



A Day of Reflection

To begin the Day of Reflection, please join your palms together and recite the following with utmost sincerity:

I, _____, now recite the Gatha of Atonement.


All karma ever committed by me since of old,
Due to my beginningless greed, hatred, and delusion.
Born of my actions, speech, and thought.
Now I atone for it all. (*Repeat 3x*)


Now being mindful of the purity of my body, speech, and mind, I commit myself to observing this Day of Reflection with the following practices:

I, _____, take refuge in the Buddha. I vow to embody Oneness, the awakened nature of all beings. I take refuge in the Dharma. I vow to embody Diversity, the ocean of wisdom and compassion. I take refuge in the Sangha. I vow to embody Harmony, the interdependence of all creations. (*Repeat 3x*)

I, _____, for the coming day, commit myself to Not-knowing, the source of all manifestations, and seeing all manifestations as the teachings of Not-knowing. I commit myself to Bearing Witness, by encountering all creations with respect and dignity and by allowing myself to be touched by the joys and pain of the universe. I commit myself to Healing, by inviting all hungry spirits into the mandala of my practice and using my energy and love for healing myself, the earth, humanity, and all creations.

As peacemakers throughout all space and time have observed the following ten precepts, so will I, _____, being mindful of the interdependence of Oneness and Diversity, observe these practices:

1. I will recognize that I am not separate from all that is. This is the practice of Non-killing. I will not lead a harmful life, nor encourage others to do so. I will live in harmony with all life and the environment that sustains it.
 2. I will be satisfied with what I have. This is the practice of Non-stealing. I will freely give, ask for, and accept what is needed.
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3. I will encounter all creations with respect and dignity. This is the practice of Chaste Conduct. I will give and accept love and friendship without clinging.
 4. I will speak the truth and deceive no one. This is the practice of Non-lying. I will speak from the heart. I will see and act in accordance with what is.
 5. I will cultivate a mind that sees clearly. This is the practice of Not Being Deluded. I will not encourage others to be deluded. I will embrace all experience directly.
 6. I will unconditionally accept what each moment has to offer. This is the practice of Not Talking About Others Errors and Faults. I will acknowledge responsibility for everything in my life.
 7. I will speak what I perceive to be the truth without guilt or blame. This is the practice of Not Elevating Myself and Blaming Others. I will give my best effort and accept the results.
 8. I will use all of the ingredients of my life. This is the practice of Not Being Stingy. I will not foster a mind of poverty in myself or others.
 9. I will transform suffering into wisdom. This is the practice of Not Being Angry. I will not harbor resentment, rage, or revenge. I will roll all negative experience into my practice.
 10. I will honor my life as an instrument of peacemaking. This is the practice of Not Thinking Ill of the Three Treasures. I will recognize myself and others as manifestations of Oneness, Diversity, and Harmony.



TRANSFER OF MERIT

To be recited at the end of the Day of Reflection:

I, _____, have committed myself to this peacemaker practice of renewing the Refuges, Tenets, and Precepts for the duration of one day. May the merits of this practice be extended to all those who dedicate their lives to the practice of peace, and to all those who suffer from the oppression of my own greed, anger, and ignorance. I wish to transform the passions that afflict me, and to realize and actualize the Enlightened Way through the practice of Not-knowing, Bearing Witness, and Healing.

