

CONFESSION AND 5 BUDDHA VOWS

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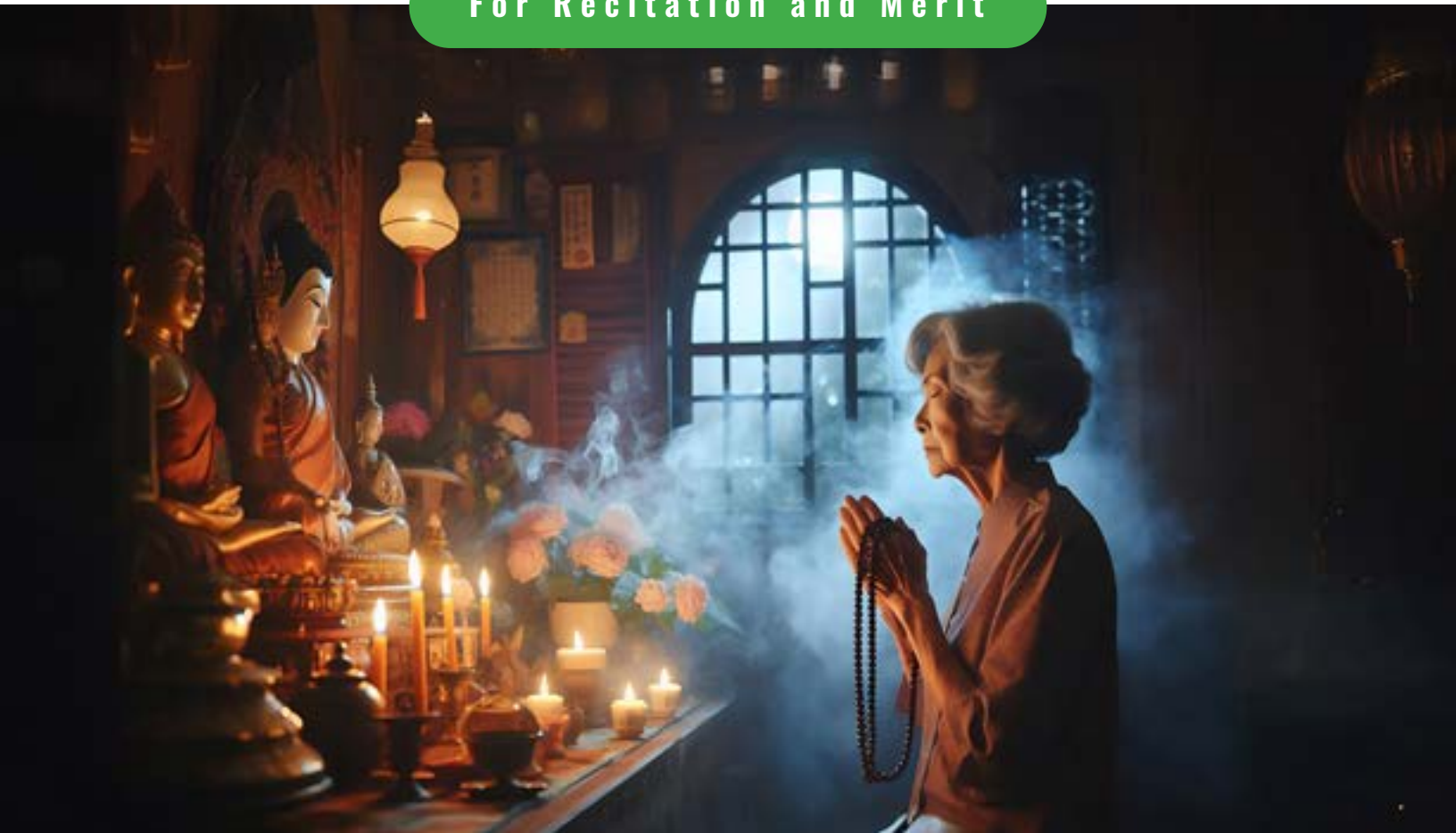
THANK YOU

We Dedicate the Merit to the Benefit of All Sentient Beings.

