

108 DAY PRACTICE TRACKER



1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81
82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99
100	101	102	103	104	105	106	107	108

And all we have to do to be in touch with our spirituality is to let the mind settle itself, like a cloudy glass of city tap water.

Bernie Glassman

THE ZEN PRECEPTS

The Three Treasures

I take refuge in the Buddha, in Oneness, the awakened nature of all beings.

I take refuge in the Dharma, all phenomena, which is the ocean of wisdom and compassion.

I take refuge in the Sangha, in harmony and relationships, the interdependence of all things.

The Pure Precepts

I vow to avoid harmful acts.

I vow to practice good deeds

I vow a pure practice to live in harmony with all things.

The Three Tenets of the Zen Peacemakers

Taking refuge and entering the stream of Engaged Spirituality, I vow to live a life of:

Not knowing, thereby giving up fixed ideas about myself and the universe.

Bearing witness to the joy and suffering of the world.

Healing myself and others.

The Ten Lifegiving Precepts

Recognizing that I am not separate from all that is, *I vow non-killing*

Being satisfied with what I have, *I vow non-stealing*

Honoring relationships, *I vow not to misuse sexuality*

Listening and speaking truthfully from the heart, *I vow non-lying*

Cultivating a mind that sees clearly, *I vow non-intoxicating body or mind*

Realizing we are all the same, *I vow not to speak of others' faults*

Not elevating myself above others, *I vow not to blame others*

Using all the ingredients of my life, *I vow not to be stingy and not to spare the Dharma assets I have been given*

Transforming suffering into wisdom, *I vow not indulging in anger*

Honoring my life as an instrument of the Great Way, *I vow not to speak ill of the Three Treasures by not debating them but just serving and holding them in my heart.*

May Buddha-Dharma-Sangha support my efforts.