

## **Dharma School Children's Meditation Readings**

### **1. PROMISE**

We thank the Buddha for showing us the way of freedom. We shall endeavor to walk in his Noble Path every day of our lives.

### **2. PLEDGE**

Leader: To the Buddha . . .

Everyone: who promised to be present in His Teachings, we pledge our loyalty and devotion. We consecrate our lives to the Way of Life he laid down for us to walk. We resolve to follow his example and labor earnestly for the welfare of all beings.

### **3. GOLDEN CHAIN - I**

I am a link in Amida's golden chain of love that stretches around the world. I will keep my link bright and strong.

I will be kind and gentle to every living thing and protect all who are weaker than myself.

I will think pure and beautiful thoughts, say pure and beautiful words, and do pure and beautiful deeds.

May every link in Amida's golden chain of love be bright and strong, and may we all attain perfect peace.

### **GOLDEN CHAIN - II**

I am a link in the Buddha's golden chain of love that stretches around the world. I must keep my link bright and strong.

I will try to be kind and gentle to every living thing and protect all who are weaker than myself.

I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends not only my happiness or unhappiness, but also that of others.

May every link in the Buddha's golden chain of love become bright and strong, and may we all attain perfect peace.