

Morning Meditation



Rainbow Buddha

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

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