

Before tea + informal meals

NYAKU 若

ON 飲

JIKI 食

JI 時

before tea

(2)

TŌ GAN SHU JŌ - sleep. 2

A row with all sentiment beings

ZEN 禪

NETSU 悦

I 爲

JIKI 食

To partake of the pleasure in Zen

HOK- 法
~~HOKE~~

KI 喜

JU 充

MAN 滿

and to fully enjoy the Dharma.

after tea + informal meals

11

BON 飯

JIKI 食

(已

KOTSU 訖

Now I have taken food + drink

after tea

TŌ GAN SHUJŌ - Sep. 2, after waking
& now with all sentient beings

TOKU 德

GYŌ 行

JŪ 充

YO 盈

\ TO be full of pure practice

JO 成

JU 十

SHU 種

RIKI 力

and filled with the 10 powers

Verse before bath

①

~~XXXXXXXXXX~~

MOKU 沐

YOKU 浴

SHIN 身

TAI 体

as I bathe this body

before bath

TŌ GAN SHU JŌ - see p. 2 - after waking
~~+ now with all sunlight being~~ (2)

SHIN 身

JIN 心

MU 無

KU 垢

\ To wash from body mind all
dust + confusion

NAI 内

GE 外

KŌ - 光

IKETSU 潔

+ feel healthy + clean within
+ without.

Before bed \

①

KON 今

YA 夜

SHAN 寝

SOKU 足

Tonight before sleep

TŌ BAN SHU - JŌ - ^{All} p. 2 - after washing (2)
I vow to save all sentient beings

GŪ 具

SOKU 足

SHO 諸

GYŌ 行

To still all things

SHIN 心

JŌ 淨

MŪ 無

E 穢

and to clear the
mind of confusion.

Waking Verse

SHIN

身

CHO

調

KAKU

覺

GO

悟

This morning as I wake (rise)

當

TŌ - suitable to bear...
undertake... ought...
proper... in the future
C.D. 407R.

願

GAN - vow

衆

SHU - everyone, all, the many
C.D. 309L.

Sentient beings
All sentient beings
Sattva - all the living,
living beings
C.D. 309L.

生

JŌ - life, birth

↓ now with all sentient beings

一
切

IS - one }
(ITSU) } all
SAI - cut }

CHI 知

KAKU 覺

to awaken to all things
to recognize each thing as it is

HU Waking world
布

3

SA 薩

+ JIP

乃 Pō

Without throwing of the world;
But not renounce the world.