

Lotsawa House – Zangchö Mönlam – The King of Aspirational Recitations – ADAPTED by Lama Jigme Gyatso

The King of Aspirational Recitations

Zangchö Mönlam

Samantabhadra's Aspiration to Good Actions

translated by Lotsawa House

adapted by Lama Jigme Gyatso

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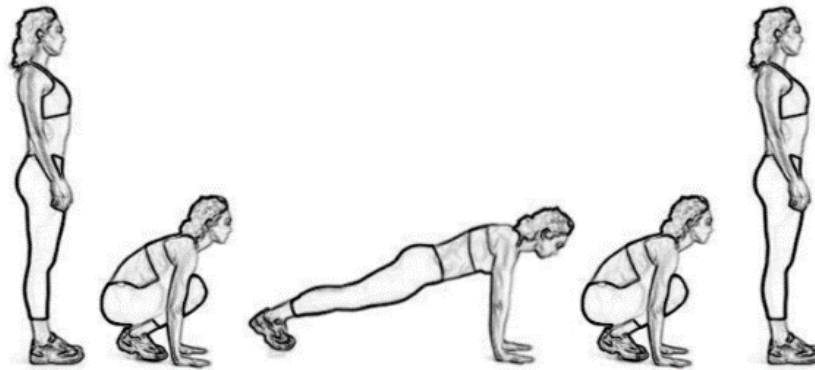
The Seven Preliminaries for Purifying the Mind



1. *Bowing*

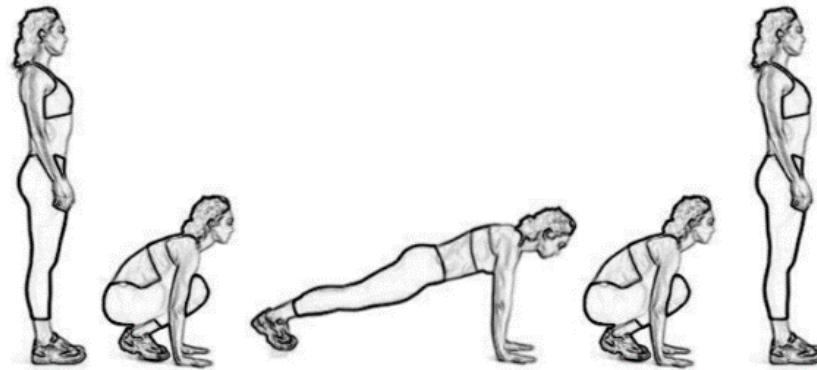
Tó ALL the Buddhas,
the lions of the **humán** race,
ín ALL directions of the universe,
through past, present, and **fú**ture:

to every single one of you
I bow in homage;
(*with*) devotion filling
my body, speech, and mind.



Through the power of this *intention*,
aspiring to Good Action,
may ALL the victorious ones appear,
vivid before my mind

and I multiply my body
as many times as are atoms in the universe,
each one **bowing** in *gratitude*
to all the Buddhas.



