

<u>I. THE REFUGE COMMITMENTS</u>		
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	
<u>II. THE VOWS OF FREEDOM</u>		
Refraining from:		
13	Killing	
14	Stealing	
15	Sexual misconduct	
16	Lying	
17	Divisive talk	
18	Harsh words	
19	Useless talk	

20	Craving	
21	Ill-will	
22	Wrong views	
<u>III. THE VOWS OF THE BODHISTTVA</u>		
<u>A. Root downfalls</u>		
23	Praising yourself, out of attachment to gain or honor	
24	Criticizing others, out of attachment to gain or honor	
25	Failing to give Dharma, due to feelings of possessiveness	
26	Failing to give material assistance, due to feelings of possessiveness	
27	Failing to accept someone's apology	
28	Striking another	
29	Giving up the greater way	
30	Teaching false Dharma	
31	Stealing what belongs to the Buddha Jewel	
32	Stealing what belongs to the Dharma Jewel	
33	Stealing what belongs to the Sangha Jewel	
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	
37	Taking away the golden robes, beating, or incarcerating an ordained person	
38	Removing someone from the status of an ordained person	
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	
44	Holding wrong views	

45	Destroying towns	
46	Destroying cities	
47	Destroying whole areas	
48	Destroying entire countries	
49	Teaching emptiness to a person who is not mentally prepared	
50	Causing a person to turn from total enlightenment	
51	Causing a person to give up the morality of freedom	
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	
54	Professing the complete opposite by saying you have seen emptiness directly when you have not	
55	Accepting what belongs to the Jewels, to the Sangha, or to an individual monk when someone presents it to you	
56	Rejecting the practice of quietude, and giving the possessions of meditators to those whose practice is recitation	
57	Discarding the wish for enlightenment	
<u>B. Secondary Offenses</u>		
58	Failing to make offerings to the Jewels through the three doors of expression	
59	Allowing thoughts of desire to go on	
60	Failing to pay respect to those who have taken the precepts of the bodhisattva before you	
61	Failing to answer questions, out of anger or laziness	
62	Failing to accept an invitation, out of pride, or a wish to hurt someone, anger or laziness	
63	Failing to accept gold 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	
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	
65	Rejecting persons with sullied morality, out of a desire to hurt them, or out of anger or laziness	
66	Failing to follow the rules of the teachings on discipline which leads other persons to develop faith	

67	Performing deeds which are only of lesser benefit for all living beings	
68	Failing to break a rule out of compassion	
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	
74	Forgetting yourself and acting wild, or getting others to act wild, and so on	
75	Thinking that you only have to travel through the circle of suffering life	
76	Failing to put a stop to rumors about yourself	
77	Failing to correct someone when it must be done in a negative way	
78	Losing four points of practice of virtue by responding to scolding with scolding	
79	Losing the four points of the practice of virtue by responding to anger with anger	
80	Losing the four points of the practice of virtue by responding to being beaten by beating	
81	Losing the four points of the practice of virtue by responding to being criticized by criticizing	
82	Simply ignoring those that 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	
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	
84	Allowing thoughts of anger to go on	
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	
86	Failing to dispel your laziness and the like	
87	Spending time with busy talk because you enjoy it	
88	Failing to seