

Refuges

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

For the second time I take refuge in *my good heart*.
For the second time I take refuge in *the natural unfolding of the mind-heart*.
For the second time 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*.
For the third time I take refuge in the *Dhamma*.
For the third time I take refuge in the *Saṅgha*.

Daily Precepts

I undertake the precept to refrain from *harming intentionally*.
I undertake the precept to refrain from *taking what is not given freely*.
I undertake the precept to refrain from *sensory entanglement*.
I undertake the precept to refrain from *deceit, gossip,
harsh speech, and idle chatter*.
I undertake the precept to refrain from *intoxicants to the point of heedlessness*.
I undertake the precept to refrain from *speaking or acting with ill will*.
I undertake the precept to be *kind and generous to myself and all beings*.

Aspirations

I seek to observe *the mind-heart without preference*.
I seek *clarity and acceptance*.
I relax *any tension in the self*.
I rest in *oneness*.