

Essential Dharma of Daily Practice

1. Let us maintain the concentration of our Buddha Nature so that we may be free from disturbance at all times and in all places.
2. Let us maintain the wisdom of our Buddha Nature so that we may be free from delusion at all times and in all places.
3. Let us maintain the compassion of our Buddha Nature so that we may be free from negativity at all times and in all places.
4. Let us replace disbelief, greed, laziness, and delusion with faith, courage, perseverance, and an inquiring mind.
5. Let us change resentment into gratitude.
6. Let us cultivate confidence and self-reliance.
7. Let us change resistance to learning into willingness to learn.
8. Let us change resistance to teaching into willingness to teach.
9. Let us overcome selfishness in order to serve the universal good.