

### **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.