

Ceremony for Bodhisattva vows

Aspiration and intentness



Ceremony composed by Lama Sherab Namdreul

We can engage in Bodhisattva vows alone, facing an altar, or with the help of a ministrant witness, a Lama or other.

☸ Preliminaries

1) Tribute and gratitude (*chant*)

Vajradhara, Rahulabhadra / Saraha, Nagarjuna, Shavaripa / Metripa, Tilo, Naro, Niguma / Sukhasiddhi, Marpa, Milarepa //

Tribute and gratitude to the yogis / Who actualized the essence of the mind / Inheriting today their transmission / I commit myself in Sahaja's view //

Appearance and vacuity co-emerge / Knowledge and vacuity do co-emerge / In contact with appearance and knowledge / All experience is bliss and vacuity //

Ensured of my understanding / Free from any mundane concerns / I devote myself to contemplation / And remain in the view of Sahaja //

The best tribute to the Lama / To best honor his instructions / Is to remain in natural state of mind / And integrate the view of Sahaja //

2) Refuge in the Three Jewels

I aspire to Awakening as the sole protection against suffering

I apply the Dharma as the sole remedy against illusion

I consider the Sangha as my only friends on the path. (x3)

3) Prayer in seven branches (*chant*)

Praised be the Enlightened beings of three times, my effort is inspired by their courage § Following the example of the sons of Buddhas, I dedicate everything that's dear to me § Even my own body if necessary, without distinction between friend and enemy § Knowing causes and effects, I confess my wrongs and mistakes § I declare my repentance to all beings, and engage in the path of virtue § What a joy to see respect, mutual aid and tolerance increase § My heart rejoices in the knowledge

of our capacity of love and kindness ॐ Now I must study Dharma and contemplate the Spirit ॐ I ask the Lama to grant me the ultimate instruction of Sahaja ॐ May the Enlightened Beings of the three times never abandon the world ॐ All the benefits stay forever in the blossoming of offerings ॐ Fully devoted to the welfare of beings, I rely on the Heart of Enlightenment ॐ

4) Offering of the mandala

From the almighty axis wherefrom the futures gravitate ॐ Earth, Sun and Moon to the least most of dust ॐ Galaxies, planets and the whole universe ॐ This mandala is the pure dwelling of Buddhas ॐ

On the pure primordial basis ॐ I dispose the five lights of wisdom ॐ I offer to the five Buddhas and their consorts ॐ This mandala union of clarity emptiness ॐ

Wonderful vacuity of creation ॐ Manifestation of compassion ॐ Of which my pure view makes a perpetual offering ॐ May all beings enjoy the mandala ॐ Om Mandala Pudza Mega Sa Mudra Sa-parana Samaye Ah Hung ॐ

☸ Bodhicharya vows of aspiration

1) Development of empathy

The samsara is an unfortunate misunderstanding. The beings, unskillful in finding its cause, generate blunders and misery. However, all beings seek happiness ; yet they are content in satisfactions and compensations, not being aware of their precious human existence. All beings like to love and be loved ; yet they confine themselves to desires and emotional attachments, not considering impermanence and death. All are eager for happiness ; yet place all their hopes in futilities, refusing to see the vanity of the samsara. All feel a right to be free ; yet dwell in their narrow selfishness, being unaware of the law of causality. All hate to be hated ; yet unwilling to understand others, they remain hurt and hurt in their turn. All demand consideration ; yet they value themselves at the expense of others, anxious to measure themselves. All intend to be authentic ; yet they glorify themselves by slandering others. All look for peace yet hide in lethargy, refusing to cope with reality.

These ordinary beings are my guides. Their loving-kindness is more valuable than those beings who have reached the nirvana. Noticing if only a single ounce of Bodhicitta in their actions enlightens the heart forever.

Now I know the Dharma, I must generate the Bodhicitta of the sons of the Buddha and awake to show all beings the illusion causing their suffering.

