

Waking Up

Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at beings with eyes of compassion.

Taking the First Steps of the Day

Walking on the Earth
is a miracle!
Each mindful step
reveals the wondrous Dharmakaya.

Turning on the Water

Water comes from high mountain sources.
Water runs deep in the Earth.
Miraculously, water comes to us and sustains all
life.
My gratitude is filled to the brim.

Brushing Your Teeth

Brushing my teeth and rinsing my mouth,
I vow to speak purely and lovingly.
When my mouth is fragrant with right speech,
a flower blooms in the garden of my heart.

Washing Your Feet

The peace and joy
of one toe
is peace and joy
for my whole body.

Stepping out of Bed

If today I inadvertently step on a small insect,
may it not suffer too much.
May it be liberated.
Homage to the Bodhisattva of the Land of Great
Happiness.

Opening the Window

Opening the window, I look out onto the
Dharmakaya.
How wondrous is life!
Attentive to each moment,
my mind is clear like a calm river.

Washing Your Hands

Water flows over these hands.
May I use them skillfully
to preserve our precious planet.

Rinsing Your Mouth

Rinsing my mouth, my heart is cleansed.
The universe is perfumed by flowers.
Actions of body, speech, and mind are calmed.
Hand in hand with the Buddha,
I walk in the Pure Land.

Greeting Someone

A lotus for you
a Buddha to be.

Calming the Breath

Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!

Finding a Stable Posture

In the lotus posture,
the human flower blooms.
The udumbara flower is here,
offering its true fragrance.

Serving Food

In this food,
I see clearly
the entire universe
supporting my existence.

Before Eating

Beings all over the Earth
are struggling to live.
I aspire to practice deeply
so all may have enough to eat.

Breathing

I have arrived, I am home
In the here, In the now
I am solid, I am free
In the ultimate
I dwell.
Arrived, arrived
At home, at home
Dwelling in the here
Dwelling in the now
Solid as a mountain
Free as the white clouds
The door to no-birth, no-death has opened
Free and unshakable I dwell.

Sitting Down

Sitting here
is like sitting under a Bodhi tree.
My body is mindfulness itself,
free from all distraction.

Adjusting Posture

Feelings come and go
like clouds in a windy sky.
Conscious breathing
is my anchor.

Holding the Empty Bowl

Looking at this bowl,
I see how fortunate I am
to have enough to eat to continue the practice.

Beginning to Eat

With the first taste, I offer joy.
With the second, I help relieve
the suffering of others.
With the third, I see others' joy as my own.
With the fourth, I learn the way of letting go.

Breathing

Going back to the island of self,
I see Buddha is my mindfulness
shining near, shining far.
Dharma is my breathing
guarding body and mind.
Sangha is my five skandhas
working in harmony.
Breathing in, breathing out.
Flower, fresh.
Mountain, solid.
Water, reflecting.
Space, free.

Watering the Plants

Don't think you are cut off, dear plant.
This water comes to you from the Earth and sky.
You and I have been together
since beginningless time.

Smiling at Your Anger

Breathing in,
I know that anger makes me not beautiful.
Breathing out, I smile.
I stay with my breathing
so I won't lose myself.

Talking

Words can travel thousands of miles.
May my words create
mutual understanding and love.
May they be as beautiful as gems,
as lovely as flowers.

Walking Meditation

The mind can go in a thousand directions,
but on this beautiful path, I walk in peace.
With each step, a cool wind blows.
With each step, a flower blooms.

Drinking Tea

This cup of tea in my two hands,
mindfulness held perfectly.
My mind and body dwell
in the very here and now.

Throwing Out the Garbage

In the garbage, I see a rose.
In the rose, I see compost.
Everything is in transformation.
Impermanence is life.

Cleaning the Bathroom

How wonderful
to scrub and clean.
Day by day,
my heart and mind grow clearer.

Impermanence

The day is ending and our life is one day shorter.
Let us look carefully at what we have done.
Let us practice diligently,
putting our whole heart
into the path of meditation.
Let us live deeply each moment and in freedom,
so the time doesn't slip away meaninglessly.