

Waking Aspiration

His Holiness the 14th Dalai Lama

Beginning the day properly by setting one's intention

Upon awakening, even before getting out of bed, set your day's intention and aims by reciting this morning aspiration.

Waking aspiration

Today I am fortunate to be alive,

To have a precious human life,

I will not waste it.

I will use all my energies to develop myself,

To expand my heart out to others,

To achieve enlightenment for the benefit of all beings.

Today I am going to have kind thoughts towards others,

I am not going to get angry or think badly about others,

Today I'm going to benefit others as much as I can.

~ His Holiness the 14th Dalai Lama