Confession and 5 Buddha Vows

Renewal of Your Bodhisattva and Commitment Vows

For Recitation and Merit



Buddhist Practice includes Refuge in the Three Jewels or Three Roots.

One way to ensure progress in your Buddhist practice, regardless of your Yidam or practices is to include the Four Rs of Refuge, Regret, Remedy and Refrain. Most practices already include Refuge in the Three Jewels and Bodhichitta Intention and Dedication. The Remedy, designed to purify our negative karmas, is the rest of the practice, which might be a Sadhana, Puja or even just a mantra.



The best way to ensure you're practicing the Four Rs is to renew your Bodhisattva vows and commitments at least on the **New Moon day, on the 30th lunar day of the month.**

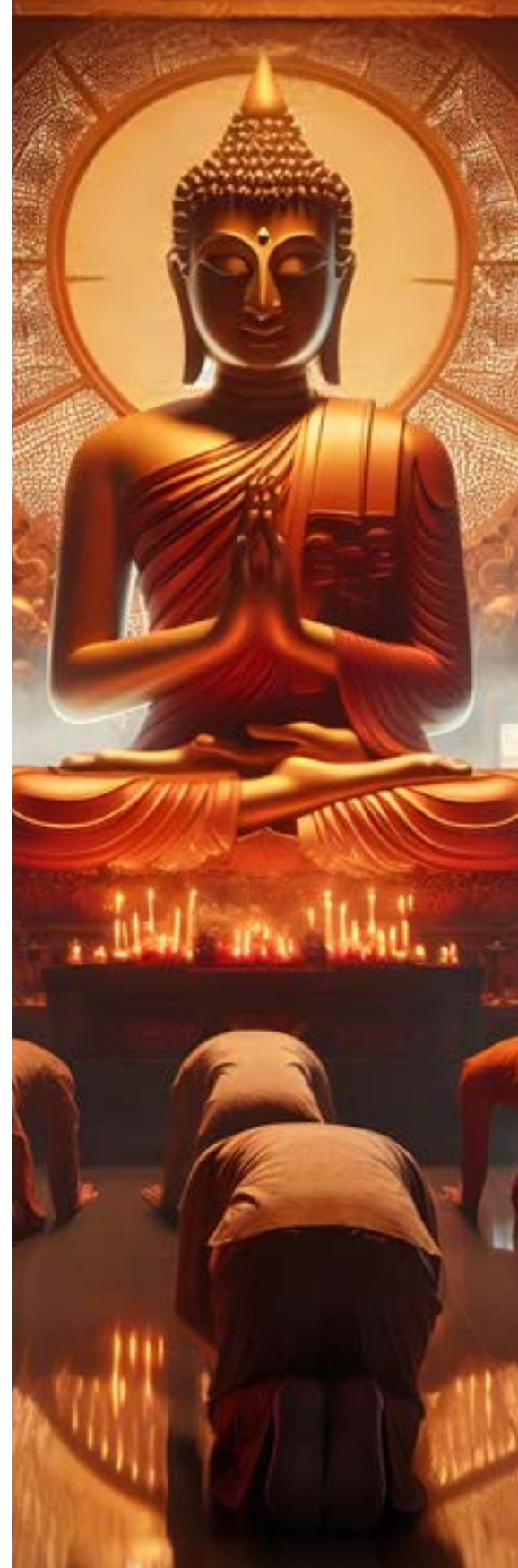
How to Renew Your Bodhisattva and Commitment Vows

Ideally, you do this in front of your Shrine or your teacher after taking Refuge and Prostrating.

You then recite the Bodhisattva Vows and the Commitment to the Five Buddha Families that follows. See our Video

Your Bodhisattva and Commitment Vows. These are likely the words you spoke during any empowerment, although you may have spoken it in Tibetan or Sanskrit. Here, we'll recite in English. We start with Refuge in the Three Jewels, Buddha, Dharma and Sangha.