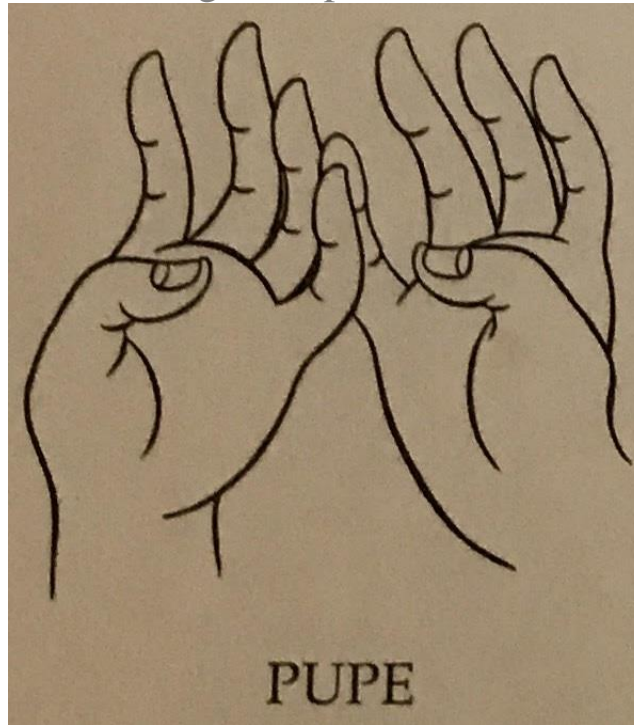
2. *Offering*

In every atom preside
as many Buddhas as there are atoms,
and around them,
all their Bo-dhi-sat-tva heirs.

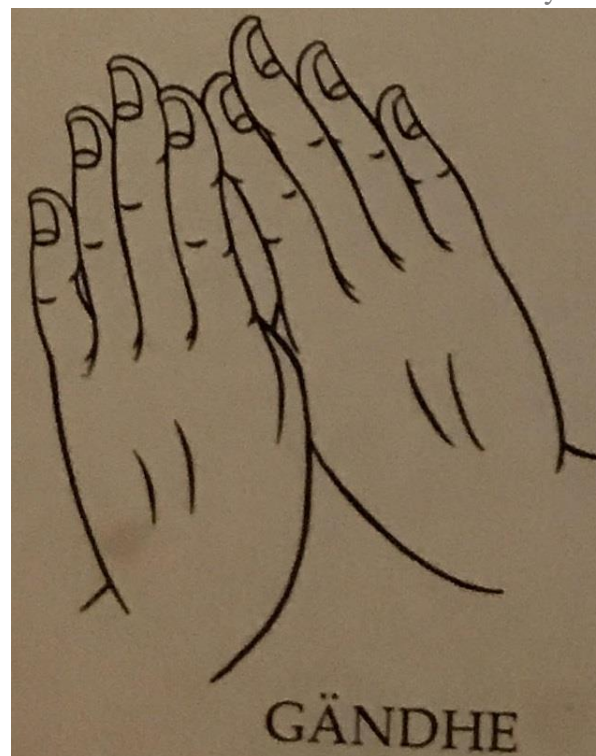
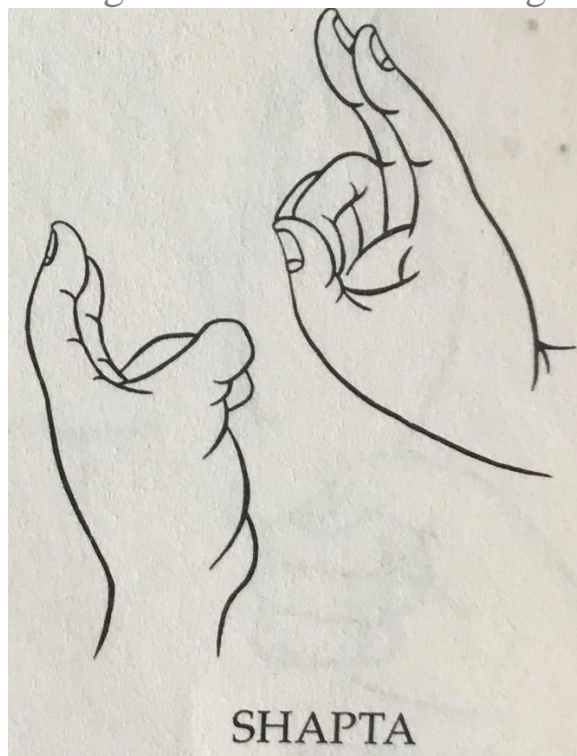
And so I imagine them
filling completely
the entire space of reality.

