



# Ordinary Mind Zen

## Compassion's Way: The Ten Applied Precepts, or Aspirations

1. I bear witness to the reality of violence and abuse, in myself and in the world, and aspire to practice non-violence in my thoughts, words and actions.
2. I bear witness to the reality of inequality and of greed in myself and in the world, and aspire towards equality and sharing freely of all that I can.
3. I bear witness to the power of sexuality and its potential for both love and for harm in myself and in the world, and aspire to engage respectfully with an open heart in intimate relationships.
4. I bear witness to the lack of honesty in myself and in the world, and aspire to speak truthfully and compassionately.
5. I bear witness to the reality of delusion and the desire to evade the painful truths of life in myself and in the world, and aspire to experience Reality directly with clarity and kindness to self and others.



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6. I bear witness to the reality of blame and the avoidance of responsibility in myself and in the world, and aspire to speak of others with openness and possibility.

7. I bear witness to the elevation of the self and the denigration of others by myself and in the world, and aspire to meet others on equal ground.

8. I bear witness to the reality of possessiveness and the withholding of love and resources, in myself and in the world, and aspire to give generously and appropriately.

9. I bear witness to the reality of my own ill will and the pain of divisiveness in the world, and aspire to respond with compassion when difficult situations and emotions arise.

10. I bear witness to my own lack of faith in the power of living in accordance with the reality of life as it and aspire to live each moment with mindfulness and compassion.