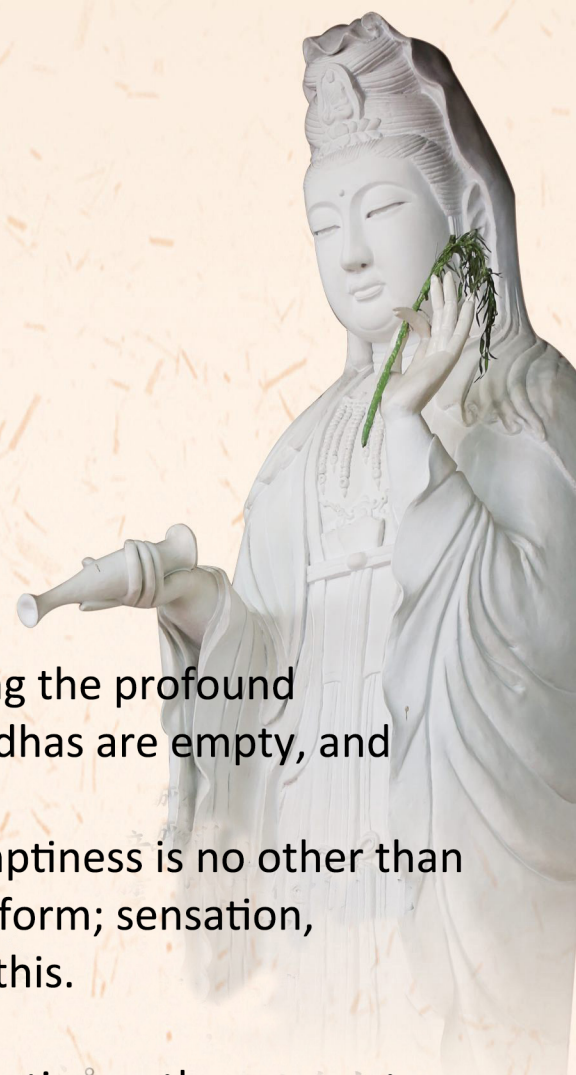


Procedure

1. Meditate for three minutes. Join your palms.
2. Recite “Blessed be Avalokitesvara Bodhisattva” three times.
Recite the Prajnaparamita Heart Sūtra
(You can also recite any Buddha’s name or mantra)
3. Take Refuge in the Triple Gem
4. Read aloud Venerable Master Hsing Yun’s
“Prayer to Avalokitesvara Bodhisattva for
Safety from the Coronavirus Pandemic”
5. Dedicate Merits



Prajna Paramita Heart Sutra



Avalokitesvara Bodhisattva while contemplating the profound Prajna-paramita, clearly saw that the five skandhas are empty, and thus he overcame all suffering.

Sariputra, form is no other than emptiness, emptiness is no other than form; form is just emptiness, emptiness is just form; sensation, perception, volition, consciousness are all like this.

Sariputra, all dharmas are characterized by emptiness, they are not born, not ceased, not tainted, not pure, not decreased, not increased. So, in emptiness, there is no form, no sensation, no perception, no volition, and no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no colour, no sound, no smell, no taste, no touch, no object of mind; no realm of the eye, and so forth until, no realm of mind consciousness; no ignorance and no cessation of ignorance, and so forth until, no old age and death and no cessation of old age and death; no suffering, no cause of suffering, no cessation, no path; no wisdom and no attainment. From nonattainment, the Bodhisattva, having relied on Prajna-paramita, has no hindrance in the mind. As there is no hindrance, there is no fear. Transcending inverted views, ultimately reaching Nirvana. All Buddhas of the three periods of time, having relied on Prajna-paramita, therefore attain anuttara samyak sambodhi. Therefore, know the Prajna-paramita is the great mantra, the mantra of illumination, the supreme mantra, the unequalled mantra. It completely eliminates all suffering, as it is true and not false. The Prajna-paramita mantra is stated thus: "Gate, Gate, Para-gate, Parasamgate, Bodhisvaha."

The Triple Gem

I take refuge in the Buddha, wishing that all sentient beings understood the Dharma and make the supreme vow.

I take refuge in the Dharma, wishing that all sentient beings study the Sutras diligently and obtain an ocean of wisdom.

I take refuge in the Sangha, wishing that all sentient beings lead the masses in harmony, without obstruction.



A Prayer to Avalokitesvara Bodhisattva for Safety from the Coronavirus Outbreak

By Ven. Master *Hsing Yun*,
Founder of Fo Guang Shan



Oh great, compassionate Avalokitesvara Bodhisattva!
As we are confronted by the Novel Coronavirus
(COVID-19) outbreak,
Many are suffering from mistreatment, adversity and
fear.

We pray to you for your compassion and blessings,
So that we may have the courage and wisdom
To confront the outbreak with calmness and fortitude,
To face the illness with confidence and acceptance.

Oh great, compassionate Avalokitesvara Bodhisattva!
As cities become sealed off, and events are
suspended,
We are in dire need of your spirit of alleviating
suffering,
Let us care and help one another and not be struck
with a panic,
Let us support and encourage one another to
strengthen our faith.
May the momentary isolations become
retreats for self-introspection,
May the momentary inconvenience become
mindful practices of self-improvement.

Oh great, compassionate Avalokitesvara Bodhisattva!
This is the moment when unity is most crucial,
Let us trust in the government to resolve the crisis,
Let us thank the medical professionals for treating the
disease.
No matter how difficult the situation,
As long as there is compassion and wisdom,
When we all practice the Three Acts of Goodness:
Do good deeds, speak good words, and think good
thoughts,
If we all protect the environment and have respect for
all lives,
We shall be able to turn peril into safety.

Oh great, compassionate Avalokitesvara Bodhisattva!
At this moment, we sincerely recite your name,
“Blessed be Avalokitesvara Bodhisattva.”
We would like to take your liberation and ease as a
model.

From now on:
We will distance ourselves from contrary and delusive
ideas to contemplate the ease of the individual;
We will distance ourselves from discrimination and
personal conjecture to contemplate the ease of cir-
cumstances;
We will distance ourselves from attachment and
entanglement to contemplate the ease of affairs;
We will distance ourselves from the five desires and
the troubles of the world to contemplate the ease
of the mind.

Great and compassionate Avalokitesvara Bodhisattva!
We pray for your blessings.
Please help the survivors be delivered from suffering,
and recover their good health;
Please help the deceased be reborn in the Buddha
land, and rest well in peace.
May this world be free from the turmoil of the
outbreak,
May each and everyone of us be safe and well.

Oh great, compassionate Avalokitesvara Bodhisattva,
Please accept our sincerest prayer!
Oh great, compassionate Avalokitesvara Bodhisattva,
Please accept our sincerest prayer!

Dedicate Merits

May kindness, compassion, joy, and equanimity
pervade all worlds;

May we cherish and build affinities to benefit
all beings;

May Chan, Pure Land and Precepts inspire equality
and patience;

May our humility and gratitude give rise to great
vows.