After taking Refuge we Confess all our wrong-doings for the last month. This is followed by the Bodhisattva Vows. Then, we renew our Samaya or promise to the Five Buddha Families. End by dedicating the merit, and you have a very complete purification. The vow itself is the Remedy in this case. Or, you can simply add this vow to your daily practice.



Recite along with us now:

I take Refuge in the three Jewels, the Buddha the Dharma and the Sangha, until I attain Enlightenment for the benefit of all sentient beings.

I rejoice in all virtues of holy and ordinary beings.

I will cultivate the Bodhichitta, to most effectively benefit all sentient beings.

Having generated the intention to take the Buddha's path, I will care for all sentient beings as my guests. I offer flowers, incense, light, fragrances, food, music and the like, both those actually arranged and those mentally imagined. Supreme gathering, please accept them. Please accept my confession:

Whatever non-virtue, downfalls, and degenerations, I have accumulated since beginningless time, especially those of the Mahayana Vehicle, I confess all without exception, and promise to refrain.

I Remedy my Samaya with the Bodhisattva Vow:

I go for refuge to the Three Jewels. I confess each of my negative actions. I promise to refrain from negative actions. I rejoice in the virtues of migrating beings, and hold with my mind a Buddhas' enlightenment.

To Buddha, Dharma, and the Supreme Assembly, I go for refuge until I am enlightened, and to accomplish the welfare of myself and others, I will generate the mind of enlightenment.

Having generated the mind of supreme enlightenment, I shall invite all living beings to be my guest, to engage in the pleasing, supreme practices of enlightenment. May I attain Buddhahood to benefit living beings.



I remedy my Samaya with New Commitments:

All Buddhas and Bodhisattvas, please listen to me.

From this time forth, until the essence of enlightenment, I shall generate the unsurpassed sacred Bodhichitta, just as all the Protectors of the three times, have ensured their enlightenment.

I shall uphold firmly each of the three moral disciplines: moral restraint, accumulating virtuous Dharmas, and working for the welfare of living beings.

I renew my Samaya to great Vairochana and the Buddha Family. Please accept my commitment.

I shall uphold from today onward the vows arisen from Buddha Yoga; the unsurpassed Three Jewels of the Buddha, Dharma and Sangha.

To great unshakable Akshobhya and Vajra Family, please accept my commitment.

I shall uphold purely the vajra, bell and mudra of the great, supreme Vajra family, and I shall uphold purely the Master commitment.

I renew my Samaya to great auspicious Ratnasambhava and Jewel Family. Please accept my commitment

I will always make the four types of gifts each day; the pleasing commitments of the great supreme Jewel family.

I renew my Samaya to Infinite Light Amitabha and the Padma Lotus Family. Please accept my commitment.



For the pure, great Lotus family, arisen from great enlightenment, I shall uphold each of the holy Dharmas, of the outer, the secret and the three vehicles.

I renew my Samaya to Supreme Fearless Amoghasiddhi and Tara and the Karma Family. Please accept my commitment:

For the great, supreme Karma family, I shall uphold purely each of the vows I am endowed with, and make as many offerings as I am able.

I shall generate the holy, unsurpassed Bodhichitta, and for the welfare of all living beings, I shall uphold all of my vows without exception.

I shall liberate those not liberated, deliver those not delivered, give breath to those breathless, and lead all beings to nirvana.

I dedicate the merit of this practice and offerings to the cause for Enlightenment for the benefit of all sentient beings.

***We dedicate the merit of this presentation
to the benefit of all sentient beings.***

MAY ALL BEINGS BENEFIT





For a video recitation of this purification practice and vow, see our video:

4 Practices of Multiplied-Merit Lunar Days

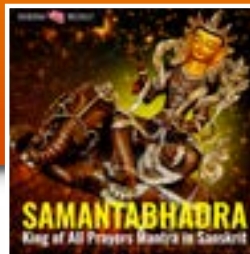




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