

Enmei Jukku Kannon Gyō 延命十句觀音經
Boundless (lit. Life Extending) Ten Phrase Kannon Sūtra

-repeat three times
-each sound same length roughly

觀 世 音 ◎ KAN ZE ON	Kanzeon! (<i>Avalokiteshvara</i>)
南 無 佛 NA MU BUTSU	at one with Buddha
與 佛 有 因 YO BUTSU U IN	with Buddhas there are causes
與 佛 有 緣 YO BUTSU U EN	with Buddhas there are effects
佛 法 僧 緣 BUP-PO SŌ EN	Buddha, Dharma, and Sangha - conditions
常 樂 我 淨 JŌ RAKU GA JŌ	eternal, joyful, self, purity (<i>qualities of Nirvana</i>)
朝 念 觀 世 音 CHŌ NEN KAN ZE ON	morning heart-mind is Kanzeon
暮 念 觀 世 音 BO NEN KAN ZE ON	evening heart-mind is Kanzeon
念 念 從 心 起 NEN NEN JŪ SHIN KI	this very moment arises from heart-mind
念 念 不 離 心 NEN NEN FU RI SHIN	this very moment not separate from heart-mind

Alternative translation:

Kanzeon! homage to the Buddha!
in cause and effect related to all buddhas
and to buddha dharma and sangha
eternally joyful and self purified
morning chanting Kanzeon with nen (care/attention)
evening chanting Kanzeon with nen
all experience universal expression
experience not separate from boundless heart-mind