

Morning Gathas:

Formless Repentance

All the karma ever created by me
Since of old, through greed, anger and self-delusion
Which has no beginning, born of my body, speech and thought,
I now make full open confession of it.

Verse of the Triple Treasure

I take refuge in the Buddha
Vowing with all sentient beings, acquiring the great way,
Awakening the unsurpassable mind.
I take refuge in the Dharma
Vowing with all sentient beings, deeply entering the teaching,
Wisdom like the sea.
I take refuge in the Sangha
Vowing with all sentient beings, bringing harmony to all,
Completely without hindrance.

The Four Vows

Sentient beings are numberless; I vow to save them.
Desires are inexhaustible; I vow to put an end to them.
The Dharmas are boundless; I vow to master them.
The Buddha's way is unsurpassable; I vow to attain it.