

# The 12 Vows To Cultivate A Spirit Of Loving-Kindness And Compassion

*(Compiled by Most Venerable Thich Tinh Tu)*

1. I vow to cultivate loving-kindness and compassion, and to cherish and protect life, and promote well-being and happiness for all living things.
2. I vow to appreciate all living beings and understand their suffering, and through this deep connection to bring joy and happiness to all.
3. I vow to let go of attachment to anger, worries, anxieties, and complaints, so I can live freely, happily, and peacefully with everyone.
4. I vow to live in harmony and at peace with friends, family, and all beings.
5. I vow to listen with compassion and an open mind in order to understand what the other person is saying. I will listen without prejudice and judgment, and in an open and receiving posture of acceptance. I will not say things that are cruel, unkind, or hurtful.
6. I vow to practice mindful breathing, letting go of attachments and resting in equanimity. Each sound of the bell profoundly resonates with my deeper awakening. Through deeply listening, all sound becomes the voice of love and wisdom.
7. May the sick be healed. May the old be well taken care of, and may those who have passed away be reborn in the Pure Land.
8. May the poor be fed. May all turn away from wrong doing. May all in captivity be free, all disabled be healed, and all drug addicts be awakened from their illusion. May all murderers turn away from harming others and be free of arms.
9. May all beings cultivate boundless love. Let no one do harm to anyone. Let no one put the life of anyone in danger, and let no one, out of anger, ill will, or for any other reason wish anyone harm.

10. I vow to protect the earth and keep it beautiful. I commit myself to the transformational work of nurturing and nourishing flowers and fruits, protecting life and the environment, and building a Pure Land on earth.
11. May afflictions end for all beings so that wisdom can arise, and the fruit of awakening be fully realized by everyone.
12. May I and all living beings act with the wonderful power of a thousand arms and eyes of compassion, to come and go freely in the Three Worlds. We aspire to practice with a Bodhisattva's vows. We commit to being an instrument of the Buddha in helping to alleviate pain and suffering in the Ten Directions of the Cosmos.