

## **ANAPANASATI SUTTA PUJA**

**Written by Viveka For Dhanakosa Retreat 2004**

### **WORSHIP**

I recollect Shakyamuni Buddha,  
who renounced luxury and privilege  
to face the truth of suffering,  
and discover a pathway out.

After years of struggle and practice,  
meditating under a bodhi tree,  
breathing in and out,  
he saw countless past lives,  
like so many waves on the ocean,  
now arising, now passing.

Understanding the cause of suffering  
he released all clinging to ego  
becoming a Buddha, Fully Awake.

Two and a half thousand years later,  
Under silver birch and oak  
breathing in and out  
we receive his teachings.  
Through the Anapanasati Sutta  
we meet an enlightened mind.

Shakyamuni, compassionate teacher  
the beauty of this place,  
we offer to you.

### ***SHAKYAMUNI MANTRA***

### **SALUTATION**

Entering the shrine room  
we bow to the shrine.  
A Buddha image points to  
our own deepest nature

Sitting in the shrine room  
we hear and meditate on  
the Anapanasati Sutta.  
Gradually realizing  
the dharma behind the words,

truly meeting the Buddha.

Stepping outside the shrine room  
the teaching of the sutta rolls on.  
Intimate with all we see,  
hear, smell, taste  
touch and think,  
Sensitive to breath and body,  
[to vedana and mind],  
[to our deepest nature],  
Everything is the dharma.

I bow to all the teachings  
Experience in meditation  
both welcome and unwelcome.  
Experience while sitting, walking  
standing and lying down.  
All of it humbly received  
As a gift for awakening.

## **GOING FOR REFUGE**

Life has inevitable difficulties.  
No one can control it all.  
This body is impermanent.  
Death is certain.  
The karma I create,  
shapes the course of my life.  
This human birth is precious,  
An opportunity to awaken.

These 4 reminders,  
expose my pre-occupations.  
Things that at death,  
will mean nothing to me.

Let me also remember.  
the power of mindfulness.  
Once well established,  
in one such as me,  
every moment becomes,  
pregnant with awakening

Therefore I endeavor,  
again and again,  
to turn to reality,  
simply willing to experience,

the truth of the breath  
the truth of the body  
the truth of vedana  
the truth of the mind.

## CONFESSION

The deep grooves of habit  
are well worn in my mind  
with mindfulness I see  
attachment, aversion and confusion  
coming into being  
and dissolving away.  
These states are but waves  
On the deep ocean of mind.

I recognize craving  
for comfort and entertainment  
for food and for sex  
And spiritual experience.

I recognize negativity  
directed internally and externally.

I even catch glimpses  
of willful ignoring  
chasing distraction  
dreaming and sleeping.

Too often I act on  
these mental poisons  
and in the world all around  
I can see the same

All of this can be held  
in kind awareness  
remaining a flux  
not “me” and “mine”

Breathing in patiently  
I welcome what’s happening

Breathing out, relaxing  
I release all

One breath at a time  
I purify [liberate] my mind.

## REJOICING IN MERIT

When Shakyamuni became enlightened  
his right hand touched the earth.  
She witnessed his past efforts,  
his sincerity and perseverance.

Flowers rained from the sky  
and the ground quivered.  
10,000 worlds celebrated  
the fruit of his practice

Sitting here now  
let the earth be my witness.  
May I not forget  
past efforts, the years of seeking

In a moment of awakening  
from a crowd of confusion  
it seems instantaneous  
like good luck or chance.  
But it is dependent  
on all my past practice  
even the sits  
I label as “bad”

So let me rejoice in  
the practice I’ve developed  
with steady effort  
it will certainly bear fruit

And let me rejoice in  
the practice of others  
from Shakyamuni to his disciples  
and all who followed  
including those sitting  
here with me now

## **ENTREATY AND SUPPLICATION**

In order to be here  
I had to find time  
untangling myself  
from obligations and projects  
and pleasant diversions.

Like the Buddha's disciples  
who journeyed to Savatthi  
we have come here  
a silent community  
devoting ourselves  
to in and out breathing  
opening heart and mind.

Let the wheel of dharma turn

## ***READING FROM THE ANAPANASATI SUTTA***

### **TRANSCERENCE OF MERIT**

With each breath we take here  
the whole world is breathing  
the trees and grasses  
deer, fish and buzzards,  
loved ones, strangers, enemies,  
all beings breathing,  
far and near.

May the merit we accumulate  
ripen all beings  
may all swiftly realize  
full Buddhahood.

## ***THREE AH MANTRAS***