

Day of Reflection

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

***All karma ever caused by me since of old,
On account of 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 my actions, speech, and thought, I commit myself to observing this Day of Reflection with the following practices:

I take refuge in the Buddha, the oneness of life. I take refuge in the Dharma, the diversity of life. I take refuge in the Sangha, the interdependence of Buddha and Dharma. (Repeat 3x)

I for the coming day, commit to Not-knowing by giving up fixed ideas about myself and the universe. I commit to Bearing Witness to the joy and suffering of the universe. I commit to Taking Action that arises from Not-Knowing and Bearing Witness.

As Compassionate Beings throughout all space and time have practiced the following Ten Precepts, so will I observe these practices:

- 1. Recognizing 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 sustaining it.*
- 2. Being satisfied with what I have: **This is the practice of Non-stealing.** I will not take anything not given and not encourage others to steal. I will practice contentment by freely giving, asking for, and accepting what is needed.*
- 3. Meeting the diversity of life with respect and dignity: **This is the practice of Chaste Conduct.** I will not create conditions for others to be unchaste. I will give and accept love and friendship without using or clinging.*

4. *Listening and speaking from the heart with clarity and kindness: **This is the practice of Non-lying.** I will not create conditions for others to lie. I will compassionately and constructively speak the truth as I perceive it, deceiving and harming no one.*
5. *Cultivating 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. *Bearing witness to the offering of each moment with equanimity: **This is the practice of Not Talking About Others' Errors and Faults.** I will not encourage others to talk about others' errors and faults. I will acknowledge responsibility for everything in my life. I will hold all beings in equal regard and practice inclusiveness.*
7. *Speaking what I perceive to be the truth with humility: **This is the practice of Not Elevating Myself and Blaming Others.** I will not encourage others to elevate themselves and blame others. I will not compete with others or covet recognition but will give my best effort and accept the results. I will freely acknowledge others' accomplishments.*
8. *Being generous: **This is the practice of Not Being Stingy.** I will not foster a mind of poverty in myself or others and I will use all the ingredients of my life.*
9. *Transforming suffering into wisdom: **This is the practice of Not Holding On To Anger.** I will not create conditions for others to be angry. I will not harbor resentment, rage, or revenge. I will bear witness to emotions that arise and allow them to teach me.*
10. *Honoring my life as a source of compassion and wisdom: **This is the practice of Not Disparaging The Three Treasures.** I will not create conditions for others to disparage The Three Treasures. I will recognize that all beings, including myself, embody oneness, diversity and interdependence.*

*In renewing The Ten Precepts, I now extend these into the sphere of the Four Commitments: I commit to a culture of non-violence and a reverence for all life, a culture of solidarity and a sustainable and ethical economy, a culture of inclusiveness and equal rights for all, and a culture of appreciation and respect for the earth that sustains us all. **Now**, with all Compassionate Beings throughout all space and time, I renew the Bodhisattva Vow to serve all beings.*

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TRANSFER OF MERIT

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

I have committed myself to this Zen Peacemaker practice of renewing The Three Treasures, The Three Tenets, The Ten Precepts, The Four Commitments and The Bodhisattva Vow 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, hatred, and ignorance. I wish to transform the passions that afflict me, and to realize and actualize the Buddha Way by serving all beings.

