৩৩। । पश्चेत मादश ग्री कें मा मु क्रु र परे प्यस पत्यामा ।

The Blissful Path of Action Tantra

A Ritual for Taking the One-Day Vows of a Lay Practitioner

by Jigme Lingpa

नक्षेत्राग्त्रवा कें मान्त्रेत्राप्त्रा कें स्टायरवाया बुवा कें स्टायरवाया विकास कें स्टायरवाया विकास कें स्टायरवाया विकास कें स्टायरवाया के स्टायरवाया कें स्टायरवाया के स्टायरवाय के स्टायरवाया के स्टायरवाय के स्टायरवाया के स्टायरवाय के स्टायरवाया के स्टायरवाया के स्टायरवाय के स्टायरवाय के स्टायरवाय के स्टायरवाय के स्टायरवा

Should you wish to perform a very brief ritual for taking the vows of a lay practitioner $\frac{1}{7}$ rise at daybreak, wash, then take refuge:

Refuge

तसम्बाधार्यः ह्यम्बाद्धः बार्याः क्रुवार्यः ह

pakpé tuk ni sangye té

The mind of the Noble One is the Buddha,

गस्र दे न्य केंग्र सु न मे त्रुवा

sung ni damchö ku gendün

His speech, the sacred Dharma, and his body, the sangha-

ग्राटायाञ्चप्रयासकी स्रोससा उतार्देत्।

gangla kyab chi semchen dön

I take refuge in you; for the sake of sentient beings

क्रन् सेन् पत्री पर्से सार्वेन् प्रसुपान्।

tsemé shyi gom khyö drubja

I shall meditate on the four immeasurables and become just like you.

नेयात्रायेशयाः उत्प्रस्थाः उत्पत्रायः प्रमायाः विष्

If you are familiar with it, recite the verse that begins, 'May all sentient beings enjoy happiness...':

श्रेश्वराक्ष्यत्राच्यत्राचे नित्तान्त्राचे नित्ता क्रिया क्रिया नित्ता क्रिया नित्ता क्रिया नित्ता क्रिया क्रिया क्रिया क्रिया क्रिया क्रिया क्रिया क्रिया क

semchen tamché dewa dang dewé gyu dang denpar gyur chik

May all sentient beings enjoy happiness, and the causes of happiness,

स्वाप्तस्याप्तरस्वापस्याची सुप्तरस्याप्तर सुराउवे

dukngal dang dukngal gyi gyu dang dralwar gyur chik

Be free from suffering, and the causes of suffering,

भूगानमृत्यासेन् पति चने चन् सम्पन् रसी च्रायान्य सुन् रहेग

dukngal mepé dewa dampa dang midralwar gyur chik

May they never be separated from the great happiness devoid of suffering,

के दिरक्षणशस्य माद्रेशन राज्ञ यात्र पात्र पात्र स्थित स्थित स्थित स्थान स्थान

nyering chakdang nyi dang dralwé tangnyom tsemepa la nepar gyur chik And may they dwell in the great equanimity that is free from attachment and aversion.

Taking the Vows

ने वशक्षायानु राचा दी

Then, take the vows:

सरसः मुसः तयम्यायः यः दुर्गे दसः सुः मुस्या ।

sangye pakpa gong su sol

Noble Buddha, turn your attention towards me!

नेट वया १ में ट प्यक्ति । वस्त्र प्राप्त ।

deng né nyatong gyé nam su

From now on, on the eighth and full and new moon days,²

र्श्वेग'गर्रे5'चमु'55'शे'र्करशर्शे्रा ।

sokchö ku dang mitsangchö

I shall abandon killing, stealing, sexual misconduct,

ह्रव-५८-क८-५८-सु-गर-सुवा

dzün dang chang dang lugar gyen

Lying, intoxicants; singing, dancing and wearing jewellery;

ष्चि⁻श्रृष्ठ्र अर्घे' ५८ दुः देवे ।

tri ten to dang chidrö zé

Sitting on high seats and eating after midday—

มีะพ.ษ์.พช.พป.นปิโ.ม.นชี้ะ.ไ

pang té yenlak gyepa sung

These eight branches I shall maintain.

क्रेंब सेंटक द्वा के तहें अक पर में व

nyönmong dra dé jompar shok

May the enemies of destructive emotions be destroyed!

