

Daily Recollection

Dharma Bead

Dharma is the teaching, the understanding, the contents of the enlightened mind. It is the experience of the joy of intelligence knowing itself.

1st bead: The blessings of love and respect we offer to all, in times past and present, who have opened the doors of wisdom, reuniting all beings with their intrinsic purity.

Marker bead: In this way, I do most deeply vow to train myself.

2nd bead: The recitation of this Rosary ever expands the awakening of faith in the three jewels: Bodhi, Dharma, and Sangha.

3rd bead: Bodhi saranam gacchami, dutiyampi, tatiyampi savaha. I turn to the Perfect Nature of Truth for guidance; again and yet again, may it be so.

4th bead: Dharmam saranam gacchami, dutiyampi, tatiyampi savaha. I turn to the Teachings for guidance; again and yet again, may it be so.

5th bead: Sangham saranam gacchami, dutiyampi, tatiyampi savaha. I turn to the Holy Order for guidance; again and yet again, may it be so.

Marker bead: In this way, I do most deeply vow to train myself.

6th bead: Dukkha, the noble truth of suffering

7th bead: Dukkha Samudaya, the noble truth of the origin of suffering

8th bead: Dukkha Nirodha, the noble truth of the extinction of suffering

9th bead: Dukkha Nirodha, Gamini, Patipada, the noble truth of the path that leads to the extinction of suffering

10th bead: So long as these four noble truths are not understood, we shall wander in sorrow and ignorance.

Marker bead: In this way, I do most deeply vow to train myself.

11th bead: All formations are transient, Anicca.

12th bead: All formations are subject to suffering, Dukkha.

13th bead: All things are without a self, Anatta.

Marker bead: In this way, I do most deeply vow to train myself.

14th bead: Namō Prajna, Paramita Hridaya. Homage to the wisdom in the heart.

15th bead: Form is not different from emptiness, emptiness is not different from form. This is the teaching of our spiritual ancestors, Gotama Buddha, and all the great teachers who have transmitted the Dharma to this Holy day.

16th bead: Blessed is the knowledge of emptiness.

17th bead: Homage to the devotees of this and all paths of self-purification. May all find simplicity the joyous and practical guide.

18th bead: The Dharma, being the contents of enlightenment, in which there is no bondage and no suffering, offers freedom from the cankers of ignorance and fear.

Marker bead: In this way, I do most deeply vow to train myself.

Sangha Bead

Sangha is the Holy Order of spiritual ancestors, monks, priests, and all those who follow and practice this path.

19th bead: Homage to the Sangha

20th bead: Homage to all who are approaching this Holy Path

21st bead: Homage to all who follow and establish this Holy Path

Marker bead: In this way, I do most deeply vow to train myself.

22nd bead: By compassionate comprehension that dissipates delusion

23rd bead: By compassionate aspiration that harms no one

24th bead: By compassionate speech that makes for clarity

25th bead: By compassionate self-discipline that brings no regret
26th bead: By compassionate livelihood that brings no discredit
27th bead: By compassionate endeavor that results in goodness
28th bead: By compassionate mindfulness that proves this Path
29th bead: By compassionate awareness that leads to Nirvana

Marker bead: In this way, I do most deeply vow to train myself.

30th bead: With this recitation, I do confirm my acceptance of these three pure precepts:

31st bead: The precept of restraint and religious observances

32nd bead: The precept of obedience to all good laws

33rd bead: The precept to benefit all sentient beings

Marker bead: In this way, I do most deeply vow to train myself.

34th bead: With this recitation I do confirm my acceptance of these ten grave prohibitive precepts:

35th bead: Not to lead a harmful life, nor to encourage others to do so

36th bead: Not to take that which is not given

37th bead: Not to commit or participate in unchaste conduct

38th bead: Not to tell lies nor practice believing the fantasies of authority

39th bead: Not to use intoxicating drinks or narcotics nor assist others to do so

40th bead: Not to publish other people's faults

41st bead: Not to extol oneself and slander others

42nd bead: Not to be avaricious in bestowal of the teachings

43rd bead: Not to be angry

44th bead: Not to speak ill of this religion or any other

Marker bead: In this way, I do most deeply vow to train myself.

45th bead: In the practice of loving kindness

46th bead: In the practice of pure attention

47th bead: In the practice of ever-expanding faith

48th bead: In the practice of constant devotion

49th bead: In the practice of inquiry through correct Dhyana

Marker bead: In this way, I do most deeply vow to train myself

50th bead: Oh, happy blessed Day

51st bead: Oh, happy blessed Place

52nd bead: Oh, happy blessed Time

53rd bead: Oh, happy blessed Path

54th bead: Oh, happy blessed Opportunity

Marker bead: In this way, I do most deeply vow to train myself.

55th bead: Here, in humble submission, in order to experience this most perfect now, I deeply bow and sacrifice all thoughts, all tensions, all pressures and desires.

Bodhi Bead

I am born of karma, I am heir to karma, I abide in karma, and I am supported by karma. Whatever I do creates karma, and I shall surely experience this karma. The merit for all good acts I do freely offer to all beings. Dutiyampi, tatiyampi, savaha; again and yet again, may it be so.

The Key

Willingness is the name of the key to the gate of awakening, for even to awaken from deep sleep and face the new day, there must be the willingness to do it. Here in my hand is the opportunity, and the way is clear beyond the gate of thought and desire. There is no self and other as the awareness of pure undisturbed consciousness slips into all consciousness.