

# Gathas

## 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 eyes of compassion.

## TAKING THE FIRST STEP OF THE DAY

Walking on the Earth  
is a miracle!  
Each mindful step  
reveals the wondrous Dharmakaya.

## LOOKING IN THE MIRROR

Awareness is a mirror  
reflecting the four elements.  
Beauty is a heart that generates love  
and a mind that is open.

## TURNING ON THE WATER

Water flows from high in the mountains.  
Water runs deep in the Earth.  
Miraculously, water comes to us,  
and sustains all life.

## WASHING YOUR HANDS

Water flows over these hands.  
May I use them skillfully  
to preserve our precious planet.

## 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.

## GETTING DRESSED

Putting on these clothes,  
I am grateful to those who made them  
and to the materials from which they were  
made.  
I wish everyone could have enough to wear.

## INVITING THE BELL TO SOUND

Body, speech and mind in perfect oneness ---  
I send my heart along with the sound of the  
bell.  
May the hearers awaken from forgetfulness  
and transcend all anxiety and sorrow.

## HEARING THE BELL

Listen, listen,  
this wonderful sound  
brings me back  
to my true self.

## ENTERING THE MEDITATION ROOM

Entering the meditation room,  
I see my true mind.  
I vow that once I sit down,  
all disturbances will stop.

## SITTING DOWN

Sitting here  
is like sitting under the Bodhi tree.  
My body is mindfulness itself,  
entirely free from distraction.

## ADJUSTING MEDITATION POSTURE

Feelings come and go  
like clouds in a windy sky.  
Conscious breathing  
is my anchor.

## FOLLOWING THE BREATH

Breathing in, I calm my body.  
Breathing out, I smile.  
Dwelling in the present moment,  
I know this is a wonderful moment!

## HUGGING MEDITATION

Breathing in,  
I am so happy to hug you.  
Breathing out,  
I know you are real and alive in my arms.

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## GREETING SOMEONE

A lotus for you,  
a Buddha to be.

## USING 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.

## END OF DAY

The day has now ended  
Our lives are shorter  
Now we look carefully  
What have we done?

Noble Sangha, with all of our heart  
Let us be diligent  
Engaging in the practice  
Let us live deeply  
Free from affliction  
Aware of impermanence  
So that life does not drift away  
Without meaning.