



Purifying Karma

WITH THE

Bodhisattva Vow | 5 Buddha Vows

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

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Three short daily practices help us purify our negative downfalls and karmas daily. These recitations are encouraged for most Buddhists, and required for those who have taken the commitments. The first, Refuge in the Three Jewels, is for all Buddhists. The second, the Bodhisattva commitment and vow to help all beings, is a must for Mahayana Buddhists of the Great Vehicle. The third, the 5 Bonding Vows of the 5 Buddha Families is for most Vajrayana Buddhists, and necessary for anyone with Higher Initiations.

Together, and separately, these three very short daily recitations, purify all our downfalls and negative karmas and remove our obstacles, both external and internal, and renew our aspiration. They are normally recited aloud, in a short format.

Traditionally, say the entire series of vows three times per day, and if possible morning and evening.

You are making this aspiration in front of the Three Jewels, whether you have an altar or not. You imagine they arise in front of you. If you have a Guru or teacher, you are also making the promise in front of your teacher, even if your teacher is far away.

Refuge in the Three Jewels: Rely

The first is Taking Refuge in the Three Jewels. It is a daily practice for every Buddhist. It re-affirms that our sole Refuge is the Enlightened Buddha, the Buddha's Dharma Teachings, and the Community of Buddhists.



Bodhisattva Vow

REGRET, REMEDY

The Bodhisattva vow, is the vow that defines what it means to be a Mahayana Buddhist — a Buddhist who aspires to Enlightenment for the benefit of all sentient beings. It is the most important of all practices. It is through the methods described in the vow that we can accomplish the goal as a Bodhisattva, of attaining Enlightenment for the benefit of all sentient beings. Even if we don't state the vow in our daily practice, we at least practice the seven practices of a Bodhisattva. To ensure we avoid downfalls and negative karma, we make and live this vow.

In short, we promise to follow the 7 Practices of a Bodhisattva, which are also called the 7-Limbs of Practice (in most Sadhanas of practice):

1. Prostration and devotion, which purifies the poison of our arrogance
2. Offerings to all the Buddhas and Bodhisattvas without exception which purifies the poison of greed
3. Confession of Negativity and past faults, which purifies the poison of anger
4. Rejoicing the virtue of all Buddhas and Bodhisattvas, which purifies the poison of wrong views
5. Requesting the Buddhas and Bodhisattvas continue to turn the wheel of Dharma and teachings, which purifies the poison of doubt
6. Requesting the Bodhisattvas not pass into Nirvana, asking they remain in Samsara to save all beings from suffering, which purifies the poison of ignorance
7. Dedicating the merit of all devotion, offerings and practice to the benefit of all sentient beings, which purifies the poison of jealousy.

These seven summarize the longer list of the 37 Practices of a Bodhisattva.

5 Bonding Vows of the 5 Buddha Families

Refrain

The Five Aspirations are to each of the Five Buddha Families, who represent all Buddhas and Bodhisattvas and Mothers of all times. In Buddhism, the five families represent a Mandala, or map of the Universe. These each represent five wisdoms which overcome the five poisons of ignorance, anger, pride, attachment and jealousy. By taking the aspirational vow, we are basically stating we aspire to eliminate all five poisons and attain the five wisdoms.

The commitments are:

- To always Take Refuge in the Three Jewels Daily (Buddha Family)
- To uphold the Master Commitment Daily (Vajra Family). The Master Commitment includes any commitments you've made in any empowerments to your teachers and before the Three Jewels. (For example, Akshobhya's master commitment from Sutra was "Never to become angry at any being")
- Uphold the Holy Dharmas of all three vehicles (Padma family)
- Uphold all vows and make all offerings (Karma family)
- To practice the four generosityes daily (Jewel Family)
 1. the generosity of helping sentient beings with material aid;
 2. the generosity of giving your karma or activity to create the causes for happiness of sentient beings;
 3. the generosity of fearlessness and protection to save and help others;
 4. and most importantly, the generosity of giving the Dharma teachings, which are the ultimate remedy to suffering.

Recitations in Short Form

Refuge and Bodhisattva Vow

I take my Bodhisattva Vows and Refuge three times to Renew my Aspiration:

*I go for refuge to the Three Jewels,
And confess each of my 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.*





5 Buddha Family Vows

*Now, I recite the Five Bonding Aspirations to the 5 Buddha Families,
1 time to empower my practice:*

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.*

Vow to the Buddha Family Vairochana and Akasha Dhatvisvari

I shall uphold from today onward, the vows arisen from the Buddha Family,

The unsurpassed Three Jewels of the Buddha, Dharma and Sangha.

