



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, lust, envy, and delusion.
Born of my actions, speech, and thought.
Now I atone for it all. (*Recite 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. (*Recite 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 refrain from leading a harmful life and from encouraging 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 refrain from taking anything not given and from encouraging others to steal. I will freely give, ask for, and accept what is needed.





3. I will encounter the diversity of life with respect and dignity. This is the practice of Chaste Conduct. I will refrain from unchastity and from creating the conditions for others to be unchaste. I will give and accept love and friendship without clinging.
4. I will listen and speak from the heart and deceive no one. This is the practice of Non-lying. I will refrain from lying and from creating the conditions for others to lie. 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 refrain from using intoxicants that delude the mind and from encouraging others to be deluded. I will embrace all experience directly.
6. I will accept what each moment has to offer. This is the practice of Not Talking About Others' Errors and Faults. I will refrain from talking about others' errors and faults and from encouraging others to do so. 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 refrain from elevating myself and blaming others and from encouraging others to do so. 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 refrain from fostering a mind of poverty in myself and others and from encouraging others to do so.
9. I will refrain from harboring resentment, rage, or revenge. This is the practice of Not Being Angry. I will refrain from creating the conditions for others to be angry. I will accept negative experiences as part of my practice. I will recognize and express my emotions as part of my practice.
10. I will honor my life as a peacemaker. This is the practice of Not Speaking Ill of The Three Treasures. I will refrain from speaking ill of The Three Treasures and from creating conditions for others to do so. I will recognize myself and others as manifestations of the Oneness of Buddha, the Diversity of Dharma, and the Harmony of Sangha.