Saluting them
with an endless ocean of praise
with the sounds of an ocean
of different melodies

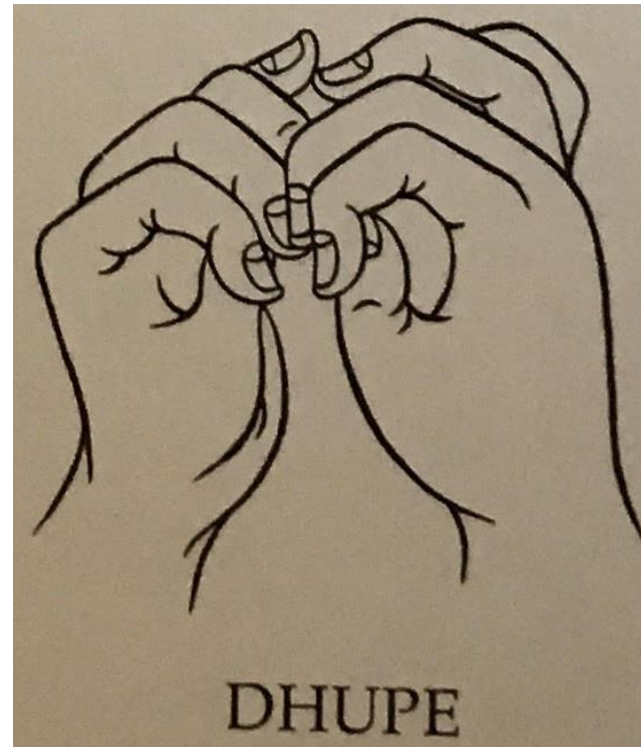
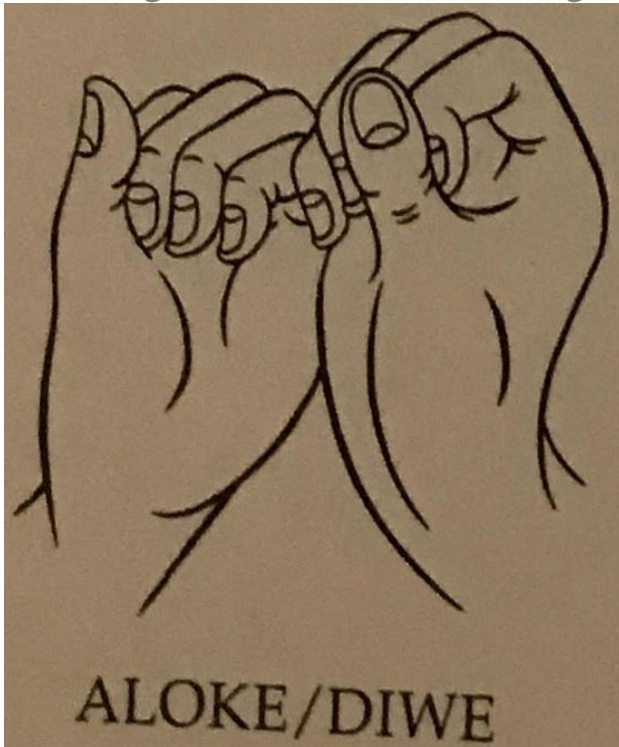
I sing of the Buddha's noble qualities
and praise ALL those
who have gone to perfect bliss.



To every Buddha I make offerings:
of the loveliest flowers, of beautiful garlands



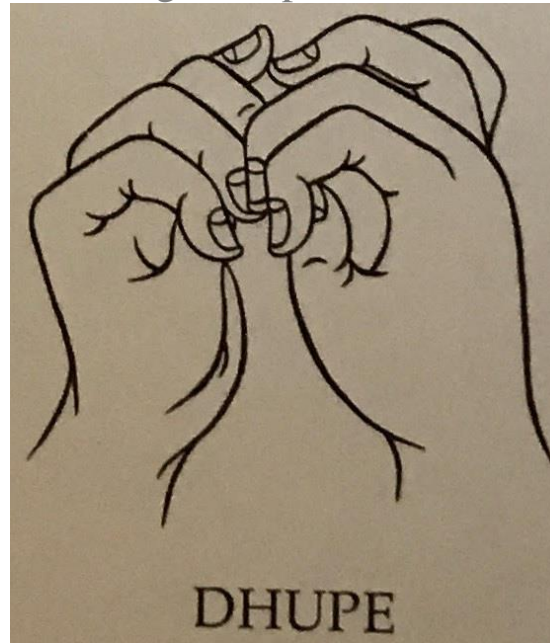
of music, and perfumed ointments,
the best of parasols,



the brightest lamps and finest incense.
To every Buddha I make offerings:



