

Five Daily Life Guidelines

CONSUME MINDFULLY

Eat sensibly and don't be wasteful. Pause before buying; see if breathing is enough. Pay attention to the effects of media consumed.

SHARE LOVING KINDNESS

Consider other people's views deeply. Work for peace at every level. Spread joy, not negativity.

PRACTICE GRATITUDE

Respect the people encountered; they are our teachers. Be equally grateful for opportunities and challenges. Notice where help is needed and be quick to act.

DISCOVER WISDOM

Find connections between teachings and daily life. Do not become attached to conclusions. Mute the judgmental tongue.

ACCEPT CONSTANT CHANGE

Be open to whatever arises in every moment. Cultivate "Beginner's Mind." Keep going, keep going...