

## **The Teaching on Daily Discipline given by the Compassionate, Venerable Tan Ajahn Gunhah Sukkamo**

*1.I will try to be a person who has a kind and comfortable mind until I have no breath.*

*2.I will try to be a person who is happy at work.*

*3.I will try to be responsible at work.*

*4.I will try to be a person who is very kind to others.*

*5.I will try to make financial plans and be very careful at spending money.*

*6.I will try not to gamble;play the lottery,bet on card games,soccer,boxing and ball games.I will try not to drink alcohol of any kind,or take drugs or commit adultery.*

*7.I will try to be a person who is grateful to their father and mother and all virtuous beings.*

*8.I will try not to argue with my father,mother,bosses and not to quarrel or speak harshly with staff.*

*9.I will try to listen to staff,friends,colleagues and other people.*

*10.I will try not to look down on others,not to bully others or abuse my spouse or children.*

*11.I will try to be a person who has mindfulness and self awareness and strive to improve my actions of body,speech and mind towards goodness.*

*12.I will try to keep the five precepts daily for the rest of my life.*

*13.I will try to keep eight precepts on Buddhist Holy Days,whether in the temple or at home.On the Buddhist Holy Days I should keep eight precepts unless I am sick and not feeling well.*

*14.I will try not to get angry with others,but will try to change myself instead.*

*15. I will try not to blame others, but will try to change myself instead.*

*16. I will try not to speak aggressively; not speaking harshly to my children, grandchildren, and staff. When speaking to my husband and or wife. I will not speak louder than I do when chanting.*

*17. I will try not to gossip about others anymore.*

*18. I will try to pay respect to the Buddha, Dhamma, Sangha and chant everyday a part of my routine.*

*19. I will try to breathe in comfortably and breathe out comfortably; breathing happily.*

*20. I will try to do sitting meditation at least five minutes every day.*

*21. I will try to be happy in all postures; when standing, sitting, walking and lying down. During every bodily motion. I will try to train my mind.*

*22. I will try not to think too much; not thinking about the past, or the future, but to stay in the present moment.*

*23. I will try to be very patient and to train the body to strengthen spiritual virtues (Parami).*

*24. I will try to practise letting go of likes and dislikes, attachment to children, relatives, wealth, poverty, sickness and discomfort. I should practise letting go of all attachments in order to train my mind to be comfortable and to avoid suffering.*

*25. I will try to aim the mind towards the Path, Fruition and Nibbana because every day I am only waiting to die. Before I die I should try to experience Nibbana. If I follow my thoughts, emotions, like and dislikes, I will fall into the hell realms forever and ever. I will change my actions of body, speech and mind and set my target on Nibbana.*