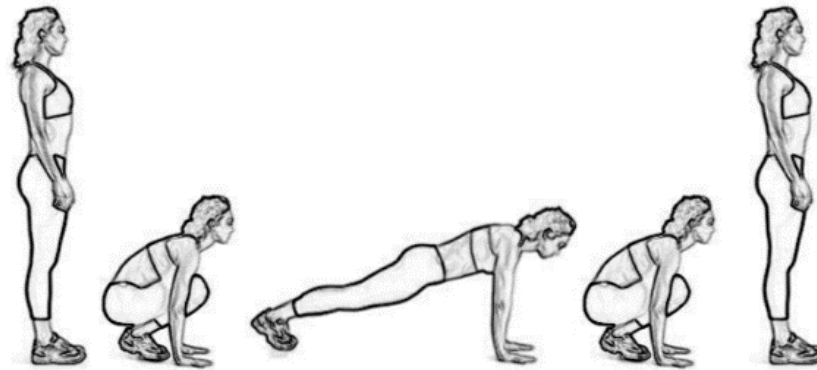
exquisite garments
and the most fragrant scents,



powdered incense,
heaped as high as mount Meru,
arranged in perfect symmetry.

Then the vast and
unsurpassable offerings
inspired by my devotion
to ALL the Buddhas

and moved by the power
of my *enthusiasm* for Good Actions
I *bow* and offer
to *ALL* you victorious ones.



3. *Confession*

Whatever *harmful* acts I have committed,
while driven by hating, craving,
confusion, competition, and clinging,

with my body, my speech,
and also with my mind,
before you I confess and purify
each and every one.

4. *Rejoicing*

With a heart full of delight,
I rejoice in ALL the merits
of Buddhas and Bo-dhi-sat-tvas,
Prat-ye-ka-bud-dhas,

those in training,
and Ar-hats beyond training,
and every living being,
throughout the entire universe.

5. Imploring the Buddha's to Turn the Wheel of Dharma

You who are like beacons of light
shinning through the worlds,
who passed through
the stages of enlightenment,

to attain Buddhahood,
freedom from all (*the tyranny of*) attachment,
I exhort you, ALL of you protectors,
turn the unsurpassable wheel of Dharma.

6. Requesting the Buddhas NOT to Enter Parinirvana

Joining my palms together,
I *beseech* you who intend
to enter Pa-ri-nir-va-na,

remain for eons as many
as the atoms of this world,
and bring well-being and happiness
to ALL living beings.

7. *Dedication*

What little virtue I have gathered
through my homage,
through offering, confession, and rejoicing,
through exhortation and *requesting*

ALL of it I dedicate to **the**
enlightenment of ALL beings!

The Actual Aspiration



1. Aspiration for Purity of Attitude

May offerings be made
to the Buddhas of the past,
and ALL who now dwell throughout
the ten directions of this universe,

may ALL who are yet to come
swiftly fulfill their wishes
and attain the stages of enlightenment
and Buddhahood!

May as many worlds as there are
in the ten directions
transform into realms
that are vast and utterly pure

filled with Buddhas
who have sat *beneath* the mighty Bodhi tree,
around them ALL their
Bo-dhi-sat-tva sons and daughters!

May as many sentient beings
as there are in the ten directions
live always and forever
in happiness and health!

