

THE VOWS

adapted from **The Book, Geshe Michael Roach, Lobsang Chunzin, August 9, 1999**

(147 Vows, with Root and Secondary Bodhisattva Vows in bold)

I. THE REFUGE COMMITMENTS

1	Not seeking refuge in worldly objects and dieties once you have taken refuge in the Buddha
2	Not harming any living being once you have taken refuge in the Dharma
3	Not associating closely with people who do not believe in the path once you have taken refuge in the Sangha
4	Considering any representation of the Buddha, regardless of the quality of the artistry or material, as though it were the Buddha himself, once you have taken refuge in the Buddha
5	Considering any written material at all, from a single letter on up, as though it were the Dharma itself, once you have taken refuge in the Dharma
6	Considering even a single scrap of the saffron robe as though it were the Sangha itself, once you have taken refuge in the Sangha
7	Going for refuge over and over again, by calling to mind the good qualities of the refuge objects
8	In remembrance of their kindness, offering the first part of any food or drink to the refuge object
9	Encouraging others to take refuge
10	Taking refuge three times each day, and three times each night, by bringing to mind the benefits of doing so
11	To put all your trust in the objects of refuge, during any activity you may undertake at all
12	Not giving up the Three Jewels, even if it could cost you your life, and in every situation from that on down to doing so just in jest

II. THE VOWS OF FREEDOM

Refraining from Deeds of Body

1	13	Killing
2	14	Stealing
3	15	Sexual misconduct

Refraining from Deeds of Speech

4	16	Lying
5	17	Divisive talk
6	18	Harsh words
7	19	Useless talk

Refraining from Deeds of Mind

8	20	Craving
9	21	Ill-will
10	22	Wrong views

III. THE VOWS OF THE BODHISTTVA

A. Root Downfalls

1		Praising yourself, and criticizing others , out of attachment to gain or honor
	23	Praising yourself, out of attachment to gain or honor
	24	Criticizing others, out of attachment to gain or honor
2		Failing to give Dharma and material assistance , due to feelings of possessiveness
	25	Failing to give Dharma, due to feelings of possessiveness
	26	Failing to give material assistance, due to feelings of possessiveness
3		Failing to accept someone's apology, and striking another
	27	Failing to accept someone's apology
	28	Striking another
4		Giving up the greater way, and teaching false dharma
	29	Giving up the greater way
	30	Teaching false Dharma
5		Stealing what belongs to the Jewels
	31	Stealing what belongs to the Buddha Jewel
	32	Stealing what belongs to the Dharma Jewel
	33	Stealing what belongs to the Sangha Jewel
6		Giving up the highest Dharma by discounting the scriptural collections of the three ways
	34	Giving up the highest Dharma by discounting the scriptural collections of the way of listeners

	35	Giving up the highest Dharma by discounting the scriptural collections of the way of self-made buddhas
	36	Giving up the highest Dharma by discounting the scriptural collections of the way of the greater way
7		Taking away the golden robes, and the rest, and removing someone from the status of an ordained person
	37	Taking away the golden robes, beating, or incarcerating an ordained person
	38	Removing someone from the status of an ordained person
8		Committing the immediate misdeed of killing your father, killing your mother, killing an enemy destroyer, creating schism in the Sangha, or drawing blood from a Buddha
	39	Committing the immediate misdeed of killing your father
	40	Committing the immediate misdeed of killing your mother
	41	Committing the immediate misdeed of killing an enemy destroyer
	42	Committing the immediate misdeed of creating schism in the Sangha
	43	Committing the immediate misdeed of drawing blood from a Buddha with evil intent
9	44	Holding wrong views by denying the law of karma and past and future lives
10		Destroying towns and such (cities, whole areas, entire countries)
	45	Destroying towns
	46	Destroying cities
	47	Destroying whole areas
	48	Destroying entire countries
11	49	Teaching emptiness to a person who is not yet mentally prepared
12	50	Causing a person to turn back from total enlightenment
13	51	Causing a person to give up the morality of freedom
14	52	Holding that a person cannot eliminate desire and the rest by following the way of the learner
	53	Criticizing someone else due to one's desire for the adulation of others (NOTE: subsumed by #1)
15	54	Professing the complete opposite by saying you have seen emptiness directly when you have not
16	55	Accepting what belongs to the Jewels, to the Sangha, or to an individual monk when someone presents it to you
17	56	Rejecting the practice of quietude, and giving the possessions of meditators to those whose practice is recitation
18	57	Discarding the wish for enlightenment

