



Morning Affirmation

Today from this instant on until the moment in the evening when I fall asleep, I will exert myself to accomplish all the positive and reject all the negative. I will practice the Dharma to become able to help all beings be free from suffering and progress toward liberation.

(Repeat three times)

Today I will avoid causing harm through my physical activity.

I will avoid causing harm through my speech.

I will avoid causing harm through my thoughts.

(Repeat three times)

Today I will do my best to engage in beneficial physical activity.

I will do my best to speak useful and pleasant words.

I will do my best to nourish well-wishing thoughts for all beings.

(Repeat three times)