This is a personal collection of verses that I find beneficial. I like to recall one or two each day. All are rooted in Buddhist teachings and have been translated, updated, and adapted over many years (including my renderings of verses 4-7 and 17). I share them with a bow of gratitude to all who have conveyed these practices across many cultures and generations.

(1) Three Treasures

At one with the Buddha, may all beings embody their awakened nature.
At one with the Dharma, may all beings welcome the myriad expressions of awakened nature.
At one with the Sangha, may all beings support harmony, and transform suffering to ease.

At one with the Buddha, may all beings embody the great way, awakening clear mind.
At one with the Dharma, may all beings immerse themselves in the ocean of wisdom and compassion.
At one with the Sangha, may all beings work for peace, becoming free from every hindrance.

(2) Four Boundless States

May all beings have happiness and the cause of happiness.
May they be free from suffering and the cause of suffering.
May they not be separated from the ease that is beyond suffering.
May they abide in the state of great equanimity, that is beyond any partiality, desire, or aversion.

(3) Three Tenets

I vow* to practice not-knowing, by giving up fixed ideas about myself, others, and the universe.
I vow to practice bearing witness to the joys and suffering of the world, clearly seeing what is, without attachment or judgement.
I vow to practice taking action that proceeds from not-knowing and bearing witness, welcoming all hungry spirits into my life.

* or aspire

(4) Ten Pure Mind Practices

I vow* to proceed in peace, and not cause harm.
I vow to be satisfied with what I have, and not take what belongs to others.
I vow to respect intimate relationships, and not treat others carelessly.
I vow to speak truthfully, and not lie.
I vow to be fully present, and not escape through intoxicants.
I vow to speak kindly, and not talk of others’ faults and errors.
I vow to observe non-difference, and not elevate self or blame others.
I vow to be generous, and not stingy.
I vow to transform anger to wisdom, and not spin in stories.
I vow to include all in the scope of wholeness, and disparage nothing.

(5) Four Divine Abodes

May I abide in lovingkindness and friendliness, bringing happiness to others, expecting nothing in return.
May I abide in compassion and gentle care, coming in close to the suffering of others, bringing comfort, confidence, reconciliation, and relief.
May I abide in altruistic joy, rejoicing in the happiness and good fortune of others.
May I abide in equanimity, welcoming pleasant experiences without grasping, welcoming unpleasant experiences without turning away, and welcoming neutral experiences without indifference.
Six Perfections

May I cultivate generosity, offering aid, forgiveness, and fearlessness to all, regardless of their status, actions, or mental states.

May I cultivate ethical conduct, acting with care, so I avoid causing harm to others.

May I cultivate patience, welcoming and including all, even when it involves discomfort.

May I cultivate wholeheartedness, bringing joyous effort to all I do.

May I cultivate concentration, maintaining a mind that is simultaneously focused and at ease.

May I cultivate wisdom, remaining alert to the ever-changing and intertwined nature of all existence.

Eightfold Path

Practicing skillful view, I aspire to remain aware that my perspective is incomplete, that every action bears fruit, that all things are arising and passing away, and that everything is intertwined.

Practicing skillful intention, I aspire to maintain the desire to ease suffering, to be generous, and to refrain from harm.

Practicing skillful effort, I aspire to be diligent and careful in my attempts to cultivate well-being.

Practicing skillful awareness, I aspire to be mindful of my body, emotions, and thoughts.

Practicing skillful meditation, I aspire to concentrate my mind so I can engage more skillfully with life as it is.

Practicing skillful speech, I aspire to speak with care, avoiding lies and gossip, and being sensitive to timing and setting.

Practicing skillful action, I aspire to avoid harm by not killing, stealing, speaking harshly, being careless with sexual energy, or consuming intoxicants.

Practicing skillful livelihood, I aspire to earn a living in a way that does not bring harm to myself or others.

Five Remembrances

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape having ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

Intention for Today’s Work

May our work today be done in a spirit of generosity, not driven by ego, greed, or delusion.

May kindness sustain us and prevail in conflict.

May compassion guide us and lead us to understanding.

May we rejoice in the successes of others, and remain unmoved by praise or blame.

Prayer for Clarity

May all beings see each thing as it is, and be free of opposition and contention.

May all beings tread the pure realm of reality, the heart-mind clear and without obstruction.

Prayer of Atonement

All my ancient tangled karma,*
From beginningless greed, hate, and delusion,
Born of body, speech, and mind,
I now fully atone.

* actions and their fruition
(12) Teaching on Lovingkindness

This is what one who is on the way, who seeks good and wishes to obtain peace, should practice:
Let us be able, honest and upright, gentle in speech and without pride,
Easily supported, content and joyous, with few duties and living simply,
Tranquil in our senses, accomplished and modest, without greed.

Let us not do the slightest thing that the wise would later reprove.
Let us cultivate the thought: May all beings be healthy and live in safety, may all beings be happy.
All living beings, whether weak or strong, tall or short, big or small, visible or invisible, near or far, born or to be born,
May all beings be at ease.

Let none deceive another, nor despise any being in any state.
Let none by anger or hatred wish harm to another.
Just as a parent shields her only child from harm, so with an all-embracing mind, may we cherish all living things.

Cultivating a limitless heart of goodwill for all beings throughout the cosmos,
Above, below, and all around without limit, may we cultivate an infinite good will toward the whole world.

Standing or walking, sitting or lying down, during all our waking hours,
May we practice loving awareness with all our might.
This is the divine presence, here and now.

Holding no more to harmful views, abandoning vague discussions,
Endowed with insight and clarity, freed from all greed, anger, and ignorance,
A pure-hearted one who achieves the way is freed from the endless round of becoming.

May all beings be free!

(13) Lovingkindness Prayer I

May I be well, happy, and peaceful.
May my parents be well, happy, and peaceful.
May my teachers be well, happy, and peaceful.
May my relatives be well, happy, and peaceful.
May my friends be well, happy, and peaceful.
May all passing acquaintances be well, happy, and peaceful.
May my enemies be well, happy, and peaceful.
May all living beings be well, happy, and peaceful.

(14) Lovingkindness Prayer II

May I be filled with lovingkindness.
May I be safe from all dangers.
May I be well in body and mind.
May I be happy and at ease.
May you be filled with lovingkindness.
May you be safe from all dangers.
May you be well in body and mind.
May you be happy and at ease.
May all beings be filled with lovingkindness.
May all beings be safe from all dangers.
May all beings be well in body and mind.
May all beings be happy and at ease.

(15) Teaching on Unencumbered Awareness

Please train yourself thus:
In the seen, there will be just the seen.
In the heard, there will be just the heard.
In the sensed, there will be just the sensed.
In the known, there will be just the known.

When for you, in the seen there is only the seen, in the heard only the heard, in the sensed only the sensed, in the known only the known, then you will not identify with these things.
And if you do not identify with what is seen, heard, sensed, and known, you will not be located in them.
And if you are not located in them, there will be no here, no there, or in-between.
And this will be the end of suffering.
(16) Dedication Prayer I

We dedicate the fruits of our practice to all ancestors throughout space and time, To our neighbors here on this island and throughout the world, To all those who have suffered harm, and to all those who have caused harm, To the victims of war, domestic violence, starvation, and oppression, and to all refugees everywhere, To all those who are without shelter, food, clothing, medicine, and companionship, To all those who are imprisoned, and to all those who suffer mental anguish and addiction, To all those who are victims of fear and ignorance wherever they may be, To the countless spiritual beings, and those in difficult realms of existence, who are starved for release from suffering.

May they all be satisfied with our offering, cultivate right wisdom, liberate all beings, and allow the seeds of wisdom and compassion to flourish forever.

(17) Dedication Prayer II

As the benefits of this practice extend throughout space and time, May all beings, without exception, enjoy ease and be free from suffering.

(18) Bodhisattva* Vows

Creations are numberless, I vow to free them. Delusions are inexhaustible, I vow to transform them. Reality is boundless, I vow to perceive it. The awakened way is unsurpassable, I vow to embody it.

* A bodhisattva is an awakened being who works to ease the suffering of all.

(19) Bodhisattva Prayer I

May I become at all times, now and forever, A protector for those without protection, A guide for those who have lost their way, A ship for those with oceans to cross, A bridge for those with rivers to cross, A sanctuary for those in danger, A lamp for those without light, A refuge for those who lack shelter, And a servant to all in need.

(20) Bodhisattva Prayer II

Through these actions now performed And all the virtues I have gained, May all the pain of every living being Be wholly scattered and destroyed!

For all those ailing in the world, Until their every sickness has been healed, May I myself become for them The doctor, nurse, the medicine itself.

Raining down a flood of food and drink, May I dispel the ills of thirst and famine. And in the aeons marked by scarcity and want, May I myself appear as drink and sustenance.

For sentient beings, poor and destitute, May I become a treasure ever-plentiful, And lie before them closely in their reach, A varied source of all that they might need.

My body, thus, and all my goods besides, And all my merits gained and to be gained, I give them all and do not count the cost, To bring about the benefit of beings.