



DAY OF REFLECTION — TRANSFERENCE OF MERIT

I, _____, have committed myself to this Day of Reflection. 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 Buddha Way.

I have taken refuge in the Buddha, I have taken refuge in the Dharma, I have taken refuge in the Sangha. (Recite 3x)

THE FOUR BODHISATTVA VOWS

Numberless beings / I vow to serve them.

Inexhaustible delusions / I vow to end them.

Boundless Dharmas / I vow to practice them.

Unsurpassable Buddha Way / I vow to embody it.

