

Dharma Practice at the Moment When I Wake Up

When waking up, I visualize with clarity the triple gem in front of me, remembering the kindness of my Guru, the triple gem and all the sentient beings. Because of them my life was sustained and my spiritual practice is enhanced.

Although today might be my last one, still it is to be a good day for my dharma practice. With that in mind, I will make great effort to let my body, speech and mind, not be contaminated by the ten evil acts, not be departed from the three refuges, and not be separated for even a moment from the bodhicitta. May my Guru and the triple gem bless me!

Dharma Practice at the Moment before I Fall Asleep

With sincere gratitude toward my Guru, the triple gem and all the sentient beings, today I managed to engage myself in doing good deeds. With sincere remorse, I repent all the wrongdoings I committed. With strong determination, I vow not to repeat the same mistake. With great delight, I enjoy all my deeds that were in accord with the dharma. I vow to enhance it the next day.

Visualize with clarity the objects of my refuge in front of me, I lie down at the feet of the Buddha, feeling blissful and peaceful, physically and mentally, remembering the heart of great compassion, bodhicitta, and the profound meanings of emptiness. While falling into sleep, I recite the verse of "Taking refuge and Generating the Bodhicitta."