

Meditation

•Right Concentration

- I will make time everyday for chanting Odaimoku and Serenity/Insight practice which cultivates my inner capacity to advance from darkness to light, from debilitating attachments to a knowing wisdom, from blind selfishness to insightful compassion.

•Right Mindfulness - To be fully liberated and fully engaged

- I will be Mindful of Form, Feeling, Mind, and Phenomena
- Being Mindful allows me to Feel clearly (letting go of debilitating emotional attachments), See clearly (Responding to circumstances in a positive and healthy manner) and Think clearly (acting with wisdom and compassion).

Wisdom

•Right View –insight into the One Reality

- The Four Noble Truths: Suffering, Origin, Cessation, and the Eightfold Path
- Three Truths: the Emptiness of things (all things are Impermanent) – the Provisional nature of things (all things are Interdependent/Interconnected arising from Causes and Conditions) – the Middle Way of things (both empty and provisionally existent unified in a Single Thought Moment)
- The Three Thousand Worlds exist in a Single Thought Moment in our Minds just as they are

Discipline

•Right Intention

- My Intentions will be Loving, Kind, Compassionate, Patient, Generous, Positive and Fearless

•Right Speech

- Words have power. My speech (or silences) will bring peace -> Is it **True**? Is it **Beneficial**? Is it the right **Timing**?

•Right Action

- My actions will be virtuous, wholesome and beneficial

Endeavor

•Right Effort

- I will make efforts every moment to do Good, Seek Enlightenment, and Save all Beings striving to practice upholding and sharing the Odaimoku and the Ten Good Acts:
 - Abstain from killing. Abstain from stealing. Abstain from sexual misconduct. Abstain from lying. Abstain from malicious speech. Abstain from harsh speech. Abstain from idle chatter. Abstain from covetousness. Abstain from ill-will. Abstain from wrong views.

•Right Livelihood

- My Livelihood will be wholesome and beneficial

Patience

- I will practice Patience every day, being patient with myself and with others

Generosity

- I will practice Gratitude and Generosity everyday, being Grateful for what others have given to me, and being Generous with my things, my time and my energy. I understand that by sharing the Odaimoku and practicing Ten Good Acts I give the gift of freedom from fear, hostility and oppression.