*May ALL beings meet
the Buddha's teachings
that best benefit them!*

*And may ALL they hope for
be fulfilled!*

2. Aspiration to ALWAYS remember Bodhichitta

As I practice enlightenment's training
may I recall ALL my previous births,

and in my successive lives,
through death and through rebirth,
may I always renounce the worldly life!

Training in the footsteps
of the victorious Buddhas,
may I bring Good Actions to perfection,

and (*may*) my moral conduct
be taintless and pure, never lapsing,
and always free from fault!

In the language
of gods, Na-gas, and Yak-shas,
in the language
of demons and humans too,

in however many kinds of languages
there may be
may I proclaim the Dharma
in the language of ALL!

Taming my mind and striving in the perfections

(of giving, kindness, patience, zeal, mindfulness, and wisdom)
may I never forget the Bo-dhi-chit-ta;

may ALL my harmful actions
and the obscurations (*of dread and desire*)
they cause

be completely purified,
every single one!

3. Aspiration to be Free from Defilements

May I be free from
Kar-ma, negative emotions,
and the work of negativity,

and act for ALL beings in the world,
just like the lotus flower
to which *neither* mud *nor* water cling,

or the sun and moon
that course unhindered *across* the sky!

4. *Aspiration to Lead Beings to Happiness*

Throughout the reach and range
of the entire universe

may I pacify completely
the suffering of all the lower realms,

and *may* I lead them ALL to happiness,
and work for the ultimate benefit
of each and every one!

5. Aspiration to Wear the Armor of Dedication

*May I bring enlightened action to perfection,
meet beings' needs,
and teach them to accomplish good actions;
continuing this through ALL eons to come!*

6. Aspiration to Accompany other Bodhisattvas

May I always meet
and be accompanied by
those whose actions accord with mine;

and in body, speech,
and mind as well,
may our aspirations and actions
always be (*as*) one.

7. Aspiration to have Virtuous Teachers and Please them

May I always meet spiritual friends
who long to be of true help to me,
and teach me the Good Actions.
May I NEVER disappoint them!

8. Aspiration to See the Buddhas and Serve them in Person

May I always behold the Buddhas,
here before my eyes

and around them
ALL their Bo-dhi-sat-tva
sons and daughters.

Without ever tiring,
throughout ALL the eons to come,
may the offerings I make them
be endless and vast!

9. Aspiration to Keep the Dharma Thriving

May I maintain
the sacred teachings of the Buddhas,
and cause enlightened action to appear;

may I train to perfection in Good Actions,
and practice these in every age to come!

10. Aspiration to Acquire Inexhaustible Treasure

As I wander through ALL states
of Sam-sa-ric existence,
may I gather
inexhaustible merit and wisdom,

and so become an
inexhaustible treasury of noble qualities of:
skill, discernment,
mindfulness, and liberation!

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11. *Aspiration to the Different Methods of Entering into the “Good Actions”*

a. Seeing the Buddhas and Their Pure Realms

In a single atom may I see

as many pure *lands*

as atoms in the universe:

and in each realm

Buddha’s beyond imagining,

encircled by their Bo-dhi-sat-tva heirs.

Along with them may I perform
the actions of enlightenment!

And so in each direction everywhere,
even on the tip of a hair,
may I see an ocean of Buddhas
ALL to come in past, present, and future,

in an ocean of pure lands,
and through an ocean of eons,
may I enter into enlightened action
in each and everyone!

b. Listening to the Speech of the Buddhas

Each word of a Buddha's speech,
with its ocean of (*good*) qualities,
bears ALL the purity
of the speech of ALL the Buddhas,

sounds that harmonize
with the minds of ALL living beings;
may I always be engaged
with the speech of the Buddhas!

c. The Turning of the Wheels of Dharma

With ALL the power of my mind,
may I hear and realize
the inexhaustible melody of the teachings

spoken by ALL the Buddhas
of the past, present, and future,
as they turn the wheels of Dharma.

