



Refuges

*I take refuge in the Buddha.
I take refuge in the Dhammā.
I take refuge in the Saṅgha.*

*For the second time
I take refuge in my good heart.
I take refuge in the natural unfolding of the mind-heart.
I take refuge in the community of fellow seekers,
those who have walked this path before me,
and the interdependence of beings.*

*For the third time
I take refuge in the Buddha, the Dhammā, and the Saṅgha.*

Precepts (to Cultivate)

*I undertake these precepts:
to be **peaceful** and refrain from harming intentionally;
to be **content** with what is and refrain from taking what is not given freely;
to be **attentive** and refrain from sensory entanglement;
to be **truthful** and refrain from deceit, gossip, harsh speech, and idle chatter;
to be **simple** and refrain from heedless intoxication;
to be **kind** and refrain from speaking or acting with ill will;
to be **generous** with myself and all beings.*

Aspirations

*Knowing that one day this body will cease:
I seek simplicity, clarity, and acceptance,
observe the mind-heart without preference,
and surrender into the expanse.
When sending and receiving kindness feel the same,
self dissolves in contentment,
yearning fades into timeless presence,
and eternity merges with this moment right now.*