



Set the day's intention,
read/recite this practice in the morning
before you get up.

A Morning Meditation

Today from this instant on until the moment in the evening when I fall asleep, I will exert myself to accomplish all the positive and reject all the negative. I will practice the Dharma to become able to help all beings be free from suffering and progress toward liberation.

Today I will avoid causing harm through my physical activity. I will avoid causing harm through my speech. I will avoid causing harm through my thoughts.

Today I will do my best to engage in beneficial physical activity. I will do my best to speak useful and pleasant words. I will do my best to nourish well-wishing thoughts for all beings.

(Repeat each paragraph three times.)

From The Day of a Buddhist Practitioner by Bokar Rinpoche

Gratitude and love to Ani Trime who shared this prayer with the Dharma Refuge Sangha and asked us each to promise to read this each morning.