

WATERING SEEDS OF JOY

from *Chanting from the Heart: Buddhist Ceremonies and Daily Practice*

My mother, my father, they are in me.
And when I look, I see myself in them.

The Buddha, the patriarchs, they are in me.
And when I look, I see myself in them.
I am a continuation of my mother, my father, and my ancestors.
It is my aspiration to preserve and continue to nourish
seeds of goodness, skill, and happiness which I have inherited.
It is also my desire to recognize the seeds of fear and suffering I have inherited,
and, bit-by-bit, to transform them.

I am a continuation of the Buddha and my spiritual teachers.
It is my deep aspiration to preserve, nourish, and develop
the seeds of understanding, love, and freedom which they have transmitted to me.

I desire to continue the career of the Buddha and my Ancestral Teachers,
and do my best to realize all that the Buddha and my Ancestral Teachers
expect of me.

In my daily life, I also want to sow seeds of love and compassion
in my own consciousness and in the hearts of other people.
I am determined not to water seeds of craving, aversion, and violence
in myself and others.

I know that if I practice all this in the right way,
after only seven days, I shall already have been able to change the situation,
establish communication, smile, and transform some suffering and
increase my happiness.

Please, Lord Buddha, be witness to what is in my heart.
With mind and body in perfect unity,
I bow my head and prostrate.