

The Five Cultivations

I vow to cultivate humility.

Recognizing the illusionary state of reality, where truth is conditional, dependent on subjective knowledge, I will let go of my opinions and bias.

Realizing that ideas and opinions are conditioned by the six senses and are an expression of subjective truth, I will practice *dhyana* so that I might become as a newborn, devoid of conditioning.

I vow to cultivate generosity.

Recognizing that all things are impermanent, I will let go of my sense of ownership over possessions and people.

Realizing that sickness, old age, and death come to all, and that I cannot control my own body, I will forgo trying to control others. I will practice *dāna* so that I may have no need.

I vow to cultivate stability.

Recognizing that the opportunity to study the path of liberation comes rarely, and then for a fleeting moment, I will subdue discontent.

Realizing that my teacher and the sangha, are as my family, I will study with them lovingly and attentively. I will practice *vīrya* so that I may learn the effortlessness of the way.

I vow to cultivate harmony.

Recognizing that mindfulness is the foundation of a peaceful life, I will treat each moment as if it were my last.

Realizing that my speech, actions and thoughts can cause unhappiness and discontent, I will guide the doors of my body, mouth and mind at the expense of my own comfort for the sake of harmony. I will practice *sīla* and *kshanti* so that I may have patience with my own shortcomings.

I vow to cultivate compassion.

Recognizing that the sage of the Shakya clan taught selflessly for forty-five years after his awakening, and that all of the ancestors down to my true teacher, have given their bodies for my sake, I will study the ways of the Buddhas and Great Teachers.

Realizing that the path is opened to me because of the compassion and wisdom of all who came before me, I will practice *karuṇā* and *prajñā* so that I may cast off body and mind and find my true-self.

I bow in gratitude to the Buddhas through all time and space.

