



A Prayer Upon Arising in the Morning

By Venerable Master Hsing Yun

Oh great, compassionate Buddha!
Today is a new beginning!
It is said that "the morning hours are the best time of day."
On such a fine morning,
I recall past experiences:
I have failed,
But have never been disappointed;
I have been sad,
But have already been able to open my mind peacefully;
I have been wronged,
But have understood that everything in this world arises and extinguishes according to the law of dependent origination;
I have shed tears,
But have deeply believed that tomorrow will be better.

Today, under the blessing and protection
Of your compassionate Buddha light,
I pray to you to grant me the courage
To face all challenges on this day;
I pray to you to grant me the patience
To accept all setbacks on this day;
I pray to you to grant me the strength
To carry out all work on this day;
pray to you to grant me the wisdom
To be grateful for all causes and conditions on this day.

Oh great, compassionate Buddha!
Please help me increase my wisdom;
Please help me open my mind.
May I be able to appreciate the wonders of sky and earth;
May I be able to be grateful for the warmth of the world;
May I be able to obtain the assistance of friends;
May I be able to realize the value of Dharma.

Oh great, compassionate Buddha!
Please help me become a person wealthy in spirit

Every day, may I give with joy;
Every day, may I willingly form affinity with others;
Every day, may I practice loving-kindness, compassion, joy and equanimity;
Every day, may I treat people with tolerance and generosity.

Oh great, compassionate Buddha!
Please help me become a brave person in life:
May I be able to purify my thoughts;
May I be able to contribute often;
May I be able to do no wrong;
May I be able to do only good.

Oh great, compassionate Buddha!
Please bless me:
May I possess spiritual wisdom
And the Buddha mind;
May I have prajna wisdom and compassion
And liberate people from suffering.

Oh great, compassionate Buddha!
I recognize the presence of your image in my mind.
I realize that I came to the human world to be happy;
I understand that I have entered into society to contribute;
I know that I am cultivating the Way to enlightenment to benefit all.
I vow, from this moment on,
To benefit all sentient beings
And awaken myself and others every day;
I vow, from today on
To bring good fortune and benefit to the nation and the people, and
To liberate self and others every moment.

Oh great, compassionate Buddha!
Please accept my sincerest morning prayer!
Oh great, compassionate Buddha!
Please accept my sincerest morning prayer!

Namo Shakyamuni Buddha.