

## **GRATITUDE PUJA**

### **WORSHIP**

From the deep warm earth  
Abundant with life  
I offer tulips, golden daffodils and sunflowers,  
Blossoms of magnolia and pink camellia,  
And fragrant jasmine flowers.

From the vast blue sky  
Radiant with life  
I offer ever changing clouds,  
Multicoloured sunsets and morning hues.  
Birds who skim the breeze;  
Herons, kites and eagles.

From the cool clear waters  
Translucent with life  
I offer mountain reflections,  
Serene stillness and rippling waves.  
Fish swimming and kingfishers drinking.

To those worthy of praise and respect  
I offer all natures beauty.  
Please accept them from me.

### **MANTRA AND OFFERINGS**

## **GOING FOR REFUGE**

I Go for Refuge to all Buddhas and Bodhisattvas.  
Receptive to their wisdom and compassion  
I turn my life towards their influence.  
I turn my heart towards their love.  
I turn my mind towards their guidance.

Every day and every hour  
May I remember to bring them to mind,  
And step into the world  
With them beside me.

Every day and every hour  
May I recall that I desire to be  
A child of the Buddha  
And may I act accordingly,  
With the Three Jewels always in my heart.

## **REFUGES AND PRECEPTS**

## **CONFESSION**

As I am not yet a perfect bodhisattva  
I have regretfully hurt myself and others.  
To all the Buddhas and my teachers  
I confess any unskilfulness  
Of body, speech and mind.

Like the autumn leaves that lie  
Around the feet of the great oak tree  
May my ignorance of karma,  
And the effect my actions have  
On myself and others,  
Fall at the feet of the Buddha.

May I learn from my mistakes  
And allow the new growth of skilful action  
To arise, by letting go  
Of all my unskilfulness,  
Just as spring brings the new growth  
Of flowers and plants.

May my teachers accept this appeal,  
And may I remain steadfast and true  
In my desire to change,  
In my desire to benefit others  
And in my desire to understand the Truth.

## **GRATITUDE**

With love and respect  
To those Awakened Ones from whom I learn  
I bow down in gratitude  
And give thanks for the blessing of the Dharma,  
Which they have given me.

For the struggles and determination  
Shown by the Buddhas and Bodhisattvas  
And all the teachers of the past and present  
I bow down in appreciation.  
Without their faith where would I be now?

Rejoicing in their merits  
And singing all their praises,  
Joyous with delight in my good fortune  
I bow down with thankfulness  
And celebrate such kindness in the world.

My gratitude is over-flowing.  
Like the depth of the many oceans,  
Like the towering magnificence of the mountains,  
Like the vast openness of the deserts  
Like the rich dense beauty of the forests,  
May my love and respect for the teachers  
Stay strong and bountiful,  
Even in times of difficulty.

At times my pride and fear prevent me  
From rejoicing in others,

In their greater understanding,  
And in the care and consideration  
They have shown to me.  
Putting aside my insecurities  
I bow down with great gratitude.  
May the Buddhas and Bodhisattvas  
And all my teachers  
Accept my heartfelt wish of thanks.

### **REQUEST**

Graciously and reverently I request the teachers,  
Please keep offering the gift of the Dharma  
To this world of suffering and delusion.  
Alongside my brothers and sisters in the sangha  
I pray that the Buddhas and Bodhisattvas  
Will remain with us all,  
And share their understanding and their love  
So that all beings may experience  
The calmness of a peaceful heart.

### **THE HEART SUTRA**

## **TRANSFERENCE OF MERIT**

May all my positive actions  
Of body, speech and mind,  
Those of the past, those of this moment  
And those of the future,  
Help alleviate the pain and sadness of this world.

By giving away all merit that I have accrued  
May I help all beings feel joy, love and peace.  
May my actions  
Help those who are alone find friendship,  
Help those who are fearful feel calm,  
Help those who are hateful feel love,  
Help those who are sick be well.

All that I do ripples out to others,  
So may they benefit from my conduct  
And my thoughts.  
Whatever little I feel I can do  
Let it be from love and from faith,  
From integrity and from awareness.  
May my practise of generosity and ethics,  
Patience, enthusiasm and meditation  
Be imbued with the wisdom of the Tathagatas.

May the Bodhisattva spirit live through me  
And touch all beings however near or far,  
Whether known or unknown,  
And help bring about a more peaceful world.