



三十五佛懺

Prostration to the Thirty-Five Confession Buddha

前行 (Prayer book P.9-10)

諦力加持

願以三寶諦實力 諸佛菩薩加持力
福慧圓滿威德力 法界清淨不可思議力 化成如是

POWER OF THE TRUTH

By the power of the truth of the Three Jewels, the power of the blessings of all the Buddhas and Bodhisattvas, the power of the great might of the completed two collections, and the power of the intrinsically pure and inconceivable sphere of reality, may (these offerings) become suchness.

*Kon chog sum gyi den pa dang/sang gye dang jang chub sem pa tam chay kyi jin gyi lab
dang/tsog nyi yong su dzog pay nga tang chen po dang/cho kyi ying nam par dag ching sam
gyi mi kyab pay tob kyi/day zhin nyi du gyur chig*

迎請偈

無餘有情依怙主 無盡魔軍能摧壞
一切真實悉正知 佛與眷屬乞降臨

INVOCATION

Protector of all beings without exception,
malu sem chen ku gyi gon gyur ching
Endless subduer of Mara's tribe and forces
du te pung chay mi zay jom dzay lha
Deity, perfect knower of all things,
ngo nam ma lu yang dag kyen gyur pay
Bhagawan and attendants, please come here.
chom den kor chay nay dir sheg su sol

釋迦佛讚(三遍)

大師 薄伽梵 如來 應供 正等覺 吉祥勝者 釋迦牟尼佛前
頂禮、供養、皈依,伏請加持!

HOMAGE TO THE BUDDHA (repeat three times)

To the Guru and Founder, the Endowed Transcendent Destroyer, the One Gone Beyond, the Foe Destroyer, the Completely Perfected, Fully-awakened Being, the Glorious Conqueror, the Subduer from the Shakya Clan, I prostrate, go for refuge and make offerings. Please inspire me.

*La ma ton pa chom dan day/day zhin sheg pa/dra chom pa/yang dag pa dzog pay sang
gye/pal gyal wa shakya tup pa la/chag tsal ching kyap su chi wo/cho do/jin gyi lap tu sol*

First, recite the mantra for multiplying the merit of making prostrations:

OM NAMO MANJUSHRIYE/NAMAH SUSHRIYE/NAMA UTTAMA SHRIYE SVAHA (3X)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI SANG GYÄ
RINCHHEN GYÄLTSHÄN LA CHHAG TSHÄL LO (7X)

OM NAMO BHAGAVATE RATNA KETU RAJAYA / TATHAGATAYA ARHATE SAMYAK SAMBUDDHAYA/
TADYATHA/OM RATNE RATNE MAHA RATNE RATNA BIJA YE SVAHA (7X)

佛說三十五佛名禮懺

我與等虛空一切眾生恆常 皈依上師 皈依佛 皈依法 皈依僧 (三遍)