B. Secondary Offenses

Offenses against the morality of collecting goodness (6 Perfections)

Offenses against the practice of collecting merit (Giving, Morality, Patience, Effort)

Offenses against the perfection of giving

1	58	Failing to make offerings to the Jewels through the three doors of expression
2	59	Allowing thoughts of desire to go on
3	60	Failing to pay respect to one's elders , those who have taken the precepts of the bodhisattva before you
4	61	Failing to answer questions , out of anger or laziness
5	62	Failing to accept an invitation , out of pride, or a wish to hurt someone, anger or laziness
6	63	Failing to accept gold the like or silver or any kind of material wealth that a sponsor has tried to offer to you, out of a desire to hurt them, or out of anger or laziness
7	64	Failing to give Dharma to those who wish it , out of a desire to hurt them, or out of anger or or envy or laziness

Offenses against the perfection of morality

8	65	Rejecting persons with sullied morality , out of a desire to hurt them, or out of anger or laziness
9	66	Failing to follow the rules of the teachings on discipline which leads other persons to develop faith
10	67	Performing deeds which are only of lesser benefit for all living beings
11	68	Failing to break a rule out of compassion
12		Taking up wrong livelihood to obtain things through pretending, flattering, hinting, forcing, baiting
	69	Taking up wrong livelihood to obtain things through pretending

	70	Taking up wrong livelihood to obtain things through flattering
	71	Taking up wrong livelihood to obtain things through hinting
	72	Taking up wrong livelihood to obtain things through forcing
	73	Taking up wrong livelihood to obtain things through baiting
13	74	Forgetting yourself and acting wild , or getting others to act wild, and so on
14	75	Thinking that you only have to travel through the circle of suffering life
15	76	Failing to put a stop to rumors about yourself
16	77	Failing to correct someone when it must be done in a negative way
Offenses against the perfection of patience		
17		Losing the four points of the practice of virtue by responding to scolding with scolding, anger with anger, beating with beating, criticizing with criticizing
	78	Losing the practice of virtue by responding to scolding with scolding
	79	Losing the practice of virtue by responding to anger with anger
	80	Losing the practice of virtue by responding to being beaten by beating
	81	Losing the practice of virtue by responding to being criticized by criticizing
18	82	Simply ignoring those who are angry at you by failing to explain yourself to them in an appropriate manner out of a desire to hurt them, or pride, or laziness
19	83	Refusing to forgive another person when they apologize for doing something wrong to you , out of a desire to hurt them, thoughts of malice, or simply because you don't feel like it
20	84	Allowing thoughts of anger to go on
Offenses against the perfection of joyful effort		
21	85	Collecting a group of disciples out of a desire to have others pay honor to you , serve you, or make material offering to you
22	86	Failing to dispel your laziness and the like
23	87	Spending time with busy talk because you enjoy it
Offenses against the practice of collecting wisdom (Meditation, Wisdom)		
Offenses against the perfection of meditation		
24	88	Failing to seek the meaning of meditative concentration , out of a desire to hurt someone, or laziness
25		Failing to purge yourself of the obstacles to meditation : the pair of restless desire and missing something or someone; feelings of malice about someone; the pair of drowsiness and mental dullness; attraction to the objects of the senses; and unresolved doubts
	89	Failing to purge yourself of the obstacles to meditation due to the pair of restless desire and missing something or someone
	90	Failing to purge yourself of the meditation obstacle of feelings of malice about someone
	91	Failing to purge yourself of the meditation obstacle of drowsiness and mental dullness
	92	Failing to purge yourself of the meditation obstacle of attraction to object of the senses
	93	Failing to purge yourself of the meditation obstacle of unresolved doubts
26	94	Considering the pleasant sensation of meditation to be an important personal attainment
Offenses against the perfection of wisdom		
27	95	Rejecting the way of the listeners
28	96	Making efforts in the other system, when our own is available (the scriptural collection of the listeners, when you have an opportunity to exert yourself in the scriptural collection of the bodhisattvas)
29	97	Making efforts in non-Buddhist texts where no efforts should be made
30	98	Being attracted to non-Buddhist texts, even in a case where one must make efforts
31		Rejecting the greater way by discounting any part of the scriptural collection of the bodhisattvas by saying, "This part is not good", or "The composition at this point is inferior," or "The author of this part was not the best," or "This part won't contribute to the welfare of living beings."
	99	Rejecting the greater way by discounting any part of the scriptural collection of the bodhisattvas by saying, "This part is not good".
	100	Rejecting the greater way by discounting any part of the scriptural collection of the bodhisattvas by saying, "The composition at this point is inferior"
	101	Rejecting the greater way by discounting any part of the scriptural collection of the bodhisattvas by saying, "The author of this part was not the best"

