***To Cultivate More Clear Awareness and Benevolent Intention, I Will Commit Daily To:***

* **Training the mind with daily meditation practices**
* **integrating mindful awareness into my daily routines**
* **Speaking truthfully, sincerely and with kindness**
* **Being generous and supporting the goals and values of the spiritual community**
* **Respecting and supporting the property, rights and wholesome priorities of others**
* **Restraint from sensual indulgence, to avoid distracting or dulling the mind**
* **Respect for the physical intimacy and privacy of others**
* **Promote health and safety for all sentient beings, beginning with myself**
* **Promote balance, integration and generosity with the environment, culture and economy**
* **Being patient with the shortcomings of others, acknowledging I am witnessing suffering**
* **Practicing humility with my shortcomings, willing to strive diligently to overcome them**