2) The four incommensurable thoughts

May all beings find cleverness for happiness and identify the illusion, source of their suffering. May they dwell in inner felicity and remain impartial whatever the circumstances. (x3)

3) Engagement

All beings in countless numbers living in all the universes have all lavished care, protection and kindness as a mother for her child. I am sincerely grateful for them today, all the more that I am aware of the consequences of the illusions and disorders covering the nature of the mind.

The Buddhas and Bodhisattvas, the Lama, my vajra brothers and sisters, now witness that I [*say your buddhist name here*] resolve to carry all my activities knowingly.

Right here and right now,
I must achieve awakening to help the beings
I must achieve awakening if I aim at helping the beings
I must achieve awakening if I aim at loving the beings. (x3)

☞ Bodhisattva vows of intentnes

1) Generation of promises, resolution and request *the disciple recites...*

Praise to Buddhas, Bodhisattvas, Lamas and Yogis, please listen to my request.

This morning, I got up with sincere resolution and real dislike for samsara. I am tired of my illusion, I am ashamed of my emotions and I recognise my mistakes.

I, Brahmacharya... (*name*)..., in front of the Buddhas and their sons, before the Lama and my brothers and sisters vajras, starting now and up to Enlightenment, I promise to give up harmful actions of my body, my speech or my thought. I promise to adopt virtuous behaviour that will bring happiness and comfort to others. I promise not to accuse others but to examine my own intentions.

I, Bodhicharya... (*name*)..., in front of the Buddhas and their sons, before the Lama and my brothers and sisters vajras, from now on until Enlightenment, I promise to give up negligence and disregard for others. I promise to be attentive to the needs of others and to do my best to be useful and helpful. I promise to assume the practice of paramitas for all my future lives.

Praise to Bouddhas, Bodhisattvas, Lamas and Yogis, I am grateful to you for your attention. I got up this morning with this resolution. It is firm and irrevocable. With help from the Noble Triple Jewels and the Three Roots, with the help of instructions from the Lama, assisted by my vajra friends, my resolution will unchain me from obstacles, my patience will hold me on the path of emancipation and my trust in Bodhicitta, the essential Heart of Enlightenment will flourish.

Hands joined holding a flower petal, we express our request

Ah La La Ho! I know there is no better destiny than following the practice of Bodhisattva. Lama, please consider my request. My attitude is humble, respectful and responsible, and I can be trusted. I ask you to be my witness, my engagement will not be tainted and I will maintain harmony in the Sangha and be a friend to all beings.

2) Ministrant's answer (*or self-confirmation*)

Throw flower petals on the head, to show that request has been heard

Ha La La Ho! Since time immemorial without beginning, numerous beings have been enlightened. All those Bouddhas from the past, without exception, have started on the Bodhi path with the same resolution and the same promises. In the infinite future, there will still be beings to generate these resolution and promises, and nothing will prevent them from being enlightened. Today it is you (me) who generates this resolution and these promises from the bottom of my heart. From now on, except due to your own ignorance, nothing or nobody can prevent you from demonstrating the Bodhi, the enlightenment of the Heart.

All benefits have their origin in the goodwill for others. All miseries start with self-centredness. Generating Bodhicitta stops all fears. Bodhicitta develops the courage to view suffering as the

symptom of an illusion. With that courage, the Bodhisattva understands that emptiness is compassion and capacity. Associating the two aspects of Bodhicitta, the Bodhisattva accelerates his fulfilment in the Sahaja-Mahahoudra.

Do you want to engage in this path ? *Answer...* Yes, I want to engage in this path.

3) Engagement

So much hate and animosity wither the soul and heart of people. It's so sad to see them create their own hell through their ignorance. At this moment I engage myself in developing patience and forgiveness. May all beings realise their own inborn goodness.

Through obsession and avidity, people waste away. Incapable of opening and giving, they get lost in wilderness. Today I engage in devoting all my lives to them. May all beings be selfless.

