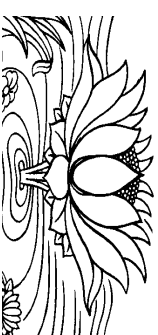


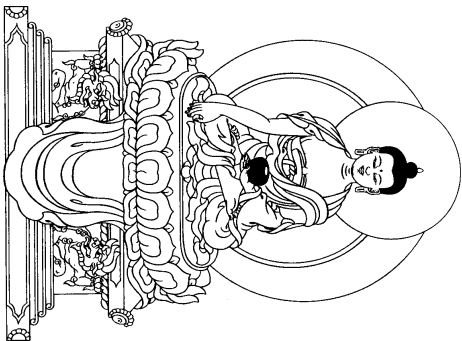
# *The Bodhisattva's Confession of Moral Downfalls*

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from The Exalted Mahayana Three Heaps Sutra



Foundation for the Preservation of the Mahayana Tradition  
Education Services



*Shakyamuni Buddha  
Drawing by Andy Weber*

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

Na mo jang chhub semn päi tung wa shag pa

Dag [ming] di zhe gyi wa / dü teg tu la ma la kyab su chhi wo

Sang gyä la kyab su chhi wo

Chhö la kyab su chhi wo

Ge dün la kyab su chhi wo (3x)

Tön pa chom dân dä de zhin shag pa dra chom pa yang dag par dzog  
päi sang gyä päi gyäl wa sha kya thub pa la chhag tshäl lo

De zhin shag pa dor je nying pö rab tu jom pa la chhag tshäl lo

De zhin shag pa rin chhen ö thro la chhag tshäl lo

De zhin shag pa lu wang gi gyäl po la chhag tshäl lo

De zhin shag pa pa wöi de la chhag tshäl lo

De zhin shag pa päi gye la chhag tshäl lo

De zhin shag pa rin chhen me la chhag tshäl lo

De zhin shag pa rin chhen da ö la chhag tshäl lo

De zhin shag pa tong wa dön yö la chhag tshäl lo



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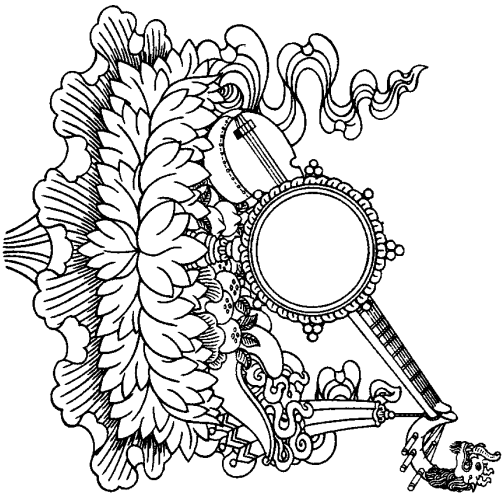
**Colophon:**

The Bodhisattva's Confession of Moral Downfalls is based on an original translation by Lama Zopa Rinpoche and was extracted from a booklet of the same name, Kopan Monastery, Nepal.

General Confession is based on a translation by Glenn H. Mullin.

All elements herein were revised and edited for the FPMT Prayer Book by the FPMT Education Department and its Editorial Board (Ven. Thubten Dondrub and Ven. George Churnoff) in December 2000. All prayers and mantras have been checked for accuracy against the original Tibetan.

All errors are entirely the responsibility of the editor.



# The Bodhisattva's Confession of Moral Downfalls



*Begin by visualizing the 35 confession buddhas in space on front of you. Think of all the negative karma you have created in this and in all previous lives and generate the four opposite powers in your mind. To increase the benefit of each prostration, first prostrate three times while reciting with each prostration:*

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

*Continue to prostrate while reciting the names of the buddhas and the confession prayer.*

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.



