

Thoughts to Cultivate Awakening Mind

1. “May all beings awake from the bed of samsaric ignorance” when waking up;
2. “May all beings attain the absolute body of Awakening” when actually getting up;
3. “May all beings realize the dream-like nature of things” when dreaming;
4. “May I open the door of profound reality (for all beings)” when opening a door;
5. “May I close the door of inferior realms (for all beings)” when closing a door;
6. “May all beings’ afflictions be washed away” when washing;
7. “May all beings dress with the cloth of scruple and modesty” when putting on clothes;
8. “May all beings be secured by the belt of vows and commitments” when putting on a belt, tie, scarf or seatbelt;
9. “May all beings progress on the path of Awakening” when setting out on a path;
10. “May all beings escape from the prison of cyclic life” when going outside;
11. “May I lead all beings to the house of liberation” when entering a building;
12. “May all beings drink the amrita of pristine awareness” when holding a cup or bottle;
13. “May all beings eat the food of meditative concentration” when eating;
14. “May all beings reach the seat of enlightenment” when sitting down;
15. “May all beings cause the fire of awareness to blaze” when setting a fire;
16. “May all beings illuminate the darkness of ignorance” when turning on a light;
17. “May all beings extinguish the flames of disturbing emotions” when putting out a fire or light;
18. “May I be willing to descend into cyclic life for the sake of all beings” when going downhill (or stairs, an elevator, etc.);
19. “May all beings climb the path of liberation” when going uphill (or stairs, etc);
20. “May all beings ride the horse of diligence” when riding a car, a train, a subway, etc.;
21. “May all beings arrive at the city of nirvana” when arriving at a destination;
22. “May all beings attain the ornaments of the major and minor marks of a Buddha” when seeing someone wearing jewelry;
23. “May all beings be filled with good qualities” when seeing a filled container;
24. “May all beings be without faults” when seeing an empty container;
25. “May all beings cross the ocean of samsara” when crossing a body of water;
26. “May all beings rest in naked awareness” when seeing someone naked (ex. in the mirror);
27. “May all beings know such joy/bliss without clinging attachment” when seeing someone joyful (especially after sexual activity);
28. “May such happiness fill all of space” when seeing someone happy;
29. “May all beings suffering be alleviated” when seeing someone suffering;
30. “May all beings be free from illness” when seeing someone sick;
31. “May all beings meet with favorable circumstances” when seeing people meeting;
32. “Every meeting leads to a parting; everything ends” when seeing people parting;
33. “May all beings’ arguments be resolved” when seeing people arguing;
34. “May such praise fill all of space” when seeing someone praise another;
35. “May all beings feel the rain of wisdom” when walking in rain;
36. “May all beings see the sun of skillful means” when seeing the sun;
37. “May all beings see the moon of compassion” when seeing the moon.

Note: “someone” in 28-33 also includes animals.