

MORNING VERSES

The 4 Reminders

This human birth is precious,
An opportunity to awaken,
But this body is impermanent;
Ready or not, one day I shall die.

So this life I must know
As the tiny splash of a raindrop,
A thing of beauty that disappears
Even as it comes into being.

The karma I create
Shapes the course of my life,
But however I act
Life always has difficulties;
No-one can control it all.
Only the Dharma
Can free me and others
From suffering forever.

Therefore I recall
My heart's longing for freedom,
And resolve to make use
Of every day and night
To realize it.

REFUGES AND PRECEPTS or TIRATANA VANDANA

The 4 Brahma Viharas or Immeasurables

May all beings enjoy happiness
And the causes of happiness;
May we be free from suffering
And the causes of suffering;
May we not be separated from the great happiness
Devoid of suffering;
May we dwell in the great equanimity
Free from craving, aversion and delusion.

[Written/compiled by Viveka and reworked by Vessantara and Vijayamala. This version 2021.]