De zhin sheg pa rin chhen da wa la chhag tshäl lo  
 De zhin sheg pa dri ma me pa la chhag tshäl lo  
 De zhin sheg pa pä jin la chhag tshäl lo  
 De zhin sheg pa tshang pa la chhag tshäl lo  
 De zhin sheg pa tshang pä jin la chhag tshäl lo  
 De zhin sheg pa chhu lha la chhag tshäl lo  
 De zhin sheg pa chhu lhai lha la chhag tshäl lo  
 De zhin sheg pa pä zang la chhag tshäl lo  
 De zhin sheg pa tsän dän pä la chhag tshäl lo  
 De zhin sheg pa zi ji tha yä la chhag tshäl lo  
 De zhin sheg pa ö pä la chhag tshäl lo  
 De zhin sheg pa nya ngän me päi pä la chhag tshäl lo  
 De zhin sheg pa se me kyi bu la chhag tshäl lo  
 De zhin sheg pa me tog pä la chhag tshäl lo  
 De zhin sheg pa tshang päi ö zer nam par röl pä ngön par khyen pa la  
 chhag tshäl lo  
 De zhin sheg pa pä mäi ö zer nam par röl pä ngön par khyen pa la  
 chhag tshäl lo  
 De zhin sheg pa nor pä la chhag tshäl lo  
 De zhin sheg pa drän päi pä la chhag tshäl lo  
 De zhin sheg pa tshän pä shin tu yong drag la chhag tshäl lo  
 De zhin sheg pa wang pöi tog gi gyäl tshän gyi gyäl po la chhag tshäl lo  
 De zhin sheg pa shin tu nam par nön päi pä la chhag tshäl lo  
 De zhin sheg pa yül lä shin tu nam par gyäl wa la chhag tshäl lo  
 De zhin sheg pa nam par nön pä sheg päi pä la chhag tshäl lo  
 De zhin sheg pa kün nä nang wa kö päi pä la chhag tshäl lo  
 De zhin sheg pa rin chhen pä mäi nam par nön pa la chhag tsäl lo  
 De zhin sheg pa dra chom pa yang dag par dzog päi sang gyä rin po  
 chhe dang pa ma la rab tu zhug pa ri wang gi gyäl po la chhag  
 tshäl lo (3x)



## General Confession

ཧྲིཐ་མཐོག་གི་སྐུ་སྐྱོད་ཀྱི་སྐུ་སྐྱོད་

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 ordination 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 negative actions. I have engaged in the five actions of immediate retribution and the five parallel actions of immediate retribution. I have transgressed the vows of individual liberation, contradicted the trainings of bodhisattvas, and broken the secret mantra commitments. I have been disrespectful to my parents, have been disrespectful to my spiritual masters and to my abbot, and have been disrespectful to my companions sharing pure behavior. I have committed actions harmful to the Three Jewels, abandoned 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, and 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.





# General Confession

སྤྱི་བྱུང་གྲོགས་ཀྱི་སྐུ་ལྷོད་ཀྱི་སྐུ་ལྷོད་

U hu lag!

La ma dor je dzin pa chhen po la sog pa chhog chu na zhug päi sang gyä dang jang chhub sem pa tham chä dang ge dün tsün pa nam dag la gong su sö!

Dag[ming dl] zhe gyi wä tshé rab khor wa thog ma ma chhi pa nä da ta la thug gi bar du / nyön mong pa dö chlag dang zhe dang dang ti mug gi wang gi lü ngag yi sum gyi go nä dig pa mi ge wa chu gyi pa dang / tsham ma chhi pa nga gyi pa dang / de dang nye wa nga gyi pa dang / so sor thar päi dom pa dang gäl wa dang / jang chhub sem päi lab pa dang gäl wa dang / sang ngag kyi dam tshig dang gäl wa dang / pha dang ma la ma gü pa dang / khän po dang lob pön la ma gü pa dang / drog tshang pa tshung par chö pa nam la ma gü pa dang / kön chhog sum la nö päi lä gyi pa dang / dam päi chhö pang pa dang / phag päi ge dün la kur pa tab pa dang / sem chän la nö päi lä gyi pa la sog pa / dig pa mi ge wä tshog dag gi gyi pa dang / gyi du tsäl wa dang / zhan gyi gyi pa la je su yi rang wa la sog pa / dor na tho ri dang thar päi geg su gyur ching khor wa dang ngän song gi gyur gyur päi nye tung gi tshog chi chhi pa tham chä

La ma dor je dzin pa chhen po la sog pa chhog chu na zhug päi sang gyä dang jang chhub sem pa tham chä dang / ge dün tsün pa nam kyi chän ngar thöl lo / mi chhab bo / chlag so / chhin chhä kyang dom par gyi lag so / thöl zhing shag na dag de wa la reg par nä par gyur gyi / ma thöl ma shag na de tar mi gyur wa lag so



- 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)

*If one wishes, before continuing on with the confession prayer one can continue prostrating while reciting here the names of the seven Medicine Buddhas (found on the following two pages). To continue with the confession prayer, turn to pp. 28–29.*



## Prostrations to the Seven Medicine Buddhas



Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
tsen leg pa yong drag päi gyi gyäl po la chhag tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
rin po chhe dang da wa dang pä mä räb tu gyän pa khä pa zi ji dra yang kyi  
gyäl po la chhag tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
ser zang dri me rin chhen nang tül zhug drub pa la chhag tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
nya ngän me chhog päi la chhag tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
chhö drag gya tshö yang la chhag tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
chhö gya tsho chhog gi lö nam par röl pä ngön par khvän pa la chhag  
tshäl lo

Chom dân dâ de zhin sheg pa dra chom pa yang dag par dzog päi sang gyä  
men gyi lha bäi dur yä ö kyi gyäl po la chhag tshäl lo



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.





