



the sevenfold puja

i. worship

With mandarava, blue lotus and jasmine,

With all flowers, pleasing and fragrant,

And with garlands skillfully woven,

I pay honour to the princes of the sages,

So worthy of veneration.

I envelop them in clouds of incense,

Sweet and penetrating;

I make them offerings of food, hard and soft,

And pleasing kinds of liquids to drink.

I offer them lamps encrusted with jewels,

Festooned with golden lotus,

On the paving, sprinkled with perfume,

I scatter handfuls of beautiful flowers.

avalokiteśvara mantra

oṃ maṇi padme hūm

ii. salutation

As many atoms as there are,
In the thousand million worlds,
So many times I make reverent salutation
To all the Buddhas of the three eras,
To the Saddharma,
And to the excellent Community.

I pay homage to all the shrines
And places in which the Bodhisattvas have been.
I make profound obeisance to the teachers
And those to whom respectful salutation is due.

iii. going for refuge

This very day,
I go for my refuge
To the powerful Protectors,
Whose purpose is to guard the universe,
The mighty conquerors who overcome suffering everywhere.

Wholeheartedly also I take my refuge
In the Dharma they have ascertained,
Which is the abode of security against the rounds of rebirth;
Likewise in the host of Bodhisattvas
I take my refuge.

refuges and precepts

Namo Tassa Bhagavato Arahato Sammāsambuddhassa

Namo Tassa Bhagavato Arahato Sammāsambuddhassa

Namo Tassa Bhagavato Arahato Sammāsambuddhassa

Buddhaṃ Saraṇaṃ Gacchāmi

Dhammaṃ Saraṇaṃ Gacchāmi

Sanghaṃ Saraṇaṃ Gacchāmi

Dutiyampi Buddhaṃ Saraṇaṃ Gacchāmi

Dutiyampi Dhammaṃ Saraṇaṃ Gacchāmi

Dutiyampi Sanghaṃ Saraṇaṃ Gacchāmi

Tatīyampi Buddhaṃ Saraṇaṃ Gacchāmi

Tatīyampi Dhammaṃ Saraṇaṃ Gacchāmi

Tatīyampi Sanghaṃ Saraṇaṃ Gacchāmi

translation

Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!

To the Buddha for refuge I go.

To the Dharma for refuge I go.

To the Sangha for refuge I go.

For the second time to the Buddha for refuge I go.

For the second time to the Dharma for refuge I go.

For the second time to the Sangha for refuge I go.

For the third time to the Buddha for refuge I go.

For the third time to the Dharma for refuge I go.

For the third time to the Sangha for refuge I go.

five precepts

Pāṇātipātā Veramaṇī Sikkhāpadaṃ Samādiyāmi

Adinnādānā Veramaṇī Sikkhāpadaṃ Samādiyāmi

Kāmesu Micchācārā Veramaṇī Sikkhāpadaṃ Samādiyāmi

Musāvādā Veramaṇī Sikkhāpadaṃ Samādiyāmi

Surāmeraya Majja Pamādatthānā Veramaṇī Sikkhāpadaṃ Samādiyāmi

sadhu sadhu sadhu

translation

I undertake to abstain from taking life.

I undertake to abstain from taking the not-given.

I undertake to abstain from sexual misconduct.

I undertake to abstain from false speech.

I undertake to abstain from taking intoxicants.

the positive precepts

With deeds of loving kindness, I purify my body.

With open-handed generosity, I purify my body.

With stillness, simplicity, and contentment, I purify my body.

With truthful communication, I purify my speech.

With mindfulness clear and radiant, I purify my mind.

dhammacari/dhammacarini precepts (for members of the triratna buddhist order)

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

Pharusavācāya veramaṇī sikkhāpadaṃ samādiyāmi

Samphappalāpā veramaṇī sikkhāpadaṃ samādiyāmi

Pisuṇavācāya veramaṇī sikkhāpadaṃ samādiyāmi

Abhiṃjhāya veramaṇī sikkhāpadaṃ samādiyāmi

Byāpādā veramaṇī sikkhāpadaṃ samādiyāmi

Micchādīṭṭhiyā veramaṇī sikkhāpadaṃ samādiyāmi

sadhu sadhu sadhu

translation

I undertake to abstain from taking life.

I undertake to abstain from taking the not-given.

I undertake to abstain from sexual misconduct.

I undertake to abstain from false speech.

I undertake to abstain from harsh speech.

I undertake to abstain from useless speech.

