

Handout #5.2

Mindfulness Verses for Daily Life

Introduction

We can further enhance the function of mindfulness and introspection in our daily life with the use of mindfulness verses that we can repeat to ourselves as a reminder.

Examples of Mindfulness Verses and sources

1. As a part of the practice of loving-kindness, we can send loving thoughts to the people around us, such as when we are sitting at a café or waiting in a queue. As we repeat the phrases of loving-kindness, *"May you live in safety. Be happy. Be healthy. And live with ease,"* we are reminded of this heart-felt quality of kindness for others.
2. His Holiness the Dalai Lama has advised to think in the following way each morning as a way to set up a very positive motivation that we can stay mindful of throughout the day:
"Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."
3. Lama Zopa Rinpoche has a book entitled *Bodhisattva Attitude: How to Dedicate Your Life to Others*, published by Lama Yeshe Wisdom Archive. It includes an extensive explanation of how to generate an altruistic motivation (bodhicitta) and the use of verses of Bodhicitta Mindfulness to support this practice. For example,

In the morning, the very first moment when you wake up, think:

May all sentient beings achieve the holy body of the Buddha.

When you wash anything:

I am washing away all the stains of the delusions of all sentient beings.

When you offer incense:

May all sentient beings have pure morality.

4. In FPMT, we have the *Inner Job Description Mindfulness Practice Tool* for helping us develop mindfulness of our thoughts, speech and actions in our daily life. More details are available here: <https://fpmt.org/education/training/inner-job-description/>
5. Vietnamese Zen master Thich Nhat Hanh has a book entitled *Present Moment Wonderful Moment: Mindfulness Verses for Daily Living* that collects many mindfulness verses.

Watering the Garden

Water and sun

green these plants.

When the rain of compassion falls,

even a desert becomes an immense, green ocean.