

The Three Refuges of a Zen Peacemaker

Inviting all creations into the mandala of my practice and vowing to serve them, I take refuge in:

Oneness (Buddha), the awakened nature of all beings

Diversity (Dharma), the ocean of wisdom and compassion

Harmony (Sangha), the interdependence of all creations

The Three Tenets of a Zen Peacemaker

Taking refuge and entering the stream of engaged spirituality, I vow to live a life of:

Not-knowing, thereby giving up fixed ideas about myself and the universe

Bearing witness to the joy and suffering of the world

Healing myself and others

The Ten Precepts of a Zen Peacemaker

Being mindful of the interdependence of **Oneness** and **Diversity**, and wishing to actualize my vows, I engage in the spiritual practices of:

1. Recognizing that I am not separate from all that is. This is the practice of **Non-killing**. I will not lead a harmful life, nor encourage others to do so. I will live in harmony with all life and the environment that sustains it.
2. Being satisfied with what I have. This is the practice of **Non-stealing**. I will freely give, ask for, and accept what is needed.
3. Encountering all creations with respect and dignity. This is the practice of **Chaste Conduct**. I will give and accept love and friendship without clinging.
4. Speaking the truth and deceiving no one. This is the practice of **Non-lying**. I will speak from the heart. I will see and act in accordance with what is.
5. Cultivating a mind that sees clearly. This is the practice of **Not Being Deluded**. I will not encourage others to be deluded. I will embrace all experience directly.
6. Unconditionally accepting what each moment has to offer. This is the practice of **Not Talking About Others Errors and Faults**. I will acknowledge responsibility for everything in my life.
7. Speaking what I perceive to be the truth without guilt or blame. This is the practice of **Not Elevating Myself and Blaming Others**. I will give my best effort and accept the results.
8. Using all of the ingredients of my life. This is the practice of **Not Being Stingy**. I will not foster a mind of poverty in myself or others.
9. Transforming suffering into wisdom. This is the practice of **Not Being Angry**. I will not harbor resentment, rage, or revenge. I will roll all negative experience into my practice.
10. Honoring my life as an instrument of peacemaking. This is the practice of **Not Thinking Ill of the Three Treasures**. I will recognize myself and others as manifestations of Oneness, Diversity and Harmony.