

DAILY SPIRITUAL PRACTICE

Get out of bed at approximately 6:30 AM.

Waking up Gatha

Waking up this morning, I smile
24 brand new hours are before me
I vow to live each moment in Mindfulness
And look at all beings with eyes of compassion.

Make the bed

Make a cup of tea. Light a stick of incense and place it on the alter.

Lighting incense Gatha

In gratitude I offer this incense
To all Buddhas and Bodhisattvas throughout space and time.
May it be fragrant as earth herself
Reflecting our careful efforts,
Our wholehearted awareness
And the fruit of understanding slowly ripening.

Call to silent meditation involves three soundings of the bell.

After first sounding of the bell Gatha

Listen, Listen
This beautiful sound
brings me back
To my true self

After the second sounding of the bell Gatha

Hearing the sound of the bell
My afflictions are lifted
Understanding grows strong
The awakened mind is born

After the third sounding of the bell Gatha

I have arrived, I am home
In the here, in the now
I am solid, I am free
In the ultimate I dwell

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The drinking tea Gatha

This cup of tea in my two hands
Mindfulness held perfectly
My mind and body dwell
In the very here and now

After 20 to 30 minutes of silent meditation.

THREE REFUGES PRAYER

Returning home
Taking refuge in the Buddha in myself
May I, together with all beings
Realize my true mind

Returning home
Taking refuge in the Dharma in myself
May I, together with all beings
Practice the wisdom of mindfulness, understanding and compassion
In all my daily affairs

Returning home
Taking refuge in the Sangha in myself
May I, together with all beings
Create harmony with others

Aware that these three gems – the Buddha, the Dharma and the Sangha
Are within my heart
As they are within the heart of all beings
I vow to realize them
And to help others realize them as well

Recite these two closing aspirations:

“In gratitude I bow my head to honor all those who have come before me on the path of mindfulness.”

“May the merits of this practice benefit all beings and bring peace.”