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 all beings with eyes of compassion.

Taking The First Step Of The Day

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



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.

Turning On The Light

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

Turning On The Water

Water flows from high mountain sources.
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 Toilet

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

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.

Bathing

Unborn and indestructible,
beyond time and space
both transmission and inheritance
lie in the wonderful nature of Dharmadhatu.

Looking in the Mirror

Awareness is a mirror
reflecting the four elements.
Beauty is a heart that generates love
and a mind that is open.

Washing Your Feet

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

Sitting Down

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

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!

Adjusting Posture

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

Greeting Someone

A lotus for you
a Buddha to be.

Washing Vegetables

In these fresh vegetables
I see a green sun.
All dharmas join together
to make life possible.

Holding the Empty Bowl

Looking at this bowl,

I see how fortunate I am

to have enough to eat to continue the practice.

Before Eating

Beings all over the Earth are struggling to live.

I aspire to practice deeply so all may have enough to eat.

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.

Looking at Your Plate or Bowl after Eating

The meal is finished,

and I am satisfied.

The four gratitudes are deeply in my mind.

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.

Bathing the Buddha

Today we bathe the Tathagata.

So much happiness comes from awakened understanding.

We have drifted a long time in the three realms.

Now we see that this world of dust is the Dharmakaya itself.

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.

Turning on the Computer

Turning on the computer,

my mind gets in touch with the store.

I vow to transform habit energies

to help love and understanding grow.

Turning On The Television

The mind is a television
with thousands of channels.
I choose a world that is tranquil and calm
so that my joy will always be fresh.

Driving the Car

Before starting the car I know where I'm going.
The car and I are one.
If the car goes fast, I go fast.

Making a Short Journey

Safely two-thirds of accidents take place near home.
Knowing this, I am very careful Even on a short trip.

Drinking Tea

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

Watering the Plants

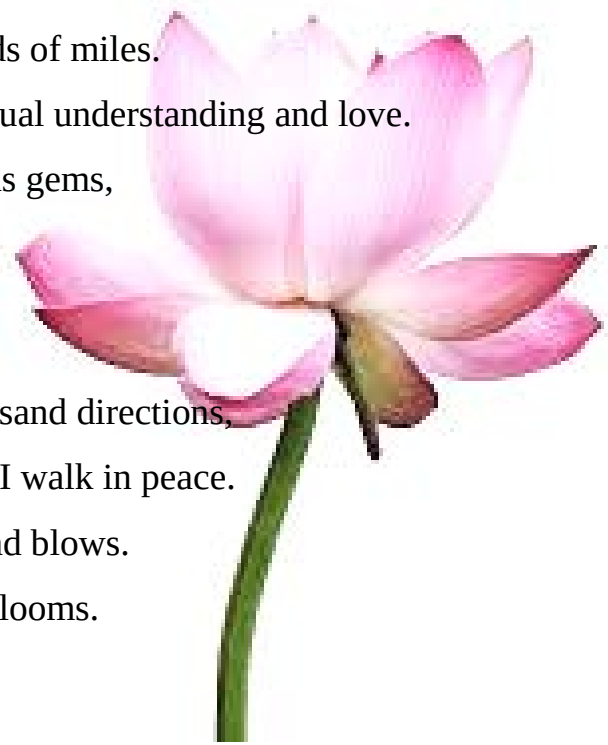
Don't think you are cut off, dear plant.
This water comes to you from the Earth and sky.
You and I have been together since beginningless time.

Looking at My Hand

Whose hand is this that has never died?
Has anyone been born?
Will anyone die?

Using the Telephone

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.

Turning on the Light

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

Washing Vegetables

In these vegetables

I see a green sun.

All dharmas join together to make life possible.

Gardening

Earth brings us to life and nourishes us.

Earth takes us back again.

We are born and we die with every breath.

Planting a Tree

I entrust myself to Earth;

Earth entrusts herself to me.

I entrust myself to Buddha;

Buddha entrusts herself to me.

Picking A Flower

May I pick you, little flower,

gift of Earth and sky?

Thank you, dear bodhisattva,

for making life beautiful.

Cleaning the Bathroom

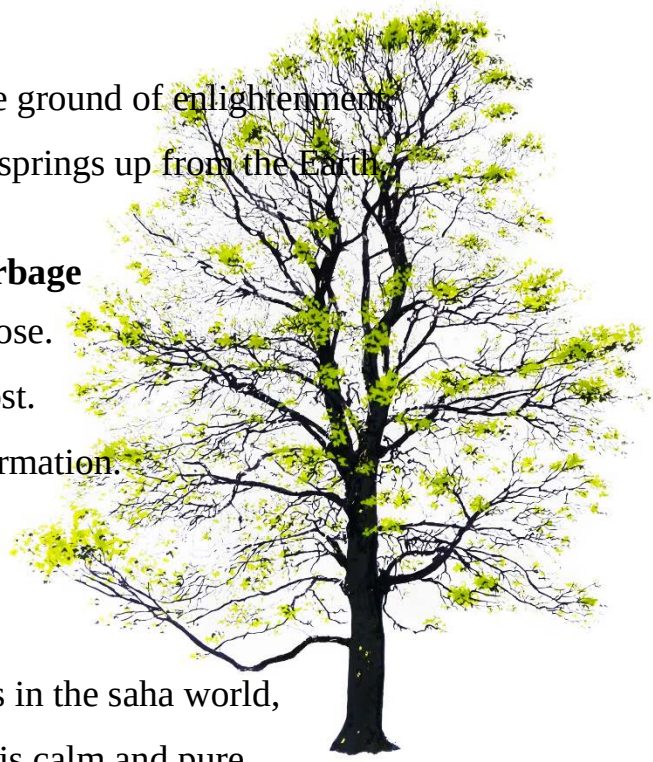
How wonderful to scrub and clean.

Day by day, my heart and mind grow clearer.

Sweeping

As I carefully sweep the ground of enlightenment,

a tree of understanding springs up from the Earth.



Throwing Out the Garbage

In the garbage, I see a rose.

In the rose, I see compost.

Everything is in transformation.

Impermanence is life.

Arranging Flowers

Arranging these flowers in the saha world,

the ground of my mind is calm and pure.

Lighting a Candle

Lighting this candle,

Offering the light to countless Buddhas,

the peace and the joy I feel

brighten the face of the Earth.