NOURISHING HAPPINESS Chanting From the Heart pp 61-62

Sitting here in this moment, protected by the Sangha, my happiness is clear and alive.
What a great fortune to have been born a human,
To encounter the Dharma,
To be in harmony with others,
and to water the Mind of Love
In this beautiful garden of practice.
[BELL]

The energies of the Sangha and mindfulness trainings
Are protecting and helping me not make mistakes
or be swept along in darkness by unwholesome seeds.
With kind spiritual friends, I am on the path of goodness,
illumined by the light of Buddhas and Bodhisattvas.

Although seeds of suffering are still in me
In the form of afflictions and habit energies,
mindfulness is also there, helping me touch
What is most wonderful within and around me.

I can still enjoy mindfulness of the six senses:
My eyes look peacefully upon the clear blue sky,
My ears listen with wonder to the songs of birds,
My nose smells the rich scent of sandalwood,
My tongue tastes the nectar of the Dharma,
my posture is upright, stable, and relaxed,
And my mind is one with my body.

If there were not a World-Honored One,
if there were not the wonderful Dharma,
if there were not a harmonious Sangha,
I would not be so fortunate
to enjoy this Dharma happiness today.

My resources for practice are my own peace and joy.
I vow to cultivate and nourish them with daily mindfulness.
For my ancestors, family, future generations,
and the whole of humanity, I vow to practice well.

In my society I know that there are countless people suffering,
drowned in sensual pleasure, jealousy, and hatred.
I am determined to take care of my own mental formations,
To learn the art of deep listening and using loving speech
in order to encourage communication and understanding
And to be able to accept and love.

Practicing the actions of a bodhisattva,
I vow to look with eyes of love and a heart of understanding.
I vow to listen with a clear mind and ears of compassion,
Bringing peace and joy into the lives of others,
To lighten and alleviate the suffering of living beings.

I am aware that ignorance and wrong perceptions
can turn this world into a fiery hell.
I vow to walk always upon the path of transformation,
producing understanding and loving kindness.
I will be able to cultivate a garden of awakening.

Although there are birth, sickness, old age, and death,
Now that I have a path of practice, I have nothing more to fear.
It is a great happiness to be alive in the Sangha
With the practice of mindfulness trainings and concentration,
To live every moment in stability and freedom,
To take part in the work of relieving others' suffering,
the career of Buddhas and Bodhisattvas.

In each precious moment, I am filled with deep gratitude.
I bow before the World-Honored One.
Please bear witness to my wholehearted gratitude,
embracing all beings with arms of great compassion.
[BELL, BELL]