains play  
And birds of radiant plumage  
Send out their music gay.

There happy souls of children  
With joyful songs and play  
In that fair land of sunshine  
Shall spend an endless day.

# RIGHT MEDITATION

Sweet hour of meditation,  
The quiet hour of peace,  
When from life's care and turmoil  
I find a blest release.  
In silent contemplation  
New faith and hope I win,  
More light and deeper knowledge,  
New strength to conquer sin.

Sweet hour of meditation,  
When, silent and alone,  
The Master's word I ponder,  
His Truth to make mine own.  
With earnest purpose seeking  
I gather more and more  
Of wisdom's holy treasure  
From His exhaustless store.

Sweet hour of meditation,  
When oft there comes to me  
A vision of the Master  
Beneath the Bodhi-tree;  
And with Him in the vigil  
My spirit seems to share  
A foretaste of Nirvana,  
Of bliss beyond compare.



# NAMU AMIDA BUTSU

When life is fair  
And sunlight gilds the day  
When fortune smiles  
And flowers adorn the way  
Oft let us pause  
With grateful hearts to say  
"Namu Amida Butsu."

When comes temptation  
Luring us to sin,  
When doubts and fears  
Assail our hearts within;  
This be our prayer,  
The vict'ry we shall win  
"Namu Amida Butsu."

E'en tho' our way  
Leads 'neath a darkened sky  
And to our loved one,  
Pain and death draw nigh;  
Our tears may flow  
Yet trustingly we cry  
"Namu Amida Butsu."

Thy Holy Path, Lord,  
Treading faithfully  
We shall attain to  
Glorious liberty  
And sing in triumph  
As we rise to thee  
"Namu Amida Butsu."

# PRAISE TO BUDDHA

With happy children's voices  
Let Buddha's temple ring  
As to our blessed Master  
Our thanks and praise we bring.

He shows the way that leads us  
From sin and sorrow here  
And if His Path we follow  
No evil shall we fear.

We thank Him for His Doctrine  
Which shows us what to do  
So that our lives may ever  
Be pure and good and true.

And when this life is over  
Like Him we too shall rise.  
With songs of joy to enter  
Amida's Paradise.

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## SWEET NIRVANA

Sweet Nirvana, Highest Jhana  
Rapture sweeter than all pleasures  
Thou the measure of all measures  
Thou the treasure of all treasures  
Oh Immortal Buddhahood.

# HAPPY CHILDREN'S VOICES

Gladly sing the children's voices  
In Lord Buddha's temple bright  
As they tell the wonderous story  
Of His search to find Truth's Light.

How for many years he wandered  
In the forests dark and vast,  
Til one night up on His spirit  
Wisdom's Holy Light was cast.

'Neath the tree the Master seated  
Found Nirvana's radiant peace,  
Saw before His eyes the Path-way  
Where-by all man's ill shall cease.

## BODHI DAY SONG

On this great day, our  
Holy Prince of Peace  
From sorrow's chain hath  
found release:  
Self is no more,  
Banished the clouds of night  
Upon making hath shined that light  
Rejoice, ye people,  
Sing the Buddha's praise  
Who hath found Nirvana's  
Bliss today  
Follow His Path-way  
Dwell in love together,  
Show to the nations  
the Eightfold Way.

# OUR GUARDIAN

When we see the golden sun  
Shining from above  
We are mindful of the  
Buddha's love  
O'er us all His pure compassion  
Sheds its steadfast glow,  
By His Doctrine  
Wisdom's way to show.

When we see the silver moon,  
Gleaming in the sky,  
We remember  
Still our lord is nigh;  
By His Blessed Law to guide us  
Through this earthly night  
Out of sorrow into joy and light  
Into joy and light.

# GLORY TO BUDDHA

Softly blew the breezes  
On that summer morn,  
In Lumbini's garden  
Where the Lord was born.

From the earth sprang flowers,  
Birds in warbles sang,  
While throughearth and heaven  
Strains of music rang.

Gods and men and angels,  
All for worship came;  
Glory to Lord Buddha,  
Glory to His Name.

# BUDDHA SPEAKS TO ME

Lord Buddha speaks to me  
In accents low:  
My child, look up and learn,  
The truth I show.  
Trust not Illusion's vision,  
Ever brief and fleeting;  
For only Truth can give thee  
Thy heart's desire.

Lord Buddha speaks to me  
When sin holds sway,  
When passion's fires rise high  
And help seems far away.  
Fear not, for I have conquered  
Passions fierce and raging;  
Tread thou the path I show thee  
Therein lies peace.

# FAREWELL

Evermore in memory we shall treasure  
The golden hours we spent with you,  
Hours that brought to us in fullest  
measure  
All the blessings and the joys of  
friendship true.

(Chorus)

Farewell to you,  
Our friends so true;  
May love and Truth Eternal guide you,  
And Love Divine  
Upon your pathway shine,  
Until we meet again.