

Morning aspiration

I take refuge in Wisdom

I take refuge in Compassion

I take refuge in Non-clinging awareness

(x3)

May I be well, happy and free from fear.

As I am, may all others be well, happy and free from fear.

May all beings come to understand the causes of suffering,

May all beings find the path to the cessation of suffering.

However innumerable beings are,

I vow to meet them with kindness and interest.

However, inexhaustible states of suffering are,

I vow to touch them with patience and love.

However immeasurable the Dharmas are,

I vow to explore them deeply.

However incomparable the mystery of interbeing,

I vow to surrender to it freely.

From this day forward,

with wisdom and compassion as my light and staff,

I dedicate all my life energies for the benefit of all beings.

May all beings be well and happy.

At the end of the session:

I dedicate the power of this practice for the benefit of all beings.