南無婆伽梵如來應供正遍知釋迦牟尼佛

南無婆伽梵如來應供正遍知那羅延佛

南無婆伽梵如來應供正遍知金剛不壞佛

南無婆伽梵如來應供正遍知功德華佛

南無婆伽梵如來應供正遍知寶光佛

南無婆伽梵如來應供正遍知清淨光遊戲神通佛

南無婆伽梵如來應供正遍知龍尊王佛

南無婆伽梵如來應供正遍知蓮華光遊戲神通佛

南無婆伽梵如來應供正遍知精進軍佛

南無婆伽梵如來應供正遍知財功德佛

南無婆伽梵如來應供正遍知精進喜佛

南無婆伽梵如來應供正遍知德念佛,

南無婆伽梵如來應供正遍知寶火佛

南無婆伽梵如來應供正遍知善名稱功德佛

南無婆伽梵如來應供正遍知寶月光佛

南無婆伽梵如來應供正遍知紅燄幢王佛

南無婆伽梵如來應供正遍知現無愚佛

南無婆伽梵如來應供正遍知善游步功德佛

南無婆伽梵如來應供正遍知寶月佛

南無婆伽梵如來應供正遍知鬥戰勝佛

南無婆伽梵如來應供正遍知無垢佛

南無婆伽梵如來應供正遍知善游步佛

南無婆伽梵如來應供正遍知勇施佛

南無婆伽梵如來應供正遍知周匝莊嚴功德佛

南無婆伽梵如來應供正遍知清淨佛

南無婆伽梵如來應供正遍知寶華遊步佛

南無婆伽梵如來應供正遍知清淨施佛

南無婆伽梵如來應供正遍知蓮華善住娑羅樹王佛

南無婆伽梵如來應供正遍知娑留那佛

南無婆伽梵如來應供正遍知善名稱吉祥王如來

南無婆伽梵如來應供正遍知水天佛

南無婆伽梵如來應供正遍知寶月蓮花智嚴威音王如來

南無婆伽梵如來應供正遍知堅德佛

南無婆伽梵如來應供正遍知金色無垢寶光妙行成就如來

南無婆伽梵如來應供正遍知梅檀功德佛

南無婆伽梵如來應供正遍知無憂最勝吉祥如來

南無婆伽梵如來應供正遍知無量掬光佛

南無婆伽梵如來應供正遍知法海雷音如來

南無婆伽梵如來應供正遍知光德佛

南無婆伽梵如來應供正遍知法海勝慧遊戲神通如來

南無婆伽梵如來應供正遍知無憂德佛

南無婆伽梵如來應供正遍知藥師琉璃光王如來

如是等,一切世界,諸佛世尊,常住在世。願諸世尊, 慈哀念我。
若我此生,若我前生,從無始生死以來,所作眾罪,
若自作,若教他作,見作隨喜;
若塔若僧,若四方僧物,若自取,若教他取,見取隨喜;
五無間罪,若自作,若教他作,見作隨喜;
十不善道,若自作,若教他作,見作隨喜;
所作罪障,或有覆藏,或不覆藏,
應墮地獄、餓鬼、畜生、諸餘惡趣,邊地下賤及蔑戾車,如是等處。
所作罪障,今皆懺悔。諸佛世尊,當証知我,當憶念我。

我復於諸佛世尊前,作如是言。若我此生,若我餘生,
曾行布施,或守淨戒,乃至施與畜生一搏之食,或修淨行,所有善根,成熟眾生,
所有善根,修行菩提,所有善根,及無上智,一切合集,校計籌量,
皆悉迴向阿耨多羅三藐三菩提。
如過去未來現在諸佛所作迴向,我亦如是迴向。
眾罪皆懺悔,諸福盡隨喜,及請諸佛尊,願成無上智。
去來現在佛,於眾生最勝,無量功德海,皈依合掌禮。

懺悔偈

嗟乎!上師金剛持,十方佛菩薩,一切淨戒僧,慈悲憶念我。無始至今生,由貪嗔無明,
起身口意業,作十惡無間,破三皈五戒,別解脫戒等,違菩薩律儀,背密教誓句,不孝輕慢師,
不敬梵行侶,墮逸遠三寶,罵僧謗正法,輕辱有德者,危害有情類,自作若教他,或見聞隨喜,
人天解脫障,輪迴諸苦因。

如是墜墮諸業,今於上師金剛持等,十方一切諸佛菩薩,一切淨戒僧前,發露懺悔,從此制止。
懺悔已,我即住於安樂中;若未懺悔,如是即無。

迴向 (Prayer book P.32)

Homage to the Confession of the Bodhisattva's Downfalls!

I, (say your name) throughout all times, take refuge in the Guru;

I take refuge in the Buddha;

I take refuge in the Dharma;

I take refuge in the Sangha. (3x)

To the founder, bhagavan, tathagata, arhat, perfectly completed buddha, glorious conqueror Shakyamuni Buddha, I prostrate.

To Tathagata Thoroughly Destroying with Vajra Essence, I prostrate.

To Tathagata Radiant Jewel, I prostrate.

To Tathagata King, Lord of the Nagas, I prostrate.

To Tathagata Army of Heroes, I prostrate.

To Tathagata Delighted Hero, I prostrate.

To Tathagata Jewel Fire, I prostrate.

To Tathagata Jewel Moonlight, I prostrate.

To Tathagata Meaningful to See, I prostrate.

To Tathagata Jewel Moon, I prostrate.

To Tathagata Stainless One, I prostrate.

To Tathagata Bestowed with Courage, I prostrate.

To Tathagata Pure One, I prostrate.

To Tathagata Bestowed with Purity, I prostrate.

To Tathagata Water God, I prostrate.

To Tathagata Deity of the Water God, I prostrate.

To Tathagata Glorious Goodness, I prostrate.

To Tathagata Glorious Sandalwood, I prostrate.

To Tathagata Infinite Splendor, I prostrate.

To Tathagata Glorious Light, I prostrate.

To Tathagata Sorrowless Glory, I prostrate.

To Tathagata Son of Non-craving, I prostrate.

To Tathagata Glorious Flower, I prostrate.

To Tathagata Pure Light Rays Clearly Knowing by Play, I prostrate.

To Tathagata Lotus Light Rays Clearly Knowing by Play, I prostrate.

To Tathagata Glorious Wealth, I prostrate.

To Tathagata Glorious Mindfulness, I prostrate.

To Tathagata Glorious Name Widely Renowned, I prostrate.

To Tathagata King Holding the Victory Banner of Foremost Power, I prostrate.

To Tathagata Glorious One Totally Subduing, I prostrate.

To Tathagata Utterly Victorious in Battle, I prostrate.

To Tathagata Glorious Transcendence Through Subduing, I prostrate.

To Tathagata Glorious Manifestations Illuminating All, I prostrate.

