



DAILY PRACTICES

For VIPASSANA

PRACTITIONERS

1/- EARLY MORNING (just wake up & still laying on bed)

- 1' - 2' aware of your breaths, natural flow of respirations when it comes in & when it goes out,
- Then, 3' – 5' aware of sensations throughout your body with SAMPAJANA.

2/- MORNING MEDITATION

- Namo Tassa Bhagavato Arahato Samma Sambuddhassa (3x)
 - I take refuge in the Buddhas who sight the lights of liberations & enlightenment.
 - I take refuge in the Dhamma, the paths of true love & understanding, the ways of life, the arts of living in harmony, peace, & happiness.
 - I take refuge in the Shanga, the one(s) who had shown me, encourage me, & support me to walk on the paths of liberations & enlightenment.
- May I be free from physical & mental sufferings, be free from misfortune & (enmities). May I take care of myself happily.
- May I be free from anger, hatred, ill-will, animosity, jealousy. May I develop love, compassion, good-will, & tolerance.
- May love & compassion embrace & support me. May my love & compassion embrace & support all others.
- May I be happy, be peaceful, be liberated, liberated, liberated. May all beings be happy, be peaceful, be liberated, liberated, liberated.

3/- BEFORE ALL OTHER MEDITATION

- May I be free from physical & mental sufferings, be free from misfortune & (enmities). May I take care of myself happily.
- May I be free from anger, hatred, ill-will, animosity, jealousy. May I develop love, compassion, good-will, & tolerance.

- May love & compassion embrace & support me. May my love & compassion embrace & support all others.
- May I be happy, be peaceful, be liberated, liberated, liberated. May all beings be happy, be peaceful, be liberated, liberated, liberated.

4/- BEFORE MEDITATION with STORMS or PROBLEMS in LIFE

- May I be free from physical & mental sufferings, be free from misfortune & (enmities). May I take care of myself happily.
- May I be strong & confident, be brave & determined to overcome the illness, sickness, or hardships.
- May I be free from anger, hatred, ill-will, animosity, jealousy. May I develop love, compassion, good-will, & tolerance.
- May I get supports & encouragement, understanding & compassionate love.
- May love & compassion embrace & support me. May my love & compassion embrace & support all others.
- May I be happy, be peaceful, be liberated, liberated, liberated. May all beings be happy, be peaceful, be liberated, liberated, liberated.

5/- AFTER EACH MEDITATION

- May all beings share our merits. May all beings share our Dhamma. May all beings share our peace, our harmony, & our happiness.
- May all beings be harmony, be peaceful, & be happy.
- May all beings be happy & be liberated, liberated, liberated.

6/- AFTER EVENING MEDITATION

- I recognized my mistakes & shortcomings today. I forgive to myself for those & promise to do better next time.
- I forgive, forgive, & forgive to those who may harm or hurt me today, knowingly or unknowingly, intentionally or unintentionally, by their deeds of body, speech, or mind.
- I take pardon, take pardon, & take pardon from whom I may hurt or harm today, knowingly or unknowingly, intentionally or unintentionally, by my deeds of body, speech, or mind.
- All are my friends. None is my enemy.
- May my parents, teachers, relatives, & friends share our merits, share our Dhamma, share our peace, our harmony, & our happiness.

- May they be happy & be liberated, liberated, liberated.
- May all beings: big or small, near or far, human or nonhuman, visible or invisible. The big does not harm the small. The strong does not suppress the weak. The rich does not look down on the poor. The smart does not belittle the illiterate. The high class does not lighter the lower one.
- May all beings share our merits, share our Dhamma, share our peace, our harmony, & our happiness.
- May all beings be harmony, be peaceful, & be happy.
- May all beings be happy & be liberated, liberated, liberated.

7/- BEFORE BEDTIME (laying down on bed or ground)

- Laying down on your back, totally relax body & mind, close your eyes
- Observe your natural breathes & sensations throughout your body with quick sweep from head to toes
- Thanks to parents who gave me this life to live meaningful, who had shown me the first lesson of unconditional love, understanding, compassion, & supports.
- Thanks to teachers who gave me knowledge & wisdom, who guided & supported me, who gave me inspirations & encouragements
- Thanks to the nation which protected, supported, & gave me all conditions to live, to practice, to offer, & devote my life.
- Thanks to everything in this universe which gave me food, drink, air, energy, etc to sustain my life up to now.
- I borrowed a lots from the universe, the parents, the teachers, & the others. Now, it is time for me to return some or all back to them.
- (with full awareness, move your attention from head to toes, from outside to internal organs)
- Thanks to the eyes so I can see the vast blue sky in this universe, see the huge oceans on our planet, see the big green meadows, and many, many more. Let me offer at least one eye to those who had lost one's sight so he or she can see.
- Thanks to the arms so I can work, can handle, can embrace you. Let me offer one of my arm to those who had no arm to do so.
- Thanks to the lungs so I can breathe in with fresh air from the universe, can sustain my life meaningfully & happily. Let me offer at least one lung to those who had lost one's breathing ability so he or she can breathe naturally.

- Thanks to the liver which helps me to digest the food, making blood, protecting the body. I do not have a big liver but I have a strong & brave liver. Let me share a portion of my liver to those who had lost one's liver functions.
- Thanks to the kidneys which help to filter my blood, give me energy, strong bone, & many more. Let me offer one of my kidney to those who had lost all kidneys' functions to live.
- Thanks to the blood & bone marrow which help to sustain my life day & night continuously. Let me share some of my blood to those who in serious need to maintain one's life. Let me share some of my bone marrow to those who have blood or bone marrow cancer so they can sustain their lives.
- Finally, I can offer whatever organ or parts in my body to those who in need to sustain their lives with the hope that they will have a new, meaningful life thereafter.
- Slowly, scan through your body from head to toes, from externally to internally, then offer that part or portion, organ to the one in need or to the universe. You may feel the whole body is melting down, slowly dissociated. Your body seems to vanish. The liquid & solid seem to be integrated into the ground. The air & energy seem to return back to the sky.
- Only mere awareness, mere observation, mere insight of ANICCA. No I, no my, no mine. I am not this body! This body is NOT my! Nothing is mine!
- Freely coming, freely going. Light likes an empty white cloud. Vast likes the empty sky. Bright likes the full moon. Free likes the breeze winds. I am returning to the emptiness, to the universe. Then next morning, I will come back to the Earth, fresh likes a dew, warm likes the sunbeams, strong likes the high ocean waves. Flexible likes the wind. I am enter life with full energy, enthusiastic, & determination of awareness about sensations & insight of ANICCA to continuously purify my mind.