



Fourteen Verses on Meditation

1. Just as a bird has two wings,
the practice of meditation has “stopping” and “deep looking.”
The two wings depend on each other.
Stopping and deep looking go in tandem.

Gatha for waking up in the morning

Waking up this morning I smile.
24 brand new hours are before me.
I want to live fully in each moment
and to look at all beings with the eyes of compassion.

Nourishing Happiness

Sitting here in this moment, protected by the Sangha, my happiness is clear and alive.

What a great fortune to have been born a human, to encounter the Dharma, to be in harmony with others, and to water the Mind of Love in this beautiful garden of practice.

The energies of the Sangha and mindfulness trainings are protecting and helping me not make mistakes or be swept along in darkness by unwholesome seeds. With kind spiritual friends, I am on the path of goodness, illumined by the light of Buddhas and Bodhisattvas.
Although seeds of suffering are still in me in the form of afflictions and habit energies, mindfulness is also there, helping me touch what is most wonderful within and around me.
I can still enjoy mindfulness of the six senses: my eyes look peacefully upon the clear blue sky, my ears listen with wonder to the songs of birds, my nose smells the rich scent of sandalwood, my tongue tastes the nectar of the Dharma, my posture is upright, stable, and relaxed, and my mind is one with my body.

If there were not a World-Honored One, if there were not the wonderful Dharma, if there were not a harmonious Sangha, I would not be so fortunate to enjoy this Dharma happiness today.

My resources for practice are my own peace and joy. I vow to cultivate and nourish them with daily mindfulness. For my ancestors, family, future generations, and the whole of humanity, I vow to practice well. In my society I know that there are countless people suffering, drowned in sensual pleasure, jealousy and hatred.



web: www.dpweb.org
email: shstaff@dpmail.net
2499 Melru Lane, Escondido,
CA
(760) 291-1003 ext 100

I am determined to take care of my own mental formations, to learn the art of deep listening and using loving speech in order to encourage communication and understanding and to be able to accept and love. Practicing the actions of a bodhisattva, I vow to look with eyes of love and a heart of understanding. I vow to listen with a clear mind and ears of compassion, bringing peace and joy into the lives of others, to lighten and alleviate the suffering of living beings. I am aware that ignorance and wrong perceptions can turn this world into a fiery hell. I vow to walk always upon the path of transformation, producing understanding and loving kindness. I will be able to cultivate a garden of awakening.

Although there are birth, sickness, old age, and death, now that I have a path of practice, I have nothing more to fear. It is a great happiness to be alive in the Sangha with the practice of mindfulness trainings and concentration, to live every moment in stability and freedom, to take part in the work of relieving others' suffering, the career of Buddhas and Bodhisattvas.

In each precious moment, I am filled with deep gratitude. I bow before the World-Honored One. Please bear witness to my wholehearted gratitude, embracing all beings with arms of great compassion.

Discourse on Happiness

I heard these words of the Buddha one time when the Lord was living in the vicinity of Savatthi at the Anathapindika Monastery in the Jeta Grove. Late at night, a deva appeared whose light and beauty made the whole Jeta Grove shine radiantly. After paying respects to the Buddha, the deva asked him a question in the form of a verse:

“Many gods and men are eager to know what are the greatest blessings which bring about a peaceful and happy life.
Please, Tathagata, will you teach us?”

(This is the Buddha's answer:)

“Not to be associated with the foolish ones, to live in the company of wise people, honoring those who are worth honoring — this is the greatest happiness.

“To live in a good environment, to have planted good seeds, and to realize that you are on the right path — this is the greatest happiness.

“To have a chance to learn and grow, to be skillful in your profession or craft, practicing the precepts and loving speech — this is the greatest happiness.

“To be able to serve and support your parents, to cherish your own family, to have a vocation that brings you joy — this is the greatest happiness.

“To live honestly, generous in giving, to offer support to relatives and friends, living a life of blameless conduct — this is the greatest happiness.

“To avoid unwholesome actions, not caught by alcoholism or drugs, and to be diligent in doing good things — this is the greatest happiness.

“To be humble and polite in manner, to be grateful and content with a simple life, not missing the occasion to learn the Dharma — this is the greatest happiness.

“To persevere and be open to change, to have regular contact with monks and nuns, and to fully participate in Dharma discussions — this is the greatest happiness.

“To live diligently and attentively, to perceive the Noble Truths, and to realize nirvana — this is the greatest happiness.

“To live in the world with your heart undisturbed by the world, with all sorrows ended, dwelling in peace — this is the greatest happiness.

living a life of blameless conduct — this is the greatest happiness.

“To avoid unwholesome actions, not caught by alcoholism or drugs, and to be diligent in doing good things — this is the greatest happiness.

“To be humble and polite in manner, to be grateful and content with a simple life, not missing the occasion to learn the Dharma — this is the greatest happiness.

“To persevere and be open to change, to have regular contact with monks and nuns, and to fully participate in Dharma discussions — this is the greatest happiness.

“To live diligently and attentively, to perceive the Noble Truths, and to realize nirvana — this is the greatest happiness.

“To live in the world with your heart undisturbed by the world, with all sorrows ended, dwelling in peace — this is the greatest happiness.

“For he or she who accomplishes this, unvanquished wherever she goes, always he is safe and happy — happiness lives within oneself.”