এব:শার্থুঝা

Recite this three times.

The Visualization

ने वसासत्व नक्षेत्र ग्रास्य ग्रान्य यात्री

Then, generate the front visualization:

न्रे.इ.स्य.बैट्या

om sobhava shuddha sarva dharma sobhava shuddho hang om svabhāva śuddhāh sarvadharmāh svabhāva śuddho 'ham

क्रॅ्र यदे ररायकारी में मृत्यदे लेटा

tongpé ngang lé ri potalé shying

From the state of emptiness appears the pure realm of Mount Potala.

वॅन्सून्न्चीयावर्षेन्स् सुस्रीयात्त्राम्नियात्रीया

ö nang kyilkhor chukyé da den teng

Within a circle of light, upon lotus and moon-disk seats,

क्रूंध्येमार्येत्र्यासुरात्र्यम्यायायहिमाहेत्रात्रा ।

hrih yik yong gyur pakpa jikten wang

Is $hr\bar{i}h$, which transforms into the Noble Lord of the World, $\frac{3}{2}$

भ्रुः अर्दे गः नगरः ग्रम्थायः अद्वयः यदेः स्ट्रन्यः ग्रीयः चलेन्या

kudok karsal nyampé tab kyi shyeng

Brilliant white in colour and standing in the posture of equanimity,

ग्ययसम्यास्त्रेताः श्चेतः गार्थेतः सम्यनः न्यारः तकनः।

yepa chok jin yönpa pekar chang

With his right hand in the gesture of supreme generosity and his left holding a white lotus.

र्वःस्रिःहरःर्द्वणयः वरःस्र्रःहरः द्रायःश्वया

utra tortsuk zurpü norbü tré

His hair is tied up in a top-knot adorned with a jewel,

रे.रेग्रन्भागुहैयु.सेथ.सम्बंश्चायाचा ।

ridak krishné shünpé nu ma kab

His breast covered with a blackbuck 4 skin.

गाःमितःम्बरम्बरम्भः ह्यः वार्षेवः दुः नृग्रेबा ।

kashi shamtab ta zur yön du tri

His lower garment, from $V\bar{a}r\bar{a}nas\bar{i}, \frac{5}{2}$ is bound at his left hip.

वि.र्कुत्यः नृगुः थ्वतः स्नुवः कः गृनुः नुषः सहेशा

shyi tsul guden nyencha dubü dzé

Expressing the nine peaceful demeanours, he is adorned with earrings and bodily jewellery. $\underline{6}$

वुरःक्रुयःसेससः र्भवेःर्वेरः वेरःगुत्रः तसः वर्धे।

changchub sempé özer künné tro

The bodhisattva's rays of light shine everywhere.

सरसःमुसःगुरःसेससःदेगायद्देतःइरःस्रेरःनर्सूद।

sangye changsem rigdzin drangsong kor

He is surrounded by buddhas, bodhisattvas, vidyādharas and sages, ⁷

ने सूर मार्थयानदे मार्थयाम्बर्धायाम्बर्धायाम्बर्धाया

detar salwé né sum yikdru lé

All appearing clearly with light radiating from the seed syllables at their three places

रटायद्युत्राचेश्वाचेश्वाच्यात्रम्याच्युत्राद्यस्याच्युत्रम्

rang dré yeshe sempa chendrang tim

To invoke the wisdom beings, similar in appearance, who then dissolve into the visualized forms.

ने'न्याश्चन'यद्देन'वी

The Invitation

अ'शुबा'बेबबा'ठठ'र्वेग्रव'5८'।

Recite the verses that begin, 'You are the protector of all beings without exception...':

अ'<mark>सुअ'शेअअ'उद'गुद'म</mark>्ची'अर्गेद'म्बुर'उट'|

malü semchen kün gyi gön gyur ching

You are the protector of all beings without exception,

नर्नु न्स्रे न्स्र नरुषा शे नवन् तहें समा सर्वि ।

dü dé pung ché mi zé jom dzé lha

The terrifying, divine destroyer of Māra's armies,

र्देशः इस्रयः संयुषः है 'चले व 'सखे व 'सुरः पदी ।

ngö nam malü jishyin khyen gyurpé

And you know all things exactly as they are—

चर्डेब्राष्ट्रवार्वेराचरुषाम्बर्गावयायरीराम्बर्गाम्बर्गा

chomden khor ché né dir shek su sol

Blessed One, together with your retinue, please come here!

