Taking the first step of the day
Walking on the Earth
is a miracle!
Each mindful step
reveals the wondrous Dharmakaya.

Using the Toilet
Defiled or immaculate,
increasing or decreasing—
these concepts exist only in our minds.
The reality of interbeing is unsurpassed.

Bathing
Unborn and indestructible,
beyond time and space—
Both transmission and inheritance
lie in the wonderful nature of the Dharmadhatu.

Turning on the light
Forgetfulness is the darkness,
mindfulness is the light.
I bring awareness
to shine upon all life.