



## A Daily Practice to Renew the Bodhisattva Vows

### Supplication Prayer

*Request the buddhas, bodhisattvas, and great masters to grant their attention by reciting three times:*

All you buddhas who dwell in the ten directions,  
All you great bodhisattvas on the ten levels,  
All you great teachers, the vajra-holders,  
Turn your mind towards me, I pray!

### Prayer of Refuge and Bodhicitta

*Consider that you take refuge in the three jewels of the Mahāyāna (Great Vehicle) with the exceptional motivation of bodhicitta to benefit all beings. Recalling this, recite the refuge prayer three times:*

Until I realize the heart of enlightenment,  
I take refuge in the buddhas,  
And likewise in the dharma,  
And the assembly of bodhisattvas.

*Renew your vows of aspiration and action bodhicitta and your bodhisattva vow simultaneously by reciting the following verses three times:*

Just as the buddhas of the past  
Aroused bodhicitta  
And established themselves by stages  
In the training of a bodhisattva.

Just so, for the benefit of beings,  
I will arouse bodhicitta  
And likewise I will train  
Progressively in those practices.

### Cultivation of Joy for Oneself and Others

*Recite these verses one time and cultivate joy for oneself:*

Today my life has become meaningful;  
Having well obtained this human existence,  
I've been born in the family of buddha  
And now am one of buddha's children.

Thus whatever actions I do from now on  
Must be actions befitting my family.  
Never shall I do anything to disgrace  
This faultless, noble family!

Just like a blind person  
Discovering a priceless jewel in a heap of trash,  
So, through some fortunate coincidence,  
Bodhicitta has been born within me.

*Recite these verses one time and cultivate joy for others:*

Today in the presence of all the protectors,  
I invite all beings to the state of enlightenment.  
At the feast of temporal and ultimate bliss:  
May the guests—gods, demigods and others—rejoice!

### Aspiration and Dedication Prayers

*Recite these aspiration and dedication prayers one time:*

May supreme, precious bodhicitta  
Take birth where it has not arisen.  
Where it has arisen, may it never wane  
But continue to grow forevermore!

May all beings not be separated from bodhicitta,  
But always be inclined to enlightened action:  
May they be cared for by the buddhas, and  
May they abandon harmful action.

May the bodhisattvas' good wishes  
For benefitting beings be fulfilled.  
Whatever the protectors have intended for them:  
May all beings receive it.

May all beings be happy,  
May all the lower realms be forever empty.  
May the aspirations of all the bodhisattvas  
Of the various bhūmis be fulfilled!

*Arranged by Khenpo Sherab Sangpo based on Patrul Rinpoche's "The Brightly Shining Sun", a step-by-step guide to meditating on Shantideva's "Introduction to the Way of the Bodhisattva (Bodhicaryāvatāra)" and "The Ritual for the Bodhisattva Vow" arranged according to the tradition of Patrul Rinpoche.*



## A Short Ritual to Confer the Bodhisattva Vows—The Root of the Mahayana Path

*The ritual for conferring the bodhisattva vows is arranged according to the Mahāyāna (Great Vehicle) tradition of the Madhyamaka (Middle Way). This path was walked by the past buddhas of the three times and will be taken by those in the future. It is the only path that the children of the buddhas, the bodhisattvas, traverse as it is the root of all good qualities in samsara and nirvana. This ritual has three parts: The Preparation, The Main Part, and The Conclusion.*

### The Preparation

*The preparation has four parts.*

#### Part 1: The Mandala Offering to the Guru

*Arrange a mandala and with faith, trust and devotion offer it to your teacher with the view that your teacher is the actual buddha present before you. Offer the mandala with the intense wish to receive precious bodhicitta that is more valuable than a wish-fulfilling jewel.*

The earth anointed with perfumed water and strewn with flowers,  
 Mount Meru and the four continents ornamented with sun and moon,  
 By offering them visualized as a buddhafield,  
 May all beings enjoy this pure realm.

**trang guru ratna mandala pudza megha samudra saparana samaye ah hung**

## Part 2: Supplication Prayer

*Recite this supplication prayer three times after me:*

Grant us supreme bodhicitta  
That turns us away from the path to the lower realms,  
That shows us the path to the higher realms,  
And leads us to where there is neither birth nor death.