यर्केंद्र'य'दी

Offerings

हे से न सुन्य विषय प्यवाय विषय प्यवाय विषय ।

Recite the seven-branch prayer beginning with "To all the buddhas, the lions of the human race $\frac{8}{2}$

षर्षेत्र.मैश.यर्र्यश.श्र.मुग्रस्यवित

Then offer a mandala, either elaborately or concisely.

ने'व्याच्चर'र्स्थ्य'त्तूर'य'वी

Taking the Bodhisattva Vows

र्ह्म्यायान्यदेश्यरयाक्त्र्याम्यायान्यत्यव्यायान्या

dzokpé sangye gang shyuk dang All you buddhas, wherever you abide,

गर-५ग'यर्श-५८'यार्चेद'या

gangdak dé dang majönpa Whether in the past or in the future—

ने'न्ना'हेस'सु'नन्ना'र्स्चेन'र्रेन'।

dedak jesu dak lob ching
I will train and follow in your footsteps.

वुरःकुनःश्रुर्'यःश्रुर्'ग्युरःङेग

changchub chepa chö gyur chik May I carry out awakened actions.

सःर्र्याः ध्रेतः द्वाः ह्वा संग्रायः वर्षे शायः वर्षा

parol chin druk dzok gyi né Perfecting the six pāramitās,

तर्चे र्चु ग सेसम उत्र वर न ची द र्भेग ।

dro druk semchen tar gyi shok May I liberate the six classes of beings!

डेसायदाम्बुयानर्हेन् डेन्पीमी दुवायायातन्।

Recite this three times and strive to accumulate the six-syllable mantra

त्रुव अर्कस्र सु र् के त्व हैव समें व र के सम्बन्ध मुन स्व मुन प्रवाद मुन स्व मुन स्व

At the end of the session, recite praises such as the one that begins, 'Om. Protector of the world... $\frac{10}{2}$

सिर.यचेबाबा.रेरा चवर.श्रुर.ज.ब्र्याबा.तप्र.यचेबाबा.यक्र्.श्रुंब.जबा.वित्।

Then confess, dedicate and make aspirations with texts such as The Bodhisattva's Confession of Downfall¹¹ and Samantabhadra's "Aspiration to Good Actions".

ब्रेश्यत्रदःक्षुत्रःयतेषु श्रुष्यः स्रुतः स्रुवः स्रुवः स्रुवः स्रुवः स्रुवः स्रुवः स्रुवः स्रुवः स्रुवः स्रुव

Written by Khyentse Lha, offspring of the victorious ones.

| Translated by Han Kop and reviewed by Stefan Mang, 2021, for the Longchen Nyingtik Project. With thanks to Tulku Dawa Zangpo and Khenpo Sonam Tsewang for their clarifications.

Source: 'Jigs med gling pa. "Bsnyen gnas kyi cho ga bya rgyud bde lam", ing*Sung 'bum/_'Jigs med gling pa/* (sde dge par ma). 9 Vols. BDRC W27300. Gangtok, India: Pema Thinley for Dodrupchen Rinpoche, 1985. Vol. 8: 736–737

- 1. ↑ Skt. upāsaka.
- 2. ↑ These are the eighth, fifteenth and thirtieth days of the lunar calendar.
- 3. ↑ Avalokiteśvara.
- 4. ↑ Skt. krsnamrga.
- 5. ↑ Vārānasī was, and is, famous for its high quality fabrics.
- 6. ↑ Bodily jewellery refers to jewellery worn on the limbs, such as anklets and bracelets.
- 7. ↑ Skt. rsi
- 8. ↑ I.e., the seven-branch prayer from Samantabhadra's "Aspiration to Good Actions": https://www.lotsawahouse.org/words-of-the-buddha/samantabhadra-aspiration-good-actions.
- 9. ↑ oṃ maṇi padme hūṃ.
- 10. ↑ The Praise of Noble Avalokiteśvara by Bhikṣuṇī Lakṣmī: https://www.lotsawahouse.org/indian-masters/lakshmi/po-praise-of-avalokiteshvara-chant
- 11. ↑ https://www.lotsawahouse.org/words-of-the-buddha/confession-of-downfalls-nyingma



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DHARMA. ON THE HOUSE.