

**I put on these shoes  
to walk the path of awakening.**

**May all beings  
be nourished by dharma.**

**May I see  
the beauty in others.**

**I clothe myself in  
morality and kindness.**

**Atop this hat is my guru,  
on a lotus and moon seat.**

**As I open this,  
I open my heart.**

**I wash my hands  
of past harmful deeds.**

**As I pour this, all beings  
receive the elixir of longevity.**

**As I start this car,  
I ignite my bodhicitta.**

**I open the wallet  
of generosity to all beings.**

**By sweeping this place,  
I stop the war.**

**As I start this car,  
I ignite my bodhicitta.**

**I drink this to awaken  
for the sake of all beings.**

**I wash these clothes  
grateful for the warmth of love.**

**As I pet this animal, I  
remember I am also an  
animal.**

**I take this medicine  
to heal my confusion.**

**As I flip this switch,  
I turn on the light of wisdom.**

**As I leave the house,  
I leave my confusion  
behind.**

**As I sweep, I make my mind  
free from the debris of distraction.**

**I brush my teeth with  
intention to speak honestly.**

**As I enter this room,  
I am mindful of my  
actions.**

**As I wash this dish  
I cleanse my heart of judgement.**

**As I turn on this light, I dispel the  
darkness of my fixed opinions.**

**Scrolling on this  
screen, I recall my  
practice.**

**I consume with care so others can have all that they need.**