

## Fall 2020 Practice Period Reflections

### **Waking Up**

As I wake up, I welcome a new day.  
A mindful smile with every breath.  
May I live each moment  
With compassion and awareness

### **Gatha for Washing Your Hands**

As I mindfully wash my hands,  
I offer a wish for myself and all beings:  
May we take care of ourselves  
and one another,  
Free from fear.

### **Gatha for Brushing Teeth**

Brushing my teeth and rinsing my mouth,  
I vow to speak truthfully,  
Using words that inspire  
confidence, joy and hope.

### **Gatha for Difficult Feelings**

As I notice difficult feelings arising  
in myself or others,  
I vow with all beings,  
To breathe and be present with all that is,  
Taking refuge in Buddha, Dharma, and Sangha  
And considering the appropriate response.

### **Gatha for Cultivating a Big View**

Looking up at the sky,  
I remember that I am living  
In a vast and interpenetrated universe  
Larger than my mind could ever grasp.

### **Sitting Meditation**

Each thought, each feeling  
Creates the world. I hold joy and suffering  
Tenderly in each breath

### **Mealtime Gatha**

Earth, Water, Air and Fire  
Combined to make this food.  
Numberless beings have died and labored  
that we may eat.  
May we be nourished,  
that we may nourish life.,

### **Evening Reflection**

What compassionate action did I take today?  
Did I have compassion for all life?  
Was I living by my vow well?

### **Bedtime Meditation (by Thich Nhat Han)**

Breathing in, I know I am breathing in.  
Breathing out, I know I am breathing out.  
Breathing in, my breath grows deep.  
Breathing out, my breath goes slow.  
Breathing in, I calm my body and mind.  
Breathing out, I feel ease.  
Breathing in, I smile.  
Breathing out, I release.  
Breathing in,  
dwelling in the present moment.  
Breathing out,  
I know it is a wonderful moment.

### **Going to Sleep**

Falling asleep at last I vow with all beings  
To enjoy the dark and the silence  
An rest in the vast unknown

## **Reverence For Life**

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life. Seeing that harmful actions arise from anger, fear, greed and intolerance which come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

Thich Nhat Hanh, Five Mindfulness Trainings