d. *Entering into ALL the Eons*

As the wisdom of the Buddhas
penetrates ALL future eons,
may, I too, know them instantly,

and in each fraction of an instant
may I know ALL that will ever be;
in past, present, and future!

e) *Seeing ALL Buddhas in an Instant*

In an instant may I behold
ALL those who are lions of the human race
the Buddhas of past, present, and future!

f) *Entering the Sphere of the Buddhas' Activity*

May I always be engaged
in the Buddhas' way of life and action
through the power of liberation
where **ALL** is realized **as like an illusion!**

g) Accomplishing and Entering the Pure Lands

On a single atom
may I actually bring about
the entire array of pure lands
of past, present, and future;

and then enter
into those Buddha realms
in each atom in each direction.

h) Entering into the Presence of Each Buddha

When those who illuminate
the world still to come
gradually attain buddhahood,
turn the wheel of Dharma,

and demonstrate the final,
profound peace of Nirvana;
may I always be in their presence!

12. Aspiration to Enlightenment through the Nine Powers

- 1) Through: the power of swift miracles,
- 2) the power of the vehicle
like a doorway,
- 3) the power of conduct that possesses
ALL virtuous qualities

- 4) the power of loving kindness
all pervasive,
- 5) the power of merit
that is totally virtuous,

- 6) the power of wisdom
free from attachment,
- 7) and the powers of knowledge,
- 8) skillful means 9) and *mindfulness*

may I perfectly accomplish
the power of enlightenment!

13. Aspiration to the Antidotes that Pacify the Obscurations

(of Competiveness and Clinging)

May I purify the power of Kar-ma,
destroy the power of harmful emotions,
render negativity utterly powerless,
and perfect the power of Good Actions!

14. *Aspiration to Enlightened Activities*

*May I purify oceans of realms,
liberate oceans of sentient beings,
understand oceans of Dharma,

realize oceans of wisdom,
perfect oceans of actions,*

fulfill oceans of aspirations,
and serve oceans of Buddhas!

And perform these
without ever growing weary
for oceans of eons.

15. Aspiration for Training
a) To Emulate the Buddhas

All the Buddhas
throughout the whole of time
attained enlightenment
through Good Actions

and their aspirations and recitations
for enlightened action;
may I fulfill them all completely!

b) *To Emulate the Bodhisattva Samantabhadra*

The eldest of the sons of ALL the Buddhas
is called Sa-man-ta-bha-dra: All Good
I dedicate fully ALL these merits
that I, (*too,*) may act with skill like his

To purify my body, my speech,
and my mind as well
to purify my actions and all realms,

may I be the equal of Sa-man-ta-bha-dra
in his skill in good dedication!

c) To Emulate the Bodhisattva Manjushri

In order to perform
the full virtue of Good Actions
may I act according to
Man-ju-shri's *recitations* of aspiration

and without ever growing weary
in all the eons to come
may I perfectly fulfill
every one of his aims!

16. *Concluding Aspiration*

*May my Bo-dhi-sat-tva actions
be beyond measure!*

*May my enlightened qualities
be measureless as well!*

Keeping to this immeasurable activity
may I accomplish
the miraculous powers of enlightenment.

Extent of the Aspiration

Sentient beings are as limitless
as the boundless expanse of space

so shall my *recitation* of aspiration for them
be as limitless
as their Kar-ma and harmful emotions.

The Benefits of Making Aspirations

1. The Benefits in General

Whoever hears
this kind of aspiration recitations
and yearns for supreme enlightenment

who even once arouses *enthusiasm*
will gain true merit greater still

than by offering the victorious Buddhas
infinite pure *lands* in every direction
ALL ornamented in jewels

or offering them
all the highest joys of gods and humans
for as many eons
as there are atoms in those realms.