Ji tar dâ pâi sang gyä chom dân dâ nam kyî yong su ngo pa dang / ji tar ma jôn pâi sang gyä chom dân dâ nam kyî yong su ngo war gyur wa dang / ji tar da tar zhug pâi sang gyä chom dân dâ nam kyî yong su ngo war dzâ pa de zhin du dag gi kyang yong su ngo war gyi o

Dig pa tham châ ni so sor shag so / só nam tham châ la ni je su yi rang ngo / sang gyä tham châ la ni küi zhing söl wa deb so / dag gi la na me pâi ye she kyî chhog dam pa thob par gyur chig

Mi chhog gyäl wa gang dag da tar zhug pa dang / gang dag dâ pa dag dang de zhin gang ma jôn / yôn tân ngag pa tha yä gya tsho dra kün la / thäl mo jar war gyi te kyab su nye war chhi wo



## Prostrations to the Seven Medicine Buddhas



*In accordance with the instructions of Lama Zopa Rinpoche, the names of the seven Medicine Buddhas are also included here for recitation with prostrations :*

To Bhagawan, Tathagata, arhat, perfectly completed buddha,  
Renowned Glorious King of Excellent Signs, I prostrate.

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

To Bhagawan, Tathagata, arhat, perfectly completed buddha,  
Stainless Excellent Gold, Illuminating Jewel Who Accomplishes All  
Conduct, I prostrate.

To Bhagawan, Tathagata, arhat, perfectly completed buddha,  
Glorious Supreme One Free from Sorrow, I prostrate.

To Bhagawan, Tathagata, arhat, perfectly completed buddha,  
Melodious Ocean of Proclaimed Dharma, I prostrate.

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

To Bhagawan, Tathagata, arhat, perfectly completed buddha,  
Medicine Guru, King of Lapis Lazuli Light, I prostrate.





De dag la sog pa chhog chüi jig ten gyi khän thän chä na de zhin shog pa dra chom pa yang dag par dzog päi sang gyä chom dân dä gang ji nye chig zhug te tsho zhing zhe päi sang gyä chom dân dä de dag thän chä dag la gong su söl

Dag gi kye wa di dang / kye wa tog mäi tha ma ma chhi pa nä khor wa na khor wäi kye nä thän chä du dig päi lä gyi pa dang / gyi du tsäl wa dang / gyi pa la je su yi rang pa am / chhö ten gyi kor ram / ge dün gyi kor ram / chhog chüi ge dün gyi kor throg pa dang / throg tu chung pa dang / throg pa la je su yi rang pa am / tshän ma chhi pa ngäi lä gyi pa dang / gyi du tsäl wa dang / gyi pa la je su yi rang pa am / mi ge wa chüi lä kyi lam yang dag par lang wa la zhug pa dang / jug tu tsäl wa dang / jug pa la je su yi rang pa am / Lä kyi drib pa gang gi drb nä dag sem chän nyäl war chhi pa am / dü droi kye nä su chhi pa am / yi dvag kyi yül du chhi pa am / yül tha khob tu kye pa am / la lor kye pa am / lha tshe ring po nam su kye pa am / wang po ma tshang war gyur pa am / ta wa log pa dzin par gyur pa am / sang gyä jung wa la nye par mi gyi par gyur wäi la kyi drb pa gang lag pa de dag thän chä sang gyä chom dân dä ye she su gyur pa / chän du gyur pa / pang du gyur pa / tshä mar gyur pa / klyen pä zig pa de dag gi chän ngar thöl lo chhag so / mi chhab bo / mi be do / län chhä kyang chö ching dom par gyi lag so

Sang gyä chom dân dä de dag thän chä dag la gong su söl

Dag gi kye wa di dang / kye wa thog mäi tha ma ma chhi pa nä khor wa na khor wäi kye nä zhän dag tu jin pa tha na dü droi kye nä su kye pa la zä kham chig tsam tsäl wäi ge wäi tsa wa gang lag pa dang / dag gi tshül thrim sung päi ge wäi tsa wa gang lag pa dang / dag gi tshang par chö päi ge wäi tsa wa gang lag pa dang / dag gi sem chän yong su min par gyi päi ge wäi tsa wa gang lag pa dang / dag gi jang chhub chhog tu sem kye päi ge wäi tsa wa gang lag pa dang / dag gi la na me päi ye she kyi ge wäi tsa wa gang lag pa de dag thän chä chig tu dü shing dum te dom nä la na ma chhi pa dang / gong na ma chhi pa dang / gong mäi yang gong ma / la mäi yang la mar yong su ngo wä la na me pa yang dag par dzog päi jang chhub tu yong su ngo war gyi o



All those [you thirty-five buddhas] and others, as many tatthagatas, 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.