



Dai Bai Zan Cho Ba Zen Ji

*Great Plum Mountain - Listening to the Dharma Zen Temple*

### Commandments of the Seven Buddhas

I shall not cause harm of any kind.

I will live in and be a servant to all that is good.

I shall cultivate the purity that is our nature.

For this is the full teaching of the Awakened Ones.

### The Three places of Refuge

I give myself to the **Buddha**.

(Shakyamuni, the teachers, and the process of mastery)

I give myself to The **Dharma**

(The underling fundamental Truth of the universe).

I give myself to the **Sangha**

(The community of followers of the Way).

### The Ten Precepts

I will be reverential and mindful with all life; I will not kill or be ruled by violence.

I will respect others' property; I will not steal.

I will be conscious and loving in my relationships; I will not be ruled by lust.

I will honor honesty and truth; I will not deceive.

I will exercise proper care of my body and mind; I will not be gluttonous or abuse intoxicants.

I will remember that silence is precious: I will not gossip or engage in frivolous conversation.

I will be humble; I will not exalt myself or judge others.

I will be grateful for my life; I will not covet or be directed by envy or jealousy.

I will keep my mind at peace; I will not be directed by anger.

I will esteem the three treasures, the Buddha, Dharma, and Sangha.

### The Four Great Vows

SHU JO MU HEN SEI GAN DO,

However innumerable all beings are, we vow to care for them all.

BO NO MU JIN SEI GAN DAN,

However inexhaustible delusions are, we vow to relinquish them all.

HO MON MU RYO SEI GAN GAKU,

However immeasurable gates to truth there are, we vow to enter them all.

BUTSU DO MU JO SEI GAN JO.

However endless the Buddha's way is, we vow to follow it.