2. The Thirteen Benefits in Detail

Whoever truly makes
this aspiration to Good Actions
will NEVER again
be born in the lower realms;

they will be free
from harmful companions
and soon behold
the Buddha of Boundless Light

they will acquire all kinds of benefits
and live in happiness
even in this present life ALL will go well

and before long they will become
just like Sa-man-ta-bha-dra.

ALL negative actions

(even the five of immediate retribution)

**whatever they have committed
in the grip of ignorance**

will soon be completely purified
if they recite
this aspiration to Good Actions.

The will possess
perfect wisdom, beauty,
and excellent signs,

be born in a good family,
and with a radiant appearance.

Demons and heretics
will never harm them
and the three worlds
will honor them with offerings.

They will quickly go beneath the Bodhi tree
and there they will sit
to benefit ALL sentient beings,
then awaken to enlightenment,

turn the wheel of Dharma,
and tame Ma-ra with all his hordes.

Right View and Right Aspiration

*serve as an antidote to hating and craving
and are known by many names*

*such as: Ngondro, Vipashyana,
and Contemplation*

*How could hating... feel stressful?
How could craving... feel stressful?
How could vying... feel stressful?
How could clinging... feel stressful?*

How could this... feel stressful?

All beings' stress... may I soothe!

How could this... always change?

How could this ... NOT be me?

4 sets of 4 rounds

Awareness and Letting-go

*which could serve as an antidote to clinging
(while also slicing through
the fundamental duality of dread and desire)
is known by many names*

*such as: Zen, Ch'an, Dhyana,
Great Completion-stage, Maha Sandhi, Ati-yoga,
Sutra Mahamudra, and Trekchö Dzogchen*

Watching the play of mind and relaxing into its NON-graspable nature

*Notice this
re-la-xing*

1st collection of 16 sets of 16 rounds

Watching the play of mind and relaxing into its NON-graspable nature

*Notice this
re-la-xing*

2nd collection of 16 sets of 16 rounds

3. The Benefits in Brief

The full result,
of keeping, teaching, or reading

this recitation
of the Aspiration to Good Actions
is known to the Buddhas alone.

**Have NO doubt:
supreme enlightenment will be yours!**

Dedication of the Merits of this Meritorious Aspiration

1. Dedication that Follows the Bodhisattvas

Just as the Bo-dhi-sat-tva Man-ju-shri
attained omniscience
and Sa-man-ta-bha-dra too,

ALL these merits I now dedicate
to train and follow in their footsteps.

2. Dedication that Follows the Buddhas

As ALL the victorious Buddhas
of the past, present, and future
praise dedication as supreme

so now I dedicate
all these roots of virtue
for all beings to perfect Good Actions.

3. Dedication towards Actualizing the Result

When it is time for me to die
may ALL that obscures me fade away

so I look on A-mi-ta-bha, there in person
and go at once to his pure land
of Su-kha-va-ti.

In that pure land
may I actualize every single one
of ALL these aspirations!

May I fulfill them, each and every one,
and bring help to ALL beings
for as long as the universe remains.

4. Dedication for Receiving a Prophecy from the Buddhas

Born there in a beautiful lotus flower
in that excellent and joyous *pure land*

may the Buddha A-mi-ta-bha himself
grant me the prophecy
foretelling my enlightenment.

5. Dedication towards Serving Others

Having received the prophecy there
with my billions of emanations
sent out through the power of mind

may I bring enormous benefit
to sentient beings in the ten directions.

Conclusion

Through whatever small virtues
I have gained
by reciting
this “Aspiration to Good Actions”

may the virtuous wishes
of ALL beings *recitations* and aspirations
ALL be instantly accomplished!

Through the true and boundless merit
attained by dedicating
this “Aspiration to Good Actions”

may ALL drowning
in the ocean of suffering
reach the supreme *pure land*
of A-mi-ta-bha!

May this King of Aspirations bring about
the supreme aim and benefit
of ALL infinite sentient beings;

may they perfect what is described
in this *special aspiration*
uttered by Sa-man-ta-bha-dra!

May the lower realms
be entirely emptied!

