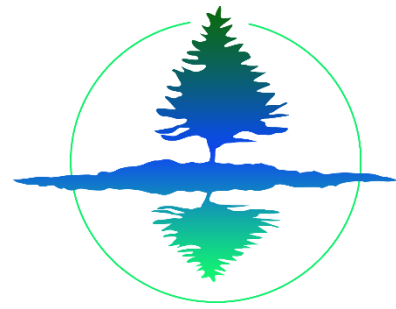


MORNING PUJA



Salute the shrine

The Four Reminders

[1] This human birth is precious,
An opportunity to awaken,
[2] But this body is impermanent;
Ready or not, one day I shall die.

So this life I must know
As the tiny splash of a raindrop,
A thing of beauty that disappears
Even as it comes into being.

[3] The karma I create
Shapes the course of my life,
But however I act
[4] Life always has difficulties;
No-one can control it all.
Only the Dharma
Can free me and others
From suffering forever.

Therefore I recall
My heart's longing for freedom,
And resolve to make use
Of every day and night
To realise it.

Refuges and Precepts/Tiratana Vandana

The Four Brahma Viharas (Immeasurables)

May all beings enjoy happiness
And the causes of happiness;
May they be free from suffering
And the causes of suffering;
May they not be separated from the great happiness
Devoid of suffering;
May they dwell in the great equanimity
Free from craving, aversion and delusion.

[Written/compiled by Viveka, and reworked by Vessantara and Vijayamala. This version 2014.

This is the one used at Adhithana, who sent this to me. I added the numbers in brackets.]

Note: A module on the Four Reminders can be found in Year Two of the mitra study course. It draws on five talks given at Tiratanaloka by the women's ordination team. This module can be found at <https://thebuddhistcentre.com/mitra/year-two/>