I undertake to abstain from slanderous speech.

I undertake to abstain from covetousness.

I undertake to abstain from animosity.

I undertake to abstain from false views.

the ten positive precepts

With deeds of loving kindness, I purify my body.

With open-handed generosity, I purify my body.

With stillness, simplicity, and contentment, I purify my body.

With truthful communication, I purify my speech.

With kindly communication, I purify my speech.

With helpful communication, I purify my speech.

With harmonious communication, I purify my speech.

Abandoning covetousness for tranquillity, I purify my mind.

Changing hatred into compassion, I purify my mind.

Transforming ignorance into wisdom, I purify my mind.

iv. confession of faults

The evil which I have heaped up

Through my ignorance and foolishness -

Evil in the world of everyday experience,

As well as evil in understanding and intelligence -

All that I acknowledge to the Protectors.

Standing before them

With hands raised in reverence,

And terrified of suffering,

I pay salutations again and again.

May the leaders receive this kindly,

Just as it is, with its many faults!

What is not good, O Protectors,

I shall not do again.

v. rejoicing in merit

I rejoice with delight

In the good done by all beings,

Through which they obtain rest

With the end of suffering.

May those who have suffered be happy!

I rejoice in the release of beings

From the sufferings of the rounds of existence;

I rejoice in the nature of the Bodhisattva

And the Buddha,

Who are Protectors.

I rejoice in the arising of the Will to Enlightenment,

And the Teaching:

Those oceans which bring happiness to all beings,

And are the abode of welfare of all beings.

vi. entreaty and supplication

Saluting them with folded hands

I entreat the Buddhas in all the quarters:

May they make shine the lamp of the Dharma

For those wandering in the suffering of delusion!

With hands folded in reverence

I implore the conquerors desiring to enter Nirvana:

May they remain here for endless ages,

So that life in this world does not grow dark.

the heart sutra

The Bodhisattva of Compassion,

When he meditated deeply,

Saw the emptiness of all five skandhas

And sundered the bonds that caused him suffering.

Here then,

Form is no other than emptiness,

Emptiness no other than form.

Form is only emptiness,

Emptiness only form.

Feeling, thought, and choice,

Consciousness itself,

Are the same as this.

All things are by nature void

They are not born or destroyed

Nor are they stained or pure

Nor do they wax or wane.

So, in emptiness, no form,

No feeling, thought, or choice,

Nor is there consciousness.

No eye, ear, nose, tongue, body, mind;

No colour, sound, smell, taste, touch,

Or what the mind takes hold of,

Nor even act of sensing.

No ignorance or end of it,

Nor all that comes of ignorance;

No withering, no death,

No end of them.

Nor is there pain, or cause of pain,

Or cease in pain, or noble path

To lead from pain;

Not even wisdom to attain!

Attainment too is emptiness.

So know that the Bodhisattva

Holding to nothing whatever,

But dwelling in Prajna wisdom,

Is freed of delusive hindrance,

Rid of the fear bred by it,

And reaches clearest Nirvana.

All Buddhas of past and present,

Buddhas of future time,

Using this Prajna wisdom,

Come to full and perfect vision.

Hear then the great dhāraṇi,

The radiant peerless mantra,

The Prajñāpāramitā

Whose words allay all pain;

Hear and believe its truth!

gate gate parāgate pārasaṃgate bodhi svāhā

transference of merit and self-surrender

May the merit gained

In my acting thus

Go to the alleviation of the suffering of all beings.

My personality throughout my existences,

My possessions,

And my merit in all three ways,

I give up without regard to myself

For the benefit of all beings.

Just as the earth and other elements

Are serviceable in many ways

To the infinite number of beings,

Inhabiting limitless space,

So may I become

That which maintains all beings

Situated throughout space,

So long as all have not attained

To peace.

oṃ maṇi padme hūṃ

Avalokiteśvara

oṃ a ra pa ca na dhīḥ

Mañjuśrī

oṃ vajrapāṇi hūṃ

Vajrapaṇī

oṃ tare tuttare ture svaha

Tārā

oṃ amideva hrīḥ

Amitābha

oṃ muni muni mahā muni śakyamuni svāhā

Śakyamuni Buddha

oṃ aḥ huṃ vajra guru padma siddhi hūṃ

Padmasambhava

gate gate parāgate pārasaṃgate bodhi svāhā

Prajñāpāramitā

oṃ santi santi santi

Compiled by Ugyen Sangharakshita.