



Chenrezig (Sanskrit: Avalokiteshvara)

EIGHT MAHAYANA PRECEPTS

INTRODUCTION

The Eight Mahayana Precepts are taken for twenty-four hours. It is especially good to take them on full and new moon days and on other Buddhist festival days. Observing precepts for even such a short time has tremendous benefits: one accumulates a great amount of positive potential (merit) in a short time. One will receive upper rebirths and will eventually attain enlightenment. One is protected from harm and the place where one lives becomes peaceful and prosperous. One's mind is peaceful and calm; one gains control over one's bad habits; there are fewer distractions when meditating. One gets along better with others. One will meet the Buddha's teachings in the future and can be born as a disciple of Maitreya Buddha.

The eight precepts are:

1. Avoid killing, directly or indirectly.
2. Avoid stealing and taking things without the permission of their owner.
3. Avoid sexual activity.
4. Avoid lying and deceiving others.
5. Avoid intoxicants: alcohol, tobacco and drugs (except for 6 medicinal purposes).
6. Avoid eating more than one meal that day. The meal is taken before noon, and once one has stopped eating for thirty minutes, the meal is considered finished. At other times of the day one can take light drinks, but not undiluted whole milk or fruit juice with pulp.
7. Avoid eating black foods: meat, eggs, onions, garlic and radishes.
8. Avoid sitting on a high, expensive bed or seat with pride. Also avoid sitting on animal skins. Avoid wearing jewellery, perfume, and make-up. Avoid singing, dancing or playing music with attachment.

For a precept to be broken completely, four conditions must be present:

1. The motivation is a negative attitude such as attachment, anger, etc.
2. There is an object of the action; e.g., a being that is killed or an object that is stolen.
3. One does the action. If one tells someone else to kill, steal or lie, it is also a transgression.
4. The action is completed; e.g., the being dies before oneself or one thinks, "This is mine".

The first time one takes the precepts, it is taken with a Master. Thereafter, one can do the ceremony before a Buddha image by regarding it as the actual Buddha.

Preliminary Prayers

REFUGE

Guru is Buddha, Guru is Dharma. Guru is Sangha also.
Guru is the originator of all (goodness and happiness).
To all Gurus, I go for refuge. (3x)

GENERATING THE DEDICATED HEART

To accomplish my own and others' aims, I generate the heart dedicated to attaining enlightenment for the benefit of all sentient beings. (3x)

PURIFYING THE PLACE

Everywhere may the ground be pure,
Free of the roughness of pebbles and so forth.
May it be the nature of lapis lazuli
And as smooth as the palm of one's hand.

OFFERING PRAYER

May offering substances human and divine,
Those actual and those which are emanated,
Unsurpassed Samantabhadra clouds of offerings
Fill the entire space.

OFFERING DHARANI

om namo bhagavate vajra sarva-parmadine tathagataya arhate samyaksam
buddhaya tayata om vajre vajre maha vajre maha taydza vajre maha vidya
vajre maha bodhicitta vajre maha bodhi mendo pasam pramana vajre sarwa
karma awarana visho dana vajre soha (3x)

POWER OF THE TRUTH

By the power of the truth of the Three Jewels, the power of the blessings of all the Buddhas and Bodhisattvas, the power of the great might of the completed two collections, and the power of the intrinsically pure and inconceivable sphere of reality, may (these offerings) become suchness.

INVOCATION

Protector of all beings without exception, endless subduer of Mara's tribe and forces,
Deity, perfect knower of all things, Bhagawan and attendants, please come here.
Respectfully I prostrate with my body, speech and mind.
I present clouds of every type of offering, actual and imagined.
I confess all my negative actions accumulated since beginningless time,
And rejoice in the virtuous actions of all ordinary and noble beings.
Please, Buddha, remain as our guide,
And turn the wheel of Dharma until samsara ends.
Through the merit created by myself and others, may the two bodhicittas ripen and may
I attain Buddhahood for the sake of all sentient beings.

