



Bodhicitta Practice

Vajra Publications

1722 Washington Street
Mt. Horeb, Wisconsin 53572 USA

(608) 209-8432
www.vajrapub.com

qualities equal to the infinity of space. May I gain the supreme attainment of Mahamudra in this very life.

May the torment of suffering not arise even at the time of my death.

May I not die with negative thoughts.

May I not die confused by wrong view.

May I not experience an untimely death.

May I die joyfully and happily in the great luminosity of mind-as-such and the pervading clarity of dharmata.

May I, in any case, gain the supreme attainment of Mahamudra at the time of death or in the bardo.

Rejoicing For Others

“And so, today, within the sight of all protectors,
I summon beings, calling them to Buddhahood.
And, till that state is reached, to every earthly joy!
May gods and demigods and all the rest rejoice!”

Dedication Prayer by Lord Jigten Sumgon

Glorious, holy, venerable, precious, kind root and lineage lamas, divine assembly of yidams and assemblies of buddhas, bodhisattvas, yogins, yoginis and dakinis dwelling in the ten directions: please hear my prayer.

May the virtues collected in the three times by myself and all sentient beings in samsara and nirvana and the innate root of virtue not result in the eight worldly concerns, the four causes of samsara, or rebirth as a shravaka or pratyekabuddha.

May all mother sentient beings, especially those enemies who hate me and mine, obstructors who harm, misleading maras, and the hordes of demons experience happiness, be separated from suffering, and swiftly attain unsurpassed, perfect, complete, and precious buddhahood.

By the power of this vast root of virtue, may I benefit all being through my body, speech and mind. May the afflictions of desire, hatred, ignorance, arrogance, and jealousy not arise in my mind. May attachment to fame, reputation, wealth, honor, and concern for this life not arise for even a moment.

May my mind stream be moistened by loving-kindness, compassion and bodhicitta and, through that, may I become a spiritual master with good

Four Thoughts That Turn The Mind

Precious Human Life

Oh! This kind of leisure and endowment is supremely difficult to obtain. When we obtain this body, which is easily lost, do not waste it meaninglessly but rather use it to attain the ultimate liberation-joyous result.

Impermanence

The nature of all phenomena is impermanence; death is a certainty for all who are born. Death can descend anytime, like a dew drop on a blade of grass. Quick! It is time to make effort for the essence of Dharma.

Karma Cause

The fruit of one's positive karma is happiness; suffering is the fruit of negative karma. The inexorable karmic causation is the mode of abiding dharmas. Henceforth, practice distinguishing between what should be practiced and what should be given up.

Suffering of Samsara

In the three lower realms and even the three higher ones there is not an instant of absolute happiness. I will avoid the route cause of my samsaric existence and practice the excellent path of peace to Enlightenment.

Altruistic Motivation *(Recite three times)*

All mother sentient beings - especially those enemies who hate me, obstructions who harm me and those who create obstacles on my path to liberation and omniscience - may they experience happiness, be separated from suffering, and I will establish them in a state of unsurpassed, perfect, complete, and precious Buddhahood.

DAG LA DANG WAR JE PA'I DRA
NO PAR JE PA'I GEG
THAR PA DANG THAM CHE KHYEN PA'I BAR DU
CHO PAR JE PA THAM CHE KYI TSOJE PA'I
MA NAM KHA DANG NYAM PA'I SEM CHEN
THAM CHE DE WA DANG DEN
DUG NGEL DANG DREL NYUR DU LA NA ME PA
YANG DAG PAR DZOG CHEN PA'I JANG CHUB
RIN PO CHE THOB PA JA

Action Bodhicitta Prayer

Thus, until I achieve enlightenment, I perform virtuous deeds with body, speech and mind.

Until death, I perform virtuous deed with body, speech and mind.

From now until this time tomorrow, I perform virtuous deeds with body, speech and mind.

Seven Limb Prayer

Whatever merit I have gathered through prostrations, offerings, Confession, rejoicing, beseeching and praying – for the sake of the enlightenment of all sentient beings, all this I dedicated.

Four Immeasurables

May all mother sentient beings, boundless as the sky, have happiness and the causes of happiness.

May they be liberated from suffering and the causes of suffering.

May they never be separated from the happiness that is free from sorrow.

May they rest in equanimity, free from attachment and aversion.

MA NAM-KHA DANG NYAM PA'I SEM CHEN
THAM CHE DE WA DANG DE WA'I GYU DANG
DEN PAR GYUR CHIG
DUG NGEL DANG DUG NGEL GYI GYU DANG
DREL WAR GYUR CHIG
DUG NGEL ME PA'I DE WA DANG MI DREL WAR
GYUR CHIG
NYE RING CHAG DANG NYI DANG DREL WA'I
TANG NYOM LA NE PAR GYUR CHIG

Taking The Bodhisattva Vow

Until I attain the heart of enlightenment, I take refuge in all the buddhas.

I take refuge in the Dharma and likewise in the assembly of bodhisattvas.

As the previous buddhas embraced the enlightened mind and progressed on the bodhisattva's path, I, too, for the benefit of all sentient beings, give birth to bodhicitta and apply myself to accomplish the stages of the path.

Rejoicing for One Self

"Today my life has given fruit.

This human state has now been well assumed.

Today I take my birth in Buddha's line,

And have become the Buddha's child and heir."

Commitment Not to Decline Bodhicitta

"In every way, then, I will undertake

Activities befitting such a rank.

And I will do no act to mar

Or compromise this high and faultless lineage."