

Contemplating the Practices of Avalokiteshvara Bodhisattva

(Compiled by Most Venerable Thich Tinh Tu)

Instructions for this Prostration Practice:

The Grand Master Thich Tinh Tu recommends we do this practice every day, twice a day, morning and evening; practicing according to these seven verses. After you recite each verse, mindfully prostrate three times. The best times for practice are early in the morning when you wake up, and in the evening before you go to sleep.

*Every day, contemplate and bow to Avalokiteshvara
Sowing the seed of happiness, with a light body and mind
Bringing peace and joy in this lifetime
My heart open, embracing all life, undoing the origin suffering
Great Mother of Compassion, Avalokiteshvara
With a thousand hands and eyes, saving all sentient beings
For those who constantly bow and contemplate her name
The Great Mother, Avalokiteshvara instantly removes afflictions.*

1. Great Mercy and Great Compassion towards all beings
Great equanimity and joy, coming to rescue all sentient beings
The heart of compassion manifesting with a thousand hands and eyes
At this moment I call out, please hear me.
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)
2. With great reverence, I bow to the Mother of Great Compassion
Out of great love, she appears to rescue all beings
Touching all beings, hearing all prayers
Removing all obstacles and hardships
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)
3. Her willow branch is an expression of great tolerance and patience
Always humble and peaceful
Ending all worldly ills, the mind is calm like water
All defilements blossom into compassion
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)

4. A drop of nectar puts out the fire of affliction
The seed of anger becomes a fragrant lotus
Right Understanding fulfilling all vows
Peace and Happiness at home and everywhere
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)
5. Firmly listening to the speech of all
Deeply and objectively loving all beings
Without discrimination of race and culture
Because all beings equally possess Awakened Mind
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)
6. Looking deeply, and practicing the actions of the Mother of Compassion
Breathing deeply, breathing softly, breathing peacefully
No sorrow, no clinging to things, no clinging to views
Respect to the elders, love to the younger
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)
7. Avalokiteshvara Bodhisattva is the Great Miracle
Purely and strenuously practicing through many lifetimes
Always reciting, praying, and prostrating
The Mother of Compassion responds and ends afflictions
Homage to the Great Merciful and Great Compassionate Avalokiteshvara
Bodhisattva, who responds to all cries. (Prostrate 3 times) (Bell)

Sharing Merit

Mindfully prostrating to Avalokiteshvara of the Wonderful Dharma
To create vast amounts of merit
So I may share the merit
With all sentient beings everywhere
I vow to study all Dharma Gates
I vow to repay all debts of gratitude
I vow to end all afflictions
To attain the fruit of Enlightenment. (3 Bells)

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