SHORT MANDALA

This ground, anointed with perfume, strewn with flowers,
sa zhi po kyi jug shing me tog tram
Adorned with Mount Meru, four continents, the sun and the moon.
Ri rab ling zhi nyi de gyen po di
I imagine this as a Buddha-field and offer it.
sang gye zhing du mig te ul war gyi
May all living beings enjoy this pure land!
dro kun nam dag zhing la cho par shog

INNER MANDALA

The objects of my attachment, aversion and ignorance - friends, enemies and strangers,
And my body, wealth and enjoyments - I offer without any sense of loss.
Please accept them with pleasure
And bless me and others to be free from the three poisonous attitudes.

Idam guru ratna mandalakam niyatayami

PROSTRATION MANTRA (*make three prostrations*) Om namo manjushriye namo
sushriye namo uttama shriye soha

Taking the Precepts

Kneel down on your right knee with hands in the mudra of prostration and recite:

All Buddhas and Bodhisattvas residing in the ten directions, please pay attention to me!

Preceptor, please pay attention to me! (*Omit if taking before a Buddha image.*)

Just as the tathagatas of the past, the foe destroyers, the purified and developed (Buddhas), like the wise horse, the great elephant, did what had to be done, accomplished the work, left the burden, and afterwards achieved their own purpose, their always-joining aggregates completely extinct, of perfect speech, of well-liberated holy mind and with well-liberated wisdom, for the sake of all sentient beings, in order to benefit them, in order to liberate them, in order to eliminate famine, in order to eliminate sickness, in order that the thirty-seven dharmas of enlightenment be perfected, and in order to definitely actualise the no-higher result, pure, completed enlightenment, have taken the Restoring and Purifying Vows, so do I .. (your name).., from now until sunrise tomorrow, for the sake of all sentient beings, in order to benefit them, in order to liberate them, in order to eliminate famine, in order to eliminate sickness, in order that the thirty-seven dharmas of enlightenment be perfected, and in order to definitely actualise the no-higher result, pure, completed enlightenment, take the Restoring and Purifying Vows.

(3x)

PRAYER OF COMMITMENT TO KEEP THE PRECEPTS

From now on I will not kill,

Nor take another's property.

I will not engage in sexual activity

And will not speak false words.

I will totally avoid intoxicants, which are the cause of many faults.

I will not use high or expensive beds nor thrones.

I will avoid eating food at improper times.

I will not wear perfumes, garlands and ornaments,

Nor sing, dance and so forth.

Just as the foe destroyers abandoned killing and so forth, may I, by avoiding wrong actions such as killing and so forth, quickly attain the highest enlightenment.

May the living beings who are experiencing the various sufferings be released from the ocean of cyclic existence.

DHARANI OF PURE MORALITY

Om ahmoga shila sambara bara bara maha shuda sato payma
bibu kita budza dara dara samanta ahwalokite hum pay soha
(21x)

Dedication Prayer

By having the flawless ethical conduct of the Dharma,

Pure ethical conduct,

And ethical conduct without conceit,

May I complete far-reaching ethical conduct.

(end with three prostrations)

During the day try to remember each precept, not forgetting that they have been taken, nor ignoring whether or not they have been broken.

At the end of the day dedicate with this prayer:

Due to the merits of taking ordination and keeping precepts, may I quickly become fully enlightened by actualising bodhicitta, the fully renounced mind and the realisation of the absolute true nature, for the sake of all mother sentient beings.

Master Shantideva's Bodhicharyavatara Dedication

May all beings everywhere
Plagued by sufferings of body and mind,
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil or ever fall ill,
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms
And the deaf hear sounds,
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy,
May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments,
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power
And may people think of benefiting each other.

For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.

Long Life Prayer for All Spiritual Mentors

May the spiritual teachers who lead me on the sacred path
and all spiritual friends who practice it have long life.
May I pacify completely all outer and inner hindrances –
grant such inspiration, I pray.
May the lives of the venerable spiritual mentors be stable,
and their virtuous actions spread in the ten directions.
May the light of Losang's teachings,
dispelling the darkness of the beings in the three worlds,
always increase.

Long Life Prayer for Venerable Gen Losang Namgyel

Wisdom light of True Compassion,
Source of Tara's Love Maternal,
Lobsang's Doctrine perfect holder,
We request your life eternal.

Teacher, Father, Mother, Guru –
We entreat you, live forever,
Guiding all to liberation,
Perfecting our minds forever.

With your always skilful guidance
and profound, compassionate ways,
Shining Tara's light eternal,
Guiding to her tathagata mind.

