

Seven-Limb Prayers

You lions among humans,
Gone to freedom in the present, past and future
In the worlds of ten directions,
To all of you, with body, speech, and sincere mind, I bow down.

With the energy of aspiration for the bodhisattva way,
With a sense of deep respect,
And with as many bodies as atoms of the world,
To all you buddhas visualized as real, I bow down.

On every atom are buddhas numberless as atoms,
Each amidst a host of bodhisattvas,
And I am confident the sphere of all phenomena
Is entirely filled with buddhas in this way.

With infinite oceans of praise for you,
And oceans of sound from the aspects of my voice,
I sing the breathtaking excellence of buddhas,
And celebrate all of you gone to bliss.

Beautiful flowers and regal garlands,
Sweet music, scented oils, and parasols,
Sparkling lights and sublime incense,
I offer to you victorious ones.

Fine dress and fragrant perfumes,
Sandalwood powder heaped high as Mount Meru,
All wondrous offerings in spectacular array,
I offer to you victorious ones.

With transcendent offerings peerless and vast,
With profound admiration for all the buddhas,

With strength of conviction in the bodhisattva way,
I offer and bow down to all victorious ones.

Every harmful action I have done
With my body, speech, and mind
Overwhelmed by attachment, anger, and confusion,
All these I openly lay bare before you.

I lift up my heart and rejoice in all positive potential
Of the buddhas and bodhisattvas in ten directions,
Of solitary realizers, hearers still training, and those beyond,
And of all ordinary beings.

You who are the bright lights of worlds in ten directions,
Who have attained a buddha's omniscience through the stages of
awakening,
All you who are my guides,
Please turn the supreme wheel of Dharma.

With palms together I earnestly request:
You who may actualize pari-nirvana,
Please stay with us for eons numberless as atoms of the world,
For the happiness and well-being of all wanderers in samsara.

Whatever slight positive potential I may have created,
By paying homage, offering, and acknowledging my faults,
Rejoicing, and requesting that the buddhas stay and teach,
I now dedicate all this for full awakening.

Taking the Bodhisattva Vows

I go for refuge to the Three Jewels;
I confess individually all my negativities.
I rejoice in the merit of migrating beings.
I take hold with my mind the perfect state of a buddha.
I go for refuge until I am enlightened
To the Buddha, the Dharma, and the supreme Sangha assembly,
And I do so to train an enlightened mind.
In order to fulfill the aims of myself and others
I shall develop a supreme enlightened motive,
And toward all sentient beings, my invited guests,
I shall act with supreme enlightened conduct.
May I become a buddha to benefit all. (3x)

Rejoicing & Remembering

Having excellently attained a human existence,
My life has now borne fruit.
Today I have taken birth in the family of the buddhas
And have become a buddha's child.

From now on, by every means possible,
I will apply myself to actions that are in accord with this family.
Never will I sully
This flawless and pure family.