## Part 3: The Excellence of Bodhicitta

*This section has three subsections: first, the general benefits of bodhicitta; second, the specific benefits of aspiration and application bodhicitta; and third, the preciousness of those who have awakened bodhicitta.*

### Part 3.1: The General Benefits of Bodhicitta

Contemplating wisely throughout the ages,  
The buddhas have seen its great benefit,  
That it helps boundless multitudes of beings  
Be brought easily to supreme joy.

If bodhicitta is born, in that moment,  
Even those who suffer, chained in prisons of samsara,  
Are called children of the buddhas  
Revered by all the world, by gods and humankind.

### Part 3.2: The Specific Benefits of Aspiration and Application Bodhicitta

Bodhicitta, the awakened mind,  
Is known in brief to have two aspects:  
Aspiring, *bodhicitta in intention*;  
And *active bodhicitta*, practical engagement.

Just as one understands the difference  
Between wishing to go and setting out upon a journey,  
Similarly the wise should understand  
The different stages of these two.

### Part 3.3: The Preciousness of Those Who Have Awakened Bodhicitta

I bow down before all those in whom  
This most precious, sacred mind is born!  
I take refuge in those great sources of joy  
Who bring bliss even to those who harm them.

*With this “The Excellence of Bodhicitta” is concluded.*

## Part 4: Offering the Seven Branches

1. *The Branch of Offering is offering actually- and mentally-arranged objects.* 2. *The Branch of Prostration is prostrating while visualizing that one is emanating as many bodies as there are atoms in a buddhahfield.* 3. *The Branch of Confession is confessing negative actions with the four powers as antidote.* 4. *The Branch of Rejoicing is rejoicing in the virtue of three types of practitioners.* 5. *The Branch of Supplicating to Turn the Wheel of Dharma is fervently asking the buddhas to teach.* 6. *The Branch of Requesting the Buddhas Not To Pass Into Nirvana is requesting the buddhas to remain in samsara until all beings are liberated.* 7. *The Branch of Dedication is to dedicate the merit of all that is virtuous to liberate all beings from suffering.*

### Part 4.1: Offering

*We make offerings so that precious bodhicitta will arise in our mind. For this reason we make excellent offerings with a pure motivation. **This is the purity of motivation.** We make excellent offerings to the three jewels: to the buddhas; to the sacred dharma; and to the noble sangha, the children of the buddhas, who possess limitless, supreme qualities. **This is the purity of objects.** The actually-arranged offering substances should neither be stolen goods nor objects obtained deceitfully. As the verse, “I make excellent offerings” states, your offerings should be given generously—without stinginess—and given with devotion, confident faith and trust. **This is the purity of offering substances.** Keeping in mind, “With the threefold purity I make my offerings”, please recite after me:*

In order that I might adopt this precious jewel of mind,  
I now make the most excellent of offerings to the buddhas,  
To the sacred dharma—that most rare and immaculate jewel—  
And to the buddhas’ children, whose qualities are limitless.

### Part 4.2: Prostration

To all the buddhas of the three times,  
To the dharma, and to the supreme assembly,  
with bodies equal to all the atoms of the buddhahfields,  
I respectfully prostrate.

### Part 4.3: Confession

All the misdeeds that I, a wrong-doer, have done,  
All the many faults that afflict me—  
Even the completely unbearable ones,  
I openly confess before the guides of all beings.

### Part 4.4: Rejoicing

Full of delight, I rejoice  
In the ocean-like virtue of bodhicitta,  
In actions that benefit all beings  
And lead to supreme bliss.

#### Part 4.5: Supplicating the Buddhas to Turn the Wheel of Dharma

With joined hands, I pray  
You, buddhas of all directions:  
Light the lamp of dharma  
For those of us covered by ignorance in the darkness of suffering.

#### Part 4.6: Requesting the Buddhas Not to Pass into Nirvana

With joined hands, I pray  
You, buddhas, who wish to pass into nirvana:  
Do not leave us wandering in blindness,  
Remain among us for innumerable ages.