Vow to the Vajra Family Akshoabhya and Lochana

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

And I shall uphold purely the Master commitment.

Vow to the Jewel Family Ratnasambhava and Mamaki

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



Vow to the Lotus Family Amitabha and Pandaravashini

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.

Vow to the Karma family of Amoghasiddhi and Green Tara

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





Generating Bodhichitta to Benefit all Beings

.....

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

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

Four Immeasurables

.....

May all beings have happiness and its causes.

May all beings be free from suffering and the causes of suffering.

May all beings constantly dwell in joy transcending sorrow.

May all beings abide in equanimity free from hatred and attachment.



Bodhichitta Dedication of Merit

.....

*I dedicate the merit of these aspirations and vows to the cause for
Enlightenment for the benefit of all sentient beings.*

*Please pacify all sickness, poverty, misfortune, fighting and quarrelling,
throughout all directions where I and others live, and cause the Dharma
and all good fortune to flourish.*

May all beings benefit.



Quick Sankrit Pronunciation Guide

1. Pronounce all the letters.
2. c is always soft as in 'churn'
3. ś or ṣ pronounce as in 'sh'.
4. ḥ softly echoes the preceding vowel (it does not combine to make ch or sh sounds)
5. v sounds close to w (but slightly harder, like "svwaha")
6. kh, gh, ch, jh, th, dh, ph, bh: the h's are pronounced so that th is a "t-h" aspirated sound rather than a "th" sound. (For instance phat is not "fat" it's 'p-hut')
7. Vowels are pronounced:
 - a as in u in cut
 - ā as in father
 - i as in bit
 - ī as in beet
 - u as in put or foot
 - ū as in brute
 - e as in bay (e.g. deva)
 - ai as in sigh
 - o as in hope

HELPFUL RESOURCES

FEATURE



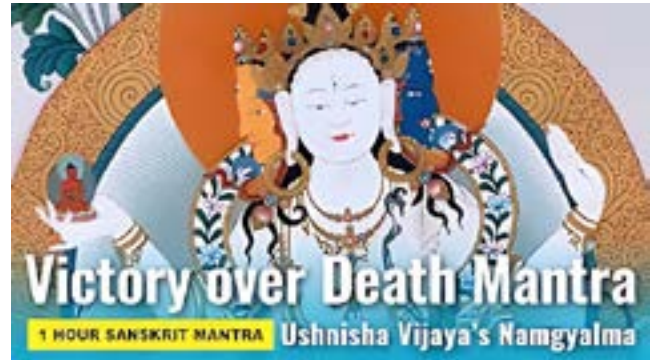
8-Minute Karma Repair Practice:

5 Buddha Vows, Bodhisattva Vow and Refuge:

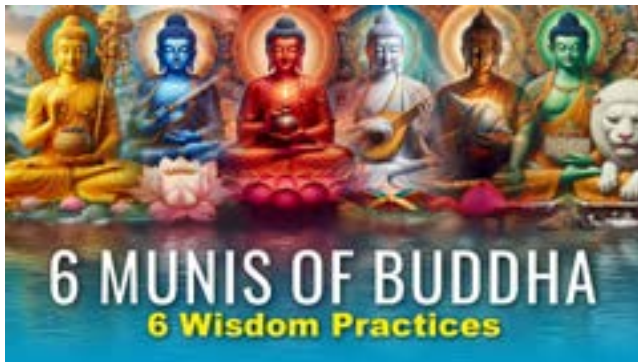
<https://youtu.be/FmU5Lz1Cbjc>



Ushnisha Vijaya Namgyalma Supreme Dharani
7 Times: Relieves all 6 Sufferings: <https://www.youtube.com/watch?v=KUNppspeR-8>



Mantra of Victory over Death: Ushnisha Vijaya's
Namgyalma 1 hour Sanskrit Mantra: all 5 activities:
https://www.youtube.com/watch?v=AeHkN_dctdk&t



SIX MUNI's of Buddha: About the Six Sages
and why the Ushnisha Vijaya Dharani is their
main practice: <https://www.youtube.com/watch?v=qFh1ekb5Em4>



Tara, Vajrasattva, Ushnisha Vijaya: Mantras and
Practice -- Protection, Purification, Long Life:
<https://www.youtube.com/watch?v=upftfnO2IgM>



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