

QUICK REFERENCE

Copy and Keep with Your Mala

“I affirm the oneness of life. All beings are related to each other.”

SITUATION: “I call the Buddhas and Bodhisattvas to witness my process.”

“I acknowledge the awakened nature of all beings.”

“I meet all beings with respect and dignity.”

“I invite all hungry spirits into my practice.”

NOT-KNOWING. “I return to Not-Knowing.”

“I release my knowing.”

“I release my fears and resentments.”

“I release my energy blocks.”

BEAR WITNESS. “I Bear Witness.”

DO: “I will (state your action). By this action, (see below)...”

“I serve the wholeness of life.”

“I serve (name).”

“I take care of myself.”

LOVE. “I affirm Love as the great force of my life.”

“I offer my gratitude to (name).”

“I dedicate the merit of this practice to (name).”

“I humbly take my place in the Circle of Life *just as I am*.”

Rub the mala between your hands and reaffirm the oneness of life.