#### Part 4.7: Dedication

Through all these actions now performed  
And all the virtues I have gained,  
May the sufferings of all beings  
Be removed.

*With this “The Preparation” is concluded.*

#### The Main Section

*The main section contains the training and the vow. Through the training in the practices of a bodhisattva, the attachment to the self is radically cut through. Keeping in mind, “I will without regret give all beings the three bases of my attachment—my body, my possessions, and my past, present, and future virtues”, recite after me three times:*

My body and all that I possess,  
My past, present, and future virtues—  
I dedicate them all without regret,  
To benefit all beings.

*Next is the vow. Begin by requesting the buddhas, bodhisattvas, and great masters to grant their attention by reciting after me one time:*

All you buddhas who dwell in the ten directions,  
All you great bodhisattvas on the ten levels,  
All you great teachers, the vajra-holders,  
Turn your mind towards me, I pray!

*Consider that you take refuge in the three jewels of the Mahāyāna (Great Vehicle) with the exceptional motivation of bodhicitta to benefit all beings. Recalling this, recite the refuge prayer three times:*

Until I realize the heart of enlightenment,  
I take refuge in the buddhas,  
And likewise in the dharma,  
And the assembly of bodhisattvas.

*Take the vows of aspiration and action bodhicitta and the bodhisattva vow simultaneously by reciting the following verses three times. After the third recitation, I will snap my fingers. In that moment, without doubt or hesitation, know that you have received the bodhisattva vow.*

Just as the buddhas of the past  
Aroused bodhicitta  
And established themselves by stages  
In the training of a bodhisattva.

Just so, for the benefit of beings,  
I will arouse bodhicitta  
And likewise I will train  
Progressively in those practices.

*With this vow, “The Main Part” is concluded.*

## The Conclusion

### Cultivation of Joy for Oneself and Others

*Recite these verses one time and cultivate joy for oneself:*

Today my life has become meaningful;  
Having well obtained this human existence,  
I’ve been born in the family of buddha  
And now am one of buddha’s children.

Thus whatever actions I do from now on  
Must be actions befitting my family.  
Never shall I do anything to disgrace  
This faultless, noble family!

Just like a blind person  
Discovering a priceless jewel in a heap of trash,  
So, through some fortunate coincidence,  
Bodhicitta has been born within me.

*Recite these verses one time and cultivate joy for others:*

Today in the presence of all the protectors,  
I invite all beings to the state of enlightenment  
At the feast of temporal and ultimate bliss:  
May the guests—gods, demigods and others—rejoice!



## The Mandala Offering to the Guru

*To conclude, thankfully offer the guru a mandala as precious bodhicitta has arisen perfectly in your mind and you have received the bodhisattva vow.*

The earth anointed with perfumed water and strewn with flowers,  
Mount Meru and the four continents ornamented with sun and moon,  
By offering them visualized as a buddhafield,  
May all beings enjoy this pure realm.

**trang guru ratna mandala pudza megha samudra saparana samaye ah hung**

## Aspiration and Dedication Prayers

*Recite the aspiration and dedication prayers one time:*

May supreme, precious bodhicitta  
Take birth where it has not arisen.  
Where it has arisen, may it never wane  
But continue to grow forevermore!

As the courageous Mañjuśrī understood,  
And just like Samantabhadra as well,  
I now dedicate all this virtue,  
Following their example, one and all!

## Prayer of the Six Continuous Aspirations by Longchenpa

May I in all my lives, no matter where I am born,  
Obtain the seven qualities of the upper realms of existence.

May I meet the dharma immediately after taking birth,  
And have the freedom to practice perfectly.

May I please the sublime gurus,  
And day and night dedicate myself to the dharma.

By realizing the dharma and practicing its innermost essence,  
May I cross the ocean of conditioned existence in this very life.

May I teach the sublime dharma perfectly,  
And never become weary and tired of benefitting others in samsara.

By my own impartial and all-encompassing activities to benefit others,  
May all attain enlightenment together.

*I, Khenpo Sherab Sangpo, arranged “The Ritual for the Bodhisattva Vow” according to the tradition of Patrul Rinpoche so that it may be easily recited and practiced.*