

Compassionate Water (The Great Bell Chant)

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by Thich Nhat Hanh

*May the sound of this bell penetrate deep into the cosmos
Even in the darkest spots living beings are able to hear it
clearly
So that all suffering in them ceases
Understanding comes to their heart
And they transcend the path of sorrow and death.*

..

*The universal dharma door is already open
The sound of the rising tide is heard clearly
The miracle happens: a beautiful child appears in the heart
of a lotus flower
One single drop of this compassionate water is enough
To bring back the refreshing spring to our mountains and
rivers.*

..

*Listening to the bell I feel the afflictions in me begin to
dissolve
My mind calm, my body relaxed
A smile is born on my lips
Following the sound of the bell
My breath brings me back to the safe island of mindfulness
In the garden of my heart, the flowers of peace bloom
beautifully.*

One hour version for meditation: