

FAMILY GATHA and VERSES

WORK PRACTICE VERSE

Let us strive to purify our minds.
Let us strive to actualize our practice.
Let us strive to benefit the Earth.
Let us strive to liberate all beings.
To all Buddhas past, present and
future,
To all beings in the six realms,
To all those dedicated to the truth,
We offer the merits of our labors.



Dharma Rain
Zen Center

LOVING KINDNESS VERSES

May I be filled with love
May I be safe and free from harm
May I be at Peace and Ease
May I be Happy

or

May I be filled with loving kindness
May I be well
May I be at peace and ease
May I be happy

Additional phrases:

May be free from anger (and the root
of anger)
May I be free from sadness (and the
root of sadness)
May I be free from difficulties
May I know the joy of generosity and
love.

DAILY GATHA PRACTICES

MEAL GATHAS (A)

Earth, water, air and fire
Combined to make this food.
Numberless beings have died
And labored that we may eat.
May we be nourished, that we may
nourish life. JH



BEGINNING THE DAY

Waking up this morning, I smile
24 brand new hours are before me.
I vow to live fully into each moment,
Looking at all beings with eyes of
compassion. CIW

MEAL GATHAS (B)

We reflect on the effort that brought
us this food and consider how it
comes to us.
We reflect on our actions and wheth-
er we are worthy of this offering.
We regard greed as the obstacle to
freedom of mind.
We regard this food as good medicine
to sustain our life.
For the sake of enlightenment we
now receive this food.

CALMING THE BREATH

Breathing in, I calm the body,
Breathing out, I smile
Dwelling in the present moment,
I know this is a wonderful moment!

END OF DAY

Going to sleep tonight,
I vow with all beings
To calm all things,
Allowing the mind to be clear and
pure. CIW

DAILY GATHA PRACTICES

ARRIVING HOME

I am arriving I am home
In the here and the now
I am solid, I am free
In the ultimate I dwell. TNH

WASHING HANDS

Washing hands, may all living beings
Acquire extremely subtle/gentle
hands
With which to hold Buddha-dharma.
CIW

Or

Water flows over these hands.
May I use them skillfully
To protect this precious planet.

LEAVING HOME

Leaving home
I vow to greet all beings
With patience and respect
Remembering the interconnected
nature of all beings.

USING THE TOILET

Using the toilet,
I vow with all beings
To eliminate defilement
Removing greed, hate and delusion.