Long Life Mantra

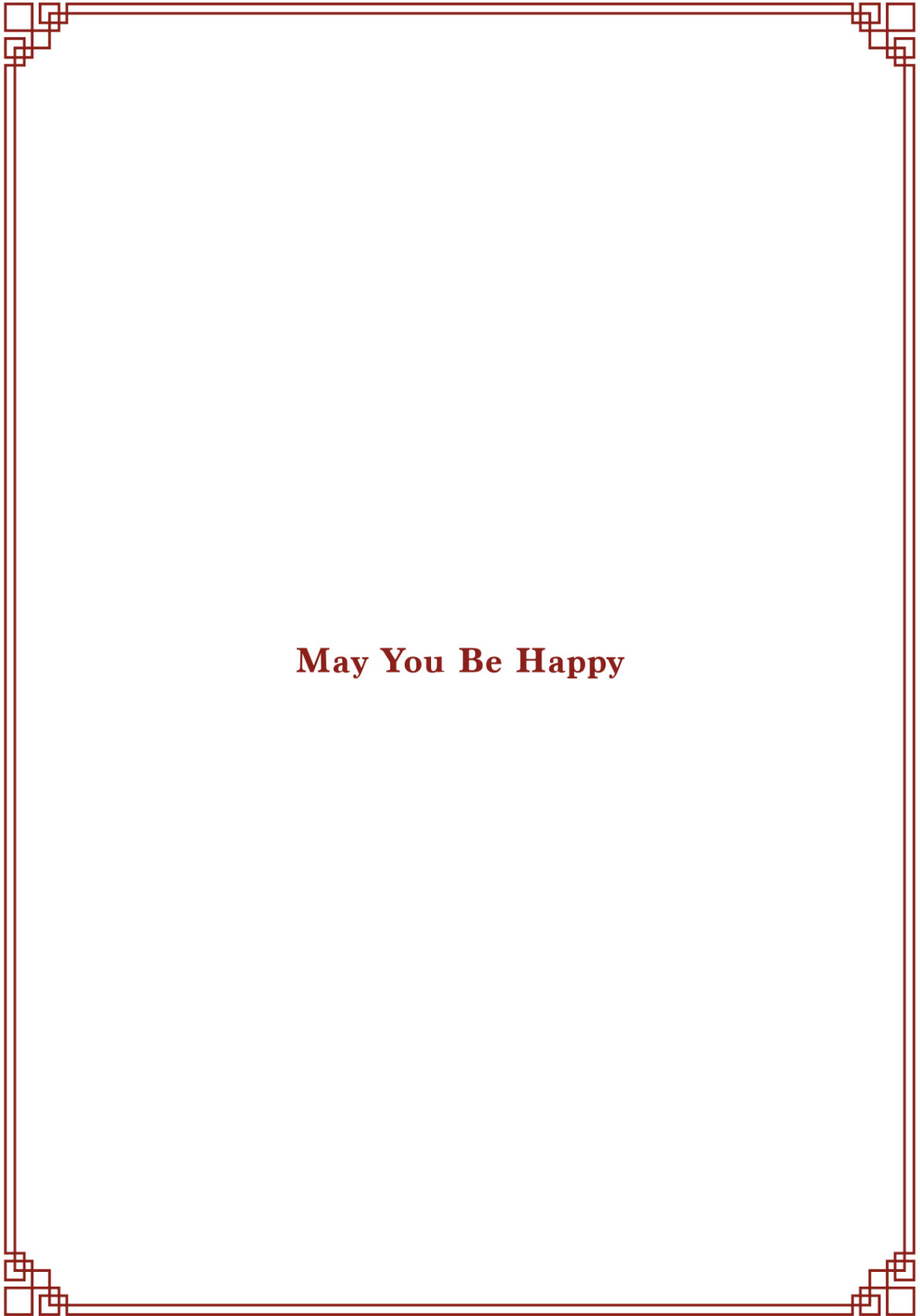
OM A GURU VAJRADHARA SUMATI VIJAYA SARVA SIDDHI HUM

White Tara Long Life Mantra

OM TARE TUTTARE TURE GURU SUMATI VIJAYA AYUR PUNYE JNANA
PUSHTIM KURU YE SV



Venerable Namgyel's
Online Sangha
We Serve



May You Be Happy