

Mindfulness Trainings Recitation Ceremony

*The Dharma is deep and lovely.
We now have a chance to see it,
study it, and practice it.
We vow to realize its true meaning.*

Brothers and Sisters, it is time to recite the Five Mindfulness Trainings. The Mindfulness Trainings are the basis of a happy life. They have the capacity to protect life and make it beautiful and worth living. They are also the door that opens to enlightenment and liberation. Please listen to each training and answer yes, silently every time you see that you have made the effort to study, practice, and observe it.

(bell)

The First Mindfulness Training

Aware of the suffering caused by the destruction of life, I am committed to cultivate compassion and learn ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking, and in my way of life.

This is the first of the Mindfulness Trainings. Have you made an effort to study and practice it during the past weeks?

(bell)

The Second Mindfulness Training

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to cultivate loving kindness and learn ways to work for the well-being of people, animals, plants, and minerals. I am committed to practice generosity by sharing my time, energy, and material resources with those who are in real need. I am determined not to steal and not to possess anything that should belong to others. I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other species on Earth.

This is the second of the Mindfulness Trainings. Have you made an effort to study and practice it during the past weeks?

(bell)

The Third Mindfulness Training

Aware of the suffering caused by sexual misconduct, I am committed to cultivate responsibility and learn ways to protect the safety and integrity of individuals, couples, families, and society. I am determined not to engage in sexual relations without love and a long-term commitment. To preserve the happiness of myself and others, I am determined to respect my commitments and the commitments of others. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.

This is the third of the Mindfulness Trainings. Have you made an effort to study and practice it during the past weeks?

(bell)

The Fourth Mindfulness Training

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am committed to learn to speak truthfully, with words that inspire self-confidence, joy, and hope. I am determined not to spread news that I do not know to be certain and not to criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.

This is the fourth of the Mindfulness Trainings. Have you made an effort to study and practice it during the past weeks?

(bell)

The Fifth Mindfulness Training

Aware of the suffering caused by unmindful consumption, I am committed to cultivate good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I am committed to ingest only items that preserve peace, well-being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. I am determined not to use alcohol or any other intoxicant or to ingest foods or other items that contain toxins, such as certain TV programs, magazines, books, films, and conversations. I am aware that to damage my body or my consciousness with these poisons is to betray my ancestors, my parents, my society, and future generations. I will work to transform violence, fear, anger, and confusion in myself and in society by practicing a diet for myself and for society. I understand that a proper diet is crucial for self-transformation and for the transformation of society.

This is the fifth of the Mindfulness Trainings. Have you made an effort to study and practice it during the past weeks?

(bell)

Brothers and Sisters, we have recited the Five Wonderful Mindfulness Trainings, the foundation of happiness for the individual, the family, and society. We should recite them regularly so that our study and practice of the trainings can deepen day by day. Hearing the bell, please bow three times to the Buddha, the Dharma, and the Sangha to show your gratitude.

(three sounds of the bell)

Please join your palms and together, recite the closing chant:

*Reciting the Mindfulness Trainings,
practicing the way of awareness
gives rise to benefits without limits.
I vow to share the fruits with all beings.
I vow to offer tribute to parents, teachers, friends,
and numerous beings
who give guidance and support along the path.*