

"When spreading out the sitting cloth,
I vow that living beings
Will open and unfold wholesome dharmas,
And see the True Mark.

"When sitting upright and proper,
I vow that living beings
Will sit on the Bodhi seat,
Their minds attached to nothing.

"When sitting in the full-lotus posture,
I vow that living beings
Will develop solid good roots,
And achieve the state of calm unmoving.

"When cultivating samadhi,
I vow that living beings
Will subdue their minds with samadhi,
With no residual flaws.

"When practicing contemplation,
I vow that living beings
Will see things as they really are,
And never be argumentative and contentious.

"When uncrossing the legs from meditation,
I vow that living beings,
Will contemplate all the things one does,
How they all disperse and fade away.