

**This is a clear and simple practice to do every morning and evening.
Start here.**

**Begin with gratitude that you have found this practice path.
Call out your own name, i.e., Your Name, What luck!
Chant or recite out loud the following poem by Hsu Yun.**

Your name followed by What luck!

The chance to practice the Supreme Dharma of Emptiness
Without fear of being invaded by the foolish affairs of outside life!
Set the time of sitting!
Make it just as long as it takes one fragrant incense stick to burn down.
In that time you can thread the basic principles of Buddhism into a lovely string of pearls.
One by one those marvelous concepts came from the East
To encircle our hearts here in the West
Here in this place we touch these sacred pearls
And sing their praises like the sound of ocean waves.

**Do 3 prostrations of Letting Go of any preoccupation.
Light a candle and incense.
Offer 3 bells.**

Offer Purification- Use a leaf and some water and sprinkle the water on the crown of your head.

Every moment is fresh and new. Everything arises and ceases; everything is dissolving.

Notice the changes in your own body without the storyline.

Aging, sickness and death arise and cease everywhere. Nothing escapes.

Some of us do not understand that we are perishing here.

Those who understand this bring to rest their quarrels. [Dhammapada]

Renounce doing harm, ask for forgiveness from those you have harmed, forgive yourself.

Avowal of karma –Confess your actions; Chant this 3X

All my ancient twisted karma, (strike the bell after each line)

From beginningless greed, hate and delusion,

Born through body, speech and mind,

I now fully avow.

WELCOME THE THREE UNIVERSAL PRECEPTS

- *Do No Harm – Cease from Evil It is the great teaching of all Buddhas everywhere.*
I do no harm. I cease from harmful actions.
- *Cultivate goodness-The moon is in the dewdrop no matter what the circumstance.*
I cultivate goodness no matter what the conditions are.
- *Purify the mind, let go of the non-essential. Realize that likes, dislikes and indifferences of the mind are hindrances to the pure mind.*
I let go of the non-essential.
Pause and contemplate the non-essential.
What do you need versus what do you want?

WELCOME THE 10 GRAVE PRECEPTS

1. I vow not to kill life. I refrain from killing and destroying life. I protect living beings from the dangers of greed, hate & delusion. I train to keep this precept.
2. I do not take anything not given to me; I do not take anything that isn't mine. I do not steal. I offer what I have to others. I train to keep this precept.
3. I do not misuse sexuality. I do not sleep with anyone's partner, with anyone engaged, with a child, or with any sentient being by force or coercion. I train to keep this precept.
4. I tell the truth and am honest. I do not lie. I train to keep this precept.
5. I do not get drunk or intoxicated. I do not cloud the mind with enchantment. I do not abuse my mind and body. I train to keep this precept.
6. I do not discuss the mistakes of others. I do not hurt with words. I train to keep this precept.
7. I do not praise myself over others. I train to keep this precept.
8. I am not stingy particularly with the teachings of Buddha. I give them freely. I am not possessive of anything. I train to keep this precept.
9. I do not harbor ill-will. I do not hold grudges. I train to keep this precept.
10. I honor being awake, I honor the Truth over self-absorption and small-mindedness, and I honor the community of all sentient beings. I train to keep this precept.

These precepts are my protection

I do my best to keep them.

3 Refuges ~ When Trouble Strikes I take refuge here -Chant

I take refuge in Buddha. I take refuge in Dharma, I take refuge in sangha.

I take refuge in Buddha as the perfect teacher.

I take refuge in Dharma as the perfect teaching.

I take refuge Sangha as the perfect life.

Now I have completely taken refuge in Buddha,

Now I have completely taken refuge in Dharma,

Now I have completely taken refuge in Sangha.

These three refuges are my great abodes, my great teachers, my great grandfather and great grandmother.

Final 3 prostrations and bells.