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THE VOW OF THE 'TEN FOOTSTEPS'
original filename: zenvow.txt

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Stan Rosenthal may be contacted at 44 High street, St. Davids, Pembrokeshire, Dyfed, Wales, UK. Bill Fear may be contacted at 29 Blackweir Terrace, Cathays, Cardiff, South Glamorgan, Wales, UK. Tel (0222) 228858 email fear@thor.cf.ac.uk. Please use email as first method of contact, if possible. Messages can be sent to Stan Rosenthal via the above email address - they will be forwarded on in person by myself - B.F.

NOTE:
You may find an odd sentence or missing information every now and again in the files. Hopefully not too frequently. This is because the files were originally written on a machine using CP/M and had to be converted to dos format. Many of the 5.25 disks were very old and had bad sectors - thus missing info.Beginning of file.....

THE VOW OF THE 'TEN FOOTSTEPS'
USED BY 'TRUE FOLLOWERS'
OF CH'AN TAO CHIA

I will have compassion
for all sentient beings;
and will not cause needless hurt
or unnecessary harm.

Through my training,
I will seek enlightenment,
the distinction between right and wrong,
liberation from delusion
and the malevolent influences of
greed, jealousy and rage.

I will seek
to transcend unnecessary dichotomy,

and learn to accept that differences
are often an attitude of mind.

I accept
that of greater value
than the accumulation of goods,
are justice and creativity,
right motive and action, and essentiality,
love and peace, and the freedom to grow.

I will act
with honour,
without contriving for self-advantage
or egotistical effort,
false pride or humility.
I will try to live my life
so as not to give cause
for later regrets.

I will help
those who are suffering,
or disadvantaged,
and those who seek liberation
or enlightenment.

.....End of
file.....