

108 Prayers



1. Paying deep respect to all life I prostrate.
2. Being humble and letting bad habits fall away, I prostrate.
3. Putting down the selfish mind that first accords self-interest, I prostrate.
4. Mindful of the fact that you and I are equally precious, I prostrate.
5. Controlling endlessly arising greed, I prostrate.
6. Patiently seeing anger in my mind as it is, I prostrate.
7. Looking back at my life with all my heart, I prostrate.
8. In order to find the True Self and to increase inner growth, I prostrate.
9. Putting away deluded mind and wishing wisdom to grow in me, I prostrate.
10. Praising myself for having patiently walked through the difficult path of life, I prostrate.
11. Thanking myself for having distanced evil and befriended the good, I prostrate.
12. Thanking all of my relations for having made possible who I am today, I prostrate.
13. Thanking my parents for their endless love, I prostrate.
14. Thanking all teachers who have led me to Truth, I prostrate.
15. Thanking friend and colleagues with whom I have shared difficult times, I prostrate.
16. Thanking my ancestors to whom I owe my existence, I prostrate.
17. Thanking the infinite grace of air, water, nature and universe, which are the fountains of life, I prostrate.
18. Reflecting on whether my immoderate greed has brought forth misfortune, I prostrate.
19. Reflecting on whether my obsessive love for someone has caused suffering, I prostrate.
20. Reflecting on whether I have antagonized another in self-righteous pride, I prostrate.
21. Reflecting on whether I have harmed another in blind greed, I prostrate.
22. Reflecting on whether I have misunderstood someone, I prostrate.
23. Reflecting on whether I have scared another while pursuing my own will, I prostrate.
24. Reflecting on whether I have lived in unnecessary luxury and vanity, I prostrate.
25. Reflecting on whether I have been wasteful with what could have been saved, I prostrate.
26. Reflecting on whether I have continuously rationalized wrong behaviors, I prostrate.
27. Reflecting on whether I have broken promises lightly, I prostrate.
28. Reflecting on whether I have tormented myself in fixating on the past, I prostrate.

29. Reflecting on whether I have limited myself in fear of the failure, I prostrate.
30. Reflecting on whether I have tarnished another's honor to protect my own, I prostrate.
31. Reflecting on whether I have seen only the negative, neglecting the positive I prostrate.
32. Reflecting on whether I have been caught up in fear, thus failing to work through difficulties, I prostrate.
33. Knowing that the fullest effort archives all, I prostrate.
34. Loving and caring for myself just as I treat a precious jewel, I prostrate.
35. Giving alms without expectation of return, I prostrate.
36. Knowing that misfortune and fear come and go, I prostrate.
37. Knowing that every day is a fine day with good people and good events, I prostrate.
38. To sow seeds of goodness, knowing that all are reaped as it is sown, I prostrate.
39. To humbly accept what has been sown, I prostrate.
40. To do my best even when it seems trivial, I prostrate.
41. To be content with a life of hard work and honesty, I prostrate.
42. To keep the smallest promise without fail, I prostrate.
43. To walk steadily the path of truth even in censure and scorn, I prostrate.
44. To live as a warm-hearted neighbor without condemning others, differing beliefs, I prostrate.
45. To be awake in the moment, unbound by the past or the future, I prostrate.
46. To have loving-kindness for everyone rather than exclusive love for my family, I prostrate.
47. To have a heart embracing others in warmth, I prostrate.
48. To be passionate in each moment of work without delaying what needs to be done, I prostrate.
49. To the best thing possible in each moment without wasting time, I prostrate.
50. To go toward the goal without idleness, I prostrate
51. To admit to faults without self-justification, I prostrate.
52. To face difficulties without avoidance, I prostrate.
53. To face new challenges without resting in the familiar, I prostrate.
54. To apologize for mistakes in humility, I prostrate.
55. O be open-minded and to be able to laugh in happy moments of life, I prostrate.
56. To be of comfort to all I meet on the path, I prostrate.
57. To take part fully in organizations that help neighbors in difficulties, I prostrate.
58. To be clear and at peace in a world of turbid chaos, I prostrate.
59. To see in challenges and crises the steps to joy, I prostrate.
60. To stay strong, focused on my goals when faced with difficulties, I prostrate.
61. To accept tasks naturally as they are given, I prostrate.
62. To share true and trustworthy friendship without thought of return, I prostrate.
63. To accept injustice without resentment as an opportunity to reflect on myself, I prostrate.
64. To think of illness as a medicine, an opportunity to bring strength to my practice, I prostrate.
65. Thankful and loving by letting go of hatred and envy, I prostrate.
66. To live fully in joy without feeling empty or lonely, I prostrate.
67. To be calm and at peace without anxiety and fear, I prostrate.
68. To behold the moments of crisis with compassionate eyes, I prostrate.
69. To be able to accept unexpected misfortune in humility, I prostrate.
70. To leave behind suffering by realizing the transience of power and wealth, I prostrate.

71. To help others with tender and thoughtful action, I prostrate.
72. To meet new people without prejudice in true and meaningful way, I prostrate.
73. To work in harmony with everyone and without excluding anyone, I prostrate.
74. To live in harmony and unity with all, I prostrate.
75. To wish for another's glory over my own gains, I prostrate.
76. To share my abilities and skills with all of those in need, I prostrate.
77. To appreciate the time spend with a loved one even when this person leaves me, I prostrate.
78. To see all as they are without bias, I prostrate
79. To listen attentively to different opinions, I prostrate.
80. To be at peace, harmonious and considerate of neighbors, I prostrate.
81. To be able to let go when it is time, I prostrate.
82. To respect my own life as it is without self-reproach, I prostrate.
83. To do what I can do wherever I go without wishing to be served, I prostrate.
84. To become one who spreads peace with warm words, I prostrate.
85. To stay composed under duress, I prostrate.
86. To be at ease even in face of aggression, I prostrate.
87. To avoid self-justification or finding faults with others in adversities, I prostrate.
88. To encourage others with praise rather than disparagement, I prostrate.
89. To find the good rather than faults in others wishing for their success, I prostrate.
90. Praying for the happiness of others, knowing that their suffering is mine, I prostrate.
91. To grieve over another's failure and congratulate another's success, I prostrate.
92. May all who suffer from sickness be free from ill, I prostrate.
93. May all who are lost find their way, I prostrate.
94. May all who are destitute overcome poverty, I prostrate.
95. May all beings be free from hunger, illness and war, I prostrate.
96. May al beings grow in wisdom through the right teacher, I prostrate.
97. May all beings meet right guidance in work and community, I prostrate.
98. May all beings live in the comfort and harmony of family, I prostrate.
99. Wishing that the hopes of those pursuing good will be fulfilled, I prostrate.
100. Wishing that all those in search of a job find fulfilling work, I prostrate.
101. Wishing that the youth find a path leading to true happiness, I prostrate.
102. Feeling the grace of the universe in a droplet of water, I prostrate.
103. Seeing the labor of million in a grain of rice, I prostrate.
104. Toward the wide-open One Heart that transcends You and I, I prostrate.
105. Grateful for overwhelming happiness of this moment of bowing, I prostrate.
106. Toward the true nature shining forth from deep within, I prostrate.
107. Toward the true nature shining forth from all beings, I prostrate.
108. Wishing that my 108 prostrations be the seeds of wisdom and freedom for all beings
Toward the true nature shining forth from deep within, I prostrate.