	102	Rejecting the greater way by discounting any part of the scriptural collection of the bodhisattvas by saying, "This part won't contribute to the welfare of living beings"
32		Praising oneself and criticizing others out of pride or anger
	103	Praising oneself out of pride or anger
	104	Criticizing others out of pride or anger
33	105	Not going to hear the Dharma out of pride or laziness
34	106	Focussing on the vessels and the letters , by focusing on the teacher not the teaching

Offenses against the morality of working for the good of all living beings

35		Failing to assist someone in need out of anger or laziness. Someone who is (1) just undertaking a particular task, (2) trying to get somewhere, (3) trying to learn a foreign language, (4) trying to learn a skill, (5) trying to protect their belongings, (6) trying to fix a split between people, (7) planning a virtuous event, (8) undertaking some more general virtue
	107	Failing to assist someone in need who is just undertaking a particular task, out of laziness or anger
	108	Failing to assist someone in need who is trying to get somewhere, out of laziness or anger
	109	Failing to assist someone in need who is trying to learn a language, out of laziness or anger
	110	Failing to assist someone in need who is trying to learn a skill, out of laziness or anger
	111	Failing to assist someone in need who is trying to protect their belongings, out of laziness or anger
	112	Failing to assist someone in need who is trying to fix a split between people, out of laziness or ...
	113	Failing to assist someone in need who is planning a virtuous event, out of laziness or anger
	114	Failing to assist someone in need who is undertaking some more general virtue, out of
36	115	Failing to serve the sick , out of laziness or anger
37	116	Failing to make some attempt to remove the suffering of those who are blind, deaf, handicapped, weary from travelling, tormented by the five mental obstacles, haunted by thoughts such as malice toward someone, or suffering from defeat at the hands of someone else
38	117	Failing to give good reasons to those who are acting in a dangerous way , out of laziness or anger
39	118	Failing to repay someone who has helped you, by helping them back , out of a desire to hurt someone or out of laziness
40	119	Failing to dispel another person's grief , out of a desire to hurt someone or out of laziness
41	120	Failing to give money or other material things to someone who wants them , out of a desire to hurt someone or out of laziness
42	121	Failing to fill the needs of your circle of disciples , out of a desire to hurt someone or out of laziness
43	122	Failing to get along with someone , out of a desire to hurt someone or out of laziness
44	123	Failing to praise someone's good qualities , out of a desire to hurt someone or out of laziness
45	124	Failing to cut someone off when the time has come to do so , due to mental afflictions or laziness
46	125	Failing to use your supernormal powers to threaten someone or such when needed

C. Secondary offenses against the precepts of the prayer for the wish for enlightenment

	126	Failing to support those to whom it would be proper to support, with Dharma
	127	Failing to support those whom it would be proper to support, with material things
	128	Failure to let go of your anger about something someone else has done to hurt you
	129	Discriminating between people, in the sense of liking some and disliking others
	130	Failing to take yourself to a holy lama
	131	Giving up the practice of learning
	132	Giving up the practice of contemplating upon what you have learned
	133	Failing to have helping others in mind as you partake of food or clothing or other things you make use of
	134	Engaging in any virtuous activity without having in mind the wish to reach enlightenment for the sake of every living being

D. The black and white deeds (antidotes)

	135	The black deed of intentionally deceiving your lama, or those to whom we make offerings, or any such person, by lying to them
	136	The white deed of never intentionally speaking a lie, even if only in jest, to any single living being there is
	137	The black deed of causing another person to regret some virtuous deed they have done
	138	The white deed of bringing a person that you are cultivating to strive for total enlightenment, rather than bringing them to the path of of the lower way

	139	The black deed of saying something unpleasant to a bodhisattva out of anger
	140	The white deed of trying to conceive of every sentient being as the Teacher himself, and to see all beings and things as totally pure
	141	The black deed of acting in a devious way with any living being, without any sense of personal responsibility for their enlightenment
	142	The white deed of maintaining an attitude of total honesty towards every living being, free of any kind of deception

IV. LIFETIME LAYPERSONS VOWS

1	143	Not killing a human or any human fetus
2	144	Not stealing anything of value
3	145	Not lying about your spiritual realizations
4	146	Not committing adultery
5	147	Not taking alcohol or intoxicants