

THE ULLAMBANA (VU LAN) SUTRA

Namo Shakyamuni Buddha (3 times) (BBB)

Sutra Opening Verse

The Buddha's Dharma
is so deep and incomparable.
For thousands of lifetimes
the chance to know it is so rare.
Now we recognize the clear and bright path and
vow to practice deeply, sincerely. (BB)

The Ullambana (Vu Lan) Sutra

Today is Ullambana festival.
Our assembled Sangha,
In front of the Buddhas in all ten directions,
Wholeheartedly commemorates the deepest graces.

The Awakened Ones transmit the Wisdom light,
Show us clearly the Awake destination,
Liberating from the source of birth and death,
Breaking the chains of delusion.

With gratitude for the Buddha's grace and the
Awakened Ones' grace,
Now, with gratitude for our living parents,
We reflect to commemorate
The greatest filial Mahamaudgalyayana. (B)

Mahamaudgalyayana, one of the Buddha's disciples,
Attained the most divine powers.
Seeing his mother condemned in the hungry ghosts realm,
Constant torment in misery, pain, exile.

The law of cause and effect cannot be voided.
With her deep rebirth karma,
As rice enters her mouth, instantly turns into
burning coals,
Fiery greed and hatred, day and night.

Seeing his mother in pain, her heart aching,
He had to dismiss the tears and return
To sincerely kneel and plead to Buddha.
How to save mother from suffering? (B)

Lord Buddha taught, in the season of Pavarana,
Awake Sangha is pure for many days.
Those ordained have entered the stages of Awakening,
Life seems as light as floating clouds.

Or the ones who have attained Buddhahood,
Liberated from the cycle of birth and death.
Wholeheartedly plead to the Awakened Ones
To arrange an Ullambana offering to save his mother. (B)

By following the Buddha's teachings,
Making offerings, pleading to the Awake Sangha.
July, the wisdom-opening month of Ullambana,
Wholeheartedly, paying homage to make offerings.

The Wisdom power of the assembled Awake Sangha
Transforms the hungry ghost mind of Moggali,
Opens the pure mind,
Ends many lives of delusion. (B)

Oh! the Awakened One, Mahamaudgalyayana,
Fully paying filial piety to the mother.
We are still mundane,
How do we liberate our parents? (B)

The deep gratitude to our parents of many lifetimes,
They gave us life and worked hard to raise us.
They just want us to grow up righteous
No matter how hard it is, it doesn't matter.

Not only the ten months period of gestation,
Eating, sleeping and laying down was not easy,
Giving birth, the mother was selfless,
Seeing her life as not important.

When children were still nursing
Parents could not sleep well at night,
Just listened to children crying
Diapers and bottles always ready.

Parents nurture small children
Like a precious jewel in their hands.
When children get sick, parents feel worried,
Nights and days, running back and forth to find remedies.

Many years of raising children,
How bitter and arduous,
Parents' efforts are immeasurable,
They just want children to grow up.

Sometimes parents forget themselves, and create karma,
As long as their children are happy,
Forgetting their own exhaustion,
To give their children a brighter life! (B)

Now relying on this body
Wholeheartedly practice the Path to Awake.
Vow for the parents of this life
And all the parents of past lives.

Meet the Awakened Ones,
Light up the Wisdom light,
Fully awakened, liberating from delusion and suffering,
Truly happy and free forever. (B)

Doing so, one will fulfill filial piety
Like Mahamaudgalyayana in the past.
No matter how much we serve our parents
How can we sufficiently repay the deep kindness of
parents?

The more we think about it, the more our heart tightens,
How to fully repay for their deep graces?
We vow to return to the shore of Awake in this lifetime,
Completely end the cycle of birth and death.

May the Buddhas in all ten directions
Verify our sincere vow.
On the path to merge into Awake Essence
We vow to dedicate all merits to our parents.(BB)

Namo Filial Mahamaudgalyayana Bodhisattva (BBB)

THE THREE REFUGES

Refuge is taken in the Buddha.
I vow, on behalf of all sentient beings,
to recognize the core teaching
and dedicate everything to it. (B)

Refuge is taken in the Dharma.
I vow, on behalf of all sentient beings,
to practice deeply and sincerely the core teaching,
allowing great wisdom to rise up. (B)

Refuge is taken in the Sangha.
I vow, on behalf of all sentient beings,
to live with ease and harmony in any situation,
disturbed by nothing. (BB)

SUTRA CLOSING VERSE

Now we have met the Awakened Ones,
and friends on the Awake path.
We vow to fully Wake Up and liberate the source of
delusions,
Return to Awake Essence,
Realizing the sun of Wisdom
is always shining within constantly, day and night,
From the endless Awakened Spring Happiness,
help all people Wake up and end the suffering of
birth and death. (BB)

We vow to bring the fruits of Wake Up
to the whole world, us students,
and all sentient beings
to soon become a Buddha. (BBB)