

Gathas

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.

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.

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.

GETTING DRESSED

Putting on these clothes,
I am grateful to those who made them
and to the materials from which they were
made.
I wish everyone could have enough to wear.

INVITING THE BELL TO SOUND

Body, speech and mind in perfect oneness ---
I send my heart along with the sound of the
bell.
May the hearers awaken from forgetfulness
and transcend all anxiety and sorrow.

HEARING THE BELL

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

ENTERING THE MEDITATION ROOM

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

SITTING DOWN

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

ADJUSTING MEDITATION POSTURE

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

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!

HUGGING MEDITATION

Breathing in,
I am so happy to hug you.
Breathing out,
I know you are real and alive in my arms.

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GREETING SOMEONE

A lotus for you,
a Buddha to be.

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.

END OF DAY

The day has now ended
Our lives are shorter
Now we look carefully
What have we done?

Noble Sangha, with all of our heart
Let us be diligent
Engaging in the practice
Let us live deeply
Free from affliction
Aware of impermanence
So that life does not drift away
Without meaning.