

### **Turning On The Water**

Water flows from high in the  
mountains.

Water runs deep in the Earth.  
Miraculously, water comes to us,  
and sustains all life.

### **Washing Your Hands**

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

### **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.

### **Using the bathroom**

Defiled or immaculate, increasing or  
decreasing,  
These concepts exist only in our mind.  
The reality of interbeing is unsurpassed.

### **Serving Food**

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

### **Drinking Tea**

This cup of tea in my two hands  
mindfulness is held uprightly!  
My mind and body dwell  
in the very here and now

### **Entering The Meditation Room**

Entering the meditation room,  
I see my true mind.  
I vow that once I sit down,  
all disturbances will stop.

### **Hearing The Bell**

Listen, listen,  
this wonderful sound  
brings me back  
to my true self.

### **Following The Breath**

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

### **Turning On The Light**

Forgetfulness is the darkness;  
mindfulness is the light  
I bring awareness  
to shine upon all life.

## **Sitting Down**

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

## **Walking Meditation**

The mind can go in a thousand directions,  
But on this lovely path, I walk in peace.  
With each step a gentle breeze blows,  
With each step a flower blooms.

## **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.

## **Beginning To Eat**

With the first taste, I promise to offer joy.

With the second, I promise to help relieve the suffering of others.

With the third, I promise to see others' joy as my own.

With the fourth, I promise to learn the way of non-attachment and equanimity.

## **Finishing Your Meal**

My plate is empty.

My hunger is satisfied.

I vow to live

for the benefit of all beings.