Confusing well-being and lethargy buries the spirit in fear. The indolence reduces us to instinct, the dark prison of the animal kingdom. Now I will endeavour to make sweetness and kindness guide my lives. May all beings clarify their minds.

Needy humans, justifying their desires, experience just vanity. Worried to fill their lack, without aspiration they drag their boredom. Now I engage in inspiration and enthusiasm. May all beings retie the charity of their flesh.

Suspicion, malignity, urge to join the inhibited kingdom of asuras. Wilful power of adversity, arrogance makes glory regrettable. Today I adopt tolerance and flexibility. May people turn envy into gratitude.

Self-satisfaction in samadhis traps the spirit in divine spheres. Blissful self-sufficiency in utmost pride, no doubt the gods loath to the flesh. Now I engage myself to estimate the other without discrimination. May all beings savour the nobility of simplicity.

 **Final prayer** *It is possible to add the prayers of wishes and propitiatory of his choice*


1) Wish of rebirth in Soukhavati (*chant*)

Emaho ॐ Plenitude of infinite light ॐ Amitabha, grace and lucidity ॐ to the right, the lord of compassion ॐ to the left, he who holds powers ॐ

Marvel of permissible vacuous appearance ॐ Soukhavati, site of noble hearts ॐ Where I shall be reborn without delay ॐ as soon as this life is ended ॐ

Finally facing in-born wisdom ॐ in memory of bouddhas of the past ॐ I shall assume the Bodhicitta ॐ Intended for the well-being of all beings ॐ Tayata Pentsadriya Aoua Bodhani Soha ॐ

2) Wishing prayers

 Now that I know the Dharma, may I give a meaning to my life. Now that I go along with the Sangha, may I become friend with all beings. Now that I get instruction from the Lamas, may I actualise the essence of the mind.

Recognising the suffering of the beings, may I generate the Bodhicitta ! Recognising the illusion, may I actualise compassion ! Bringing initiation to maturation, may I develop the science of the effects of illusion.

3) Propitious prayer

🔔 Harmony is propitious to the lama's activity. Loneliness is propitious to the Dakinis' inspiration. Confession is propitious to the Yidam influx. Death is propitious to the Dharmakaya, unicity of all Bouddhas, Clear Light of my own mind. The bardo of future is propitious to the radiance of the Samboghakaya. Birth is propitious to the Nirmanakaya of the Yidam.

Elements resorption is propitious to recollection. Aggregates resorption is propitious to contemplative intelligence. Death is propitious to peace expression. May I remain undistracted and recognize the ultimate clear light of the mind! The bardo is propitious to the wonder of the illusion. May I see the appearances as proceeding from the mind itself! May I see the emotions co-emerging to lucidity!

Ignorance carries the potential of the plenitude's luminosity. Anger carries the potential of love's dazzling. Desire carries the potential of aspiration's sublimation. Each moment is propitious to Awakening. Gratitude to the void nature of the Dharmata;

4) Prayer for a long life (*chant*)

Holders, masters and instructors, all of you who teach me the nature of the mind on my way to Awakening: I wish you health and a long life! Constantly present and available, with patience, loving kindness and pertinence, your advice free myself from vagrancy and time becomes all the more precious. Death separates the beings sooner or later. I must apply the Dharma to emancipate myself from my illusions, as a testimony of gratefulness. Vajracharyas, Gurus and Yogis, I do not worry about your future. Becoming the author of my own life, we will meet again in Dewatchen.

5) Dedication

May the merit accomplished right here undermine the depth of samsara, and may the beings emerge from their torpor to recognize the nature of the mind!

The basis is spontaneously perfect. The path rises evidently. The fruit excels in the eternal basis. May my dedication triumph over the three times.

If there is a way? I devote it to the well-being of the beings. If a progress has been made? I dedicate it to the well-being of the beings. If a fruit has been obtained? I offer it for the well-being of the beings. May my dedication be fulfilled right here.

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