

Renewal of Bodhisattva Vows at the New Moon and Full Moon

1. Visualize the Objects of Refuge

Green Tara - Chenrezig Buddha Shakyamuni Manjushri - Palden Lhamo
Tsongkhapa
HHDL

2. Prostrate and recite the following three times:

I take refuge in the Guru, the Buddha, the Dharma, and the Sangha

3. Take Refuge, Generate Bodhicitta, the Four Immeasurables, and engage in Tonglen with accompanying visualizations

[as described by Geshe Nyima]

4. Kneel on one knee as you visualize light coming from Buddha Shakyamuni's heart, to Lama Tsongkhapa's heart, to His Holiness the Dalai Lama's (HHDL) heart. Then renew your Bodhisattva vows by reciting the following stanzas three times, as if you are repeating them, line by line, after HHDL:

*Lamas, Conquerors, and your Children,
Please take heed of me.*

*Just as the earlier Ones Gone to Bliss
Generated an altruistic intention to become enlightened
And dwelt by stages in the learnings of Bodhisattvas,*

*So I also for the sake of helping sentient beings
Will generate an altruistic intention to become enlightened
And train in stages in the learnings of Bodhisattvas. (3x)*

After the third repetition visualize light from HHDL's heart coming to you and entering your heart. If you have broken your Bodhisattva vows, feel they have been renewed. If you have maintained your vows, feel they have been strengthened.

5. Sit and recite the following stanzas:

*Now my life is fruitful.
I have attained a good human existence.
Today I have been born in the Buddha lineage.
I have become a Buddha Child.*

*Now, whatever happens,
I will act so as not to sully
This flawless holy Buddha lineage,
Initiating actions concordant with this lineage.*

*For as long as space remains,
and as long as sentient beings remain,
until then, may I too remain
to dispel the suffering of all beings.*

6. Recite Dedication Prayers

7. Dissolve the Objects of Refuge and Merit, one by one, into His Holiness the Dalai Lama, who comes to the crown of your head facing the same direction as you. From your crown, HHDL enters your central channel, descending to your heart where your primordial clear light mind abides. HHDL sits upon an open lotus at the center of your clear light mind. The lotus closes gently around HHDL and holds him securely within your heart.

These instructions were given by Geshe Lobsang Nyima for those students who received Bodhisattvas vows from him during his residence at the TBCWP in January/February 2020.