

The Heart of It:

Today, <Bride and Groom> promise to dedicate themselves completely to each other, with body, speech and mind. In this life, in every situation, in wealth or poverty, in health or sickness, in happiness or difficulties, they will work to help each other perfectly. May we strive to follow the interdependent principles of the eight-fold path, practicing:

Right view: seeing and understanding things as they really are, keeping in mind that our view of the world forms our thoughts and our actions.

Right intention: commitment to ethical and mental self-improvement, resisting the pull of desire and intending good will to anyone that crosses our path

Right speech: abstaining from lies, abusive speech and idle chatter; speaking only words of grace. Words can break or save lives, make enemies or friends, start war or create peace.

Right action: act kindly and compassionately, to be honest and to respect others. Wholesome actions lead to sound states of mind.

Right livelihood: earning one's living in a righteous way, gaining wealth legally and peacefully.

Right effort: Mental energy is the force behind effort. May our energy fuel self-discipline, honesty, benevolence and kindness.

Right mindfulness: the mental ability to see things as they are, with clear consciousness. Focusing on the present moment without judgment or fear.

Right concentration: one-pointedness of mind, with healthy thoughts and actions, seeking through prayer and meditation.