

Waking Up

*Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with the eyes of compassion.*

Brushing Your Teeth

*Brushing my teeth and rinsing my mouth,
I vow to speak purely and lovingly.
When my mouth is fragrant with right speech,
a flower blooms in the garden of my heart.*

Walking Meditation

*The mind can go in a thousand directions.
But on this beautiful path, I walk in peace.
With each step, a gentle wind blows.
With each step, a flower blooms.*

Watering the Plants

*Don't think that you are cut off, dear plant.
This water comes to you from the Earth and sky
You and I have been together
since beginningless time.*



Smiling at Your Anger

*Breathing in, I know anger makes me ugly,
Breathing out, I do not want to be controlled by anger.
Breathing in, I know I must take care of myself,
Breathing out, I know loving kindness is the only answer.*

Sitting Meditation

*Breathing in, I know I am breathing in. (In)
Breathing out, I know I am breathing out. (Out)
Breathing in, I feel my breath becoming deep. (Deep)
Breathing out, I feel my breath becoming slow. (Slow)
Breathing in, I calm my body and my mind. (Calm)
Breathing out, my body and my mind are at ease. (Ease)
Breathing in, I smile. (Smile)
Breathing out, I release all tension in my body and mind. (Release)
Breathing in, I dwell in the present moment. (Present Moment)
Breathing out, I know this is a wonderful moment. (Wonderful Moment)*

Driving a Car

*Before starting the car
I know where I am going.
The car and I are one.
If the car goes fast, I go fast.*

Washing the Dishes

*Washing the dishes
is like bathing a baby Buddha.
The profane is the sacred.
Everyday mind is Buddha's mind.*



Talking on the Telephone

*Words can travel thousands of miles.
May my words create mutual understanding and
love.
May they be as beautiful as gems,
as lovely as flowers.*

Sitting or Walking Meditation

*I have arrived,
I am home
In the here,
In the now.
I am solid,
I am free.
In the ultimate
I dwell.*

Drinking Tea

*This cup of tea in my two hands,
mindfulness held perfectly.
My mind and body dwell in
the very here and now.*

Laying in Bed

*Resting in the ultimate dimension,
using snowy mountains as a pillow
and beautiful pink clouds as blankets.
Nothing is lacking.*

<https://plumvillage.org/>

<http://www.willowbranch.org/qathas>

<https://snowflower.org/resources/how-to-meditate/>