To Tathagata All-Subduing Jewel Lotus, I prostrate.

To Tathagata, arhat, perfectly completed buddha, King of the Lord of Mountains Firmly Seated on Jewel and Lotus, I prostrate. (3x)

Prostrations to the seven Medicine Buddhas

To the bhagavan, tathagata, arhat, perfectly completed buddha, Renowned Glorious King of Excellent Signs, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, Stainless Excellent Gold, Illuminating Jewel Who Accomplishes All Conduct, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, Glorious Supreme One Free from Sorrow, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, Melodious Ocean of Proclaimed Dharma, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, Clearly Knowing by the Play of Supreme Wisdom of an Ocean of Dharma, I prostrate.

To the bhagavan, tathagata, arhat, perfectly completed buddha, Medicine Guru, King of Lapis Lazuli Light, I prostrate.

All those [you thirty-five buddhas] and others, as many tathagatas, arhats, perfectly completed buddhas as there are existing, sustaining, and residing in all the world systems of the ten directions; all you buddha-bhagavans, please pay attention to me.

In this life and in all the states of rebirth in which I have circled in samsara throughout beginningless lives, whatever negative actions I have created, made others create, or rejoiced in the creation of; whatever possessions of stupas, possessions of the Sangha, or possessions of the Sangha of the ten directions that I have appropriated, made others appropriate, or rejoiced in the appropriation of; whichever among the five actions of immediate (retribution) I have done, caused to be done, or rejoiced in the doing of; whichever paths of the ten non-virtuous actions I have engaged in, caused others to engage in, or rejoiced in the engaging in: whatever I have created, being obscured by these karmas causes me and sentient beings to be born in the hell realms, in the animal realm, and in the preta realm; in irreligious countries, as barbarians, or as long-life gods; with imperfect faculties, holding wrong views, or not being pleased with Buddha's descent. In the presence of the buddha-bhagavans, who are transcendental wisdom, who are eyes, who are witnesses, who are valid, and who see with omniscient consciousness, I am admitting and confessing all these negativities, I will not conceal them nor hide them, and from now on in the future I will abstain and refrain from committing them again.

All buddha-bhagavans, please pay attention to me. In this life and in all other states of rebirth in which I have circled in samsara throughout beginningless lives, whatever roots of virtue I have created by generosity, even as little as giving just one mouthful of food to a being born in the animal realm; whatever roots of virtue I have created by guarding morality; whatever roots of virtue I have created by following pure conduct; whatever roots of virtue I have created by fully ripening sentient beings; whatever roots of virtue I have created by generating bodhicitta; and whatever roots of virtue I have created by my unsurpassed transcendental wisdom: all these assembled and gathered, combined together, I fully dedicate to the unsurpassed, the unexcelled, that higher than the high, that superior to the superior. Thus, I completely dedicate to the highest, perfectly complete enlightenment.

Just as the previous buddha-bhagavans have fully dedicated, just as the future

buddha-bhagavans will fully dedicate, and just as the presently abiding buddha-bhagavans are fully dedicating, like that I too dedicate fully.

I confess all negativities individually. I rejoice in all the merits. I urge and implore all buddhas to grant my request: may I receive the highest, most sublime transcendental wisdom.

To the conquerors, the best of humans—those who are living in the present time, those who have lived in the past, and those who will likewise come—to all those who have qualities as vast as an infinite ocean, with hands folded, I approach for refuge.

General Confession

U hu lag! (Woe is me!)

O great Guru Vajradhara, all other buddhas and bodhisattvas who abide in the ten directions, and all the venerable Sangha, please pay attention to me.

I, who am named [say your name], circling in cyclic existence since beginningless time until the present, overpowered by mental afflictions such as attachment, aversion, and ignorance by means of body, speech, and mind have created the ten non-virtuous actions. I have engaged in the five uninterrupted negative karmas and the five nearing uninterrupted negative karmas. I have transgressed the vows of individual liberation, transgressed the vows of bodhisattvas, and transgressed the samaya of secret mantra. I have been disrespectful to my parents, have been disrespectful to my vajra masters, and to my abbot, and have been disrespectful to my spiritual friends living in ordination. I have committed actions harmful to the Three Jewels, avoided the holy Dharma, criticized the arya Sangha, harmed sentient beings, and so on. These and many other non-virtuous negative actions I have done, have caused others to do, have rejoiced in others' doing, and so forth.

In the presence of the great Guru Vajradhara, all the buddhas and bodhisattvas who abide in the ten directions, and the venerable Sangha, I admit this entire collection of faults and transgressions that are obstacles to my own higher rebirth and liberation and are causes of cyclic existence and miserable lower rebirths. I will not conceal them, and I accept them as negative. I promise to refrain from doing these actions again in the future. By confessing and acknowledging them, I will attain and abide in happiness, while by not confessing and acknowledging them, true happiness will not come.

Dedication (Prayer book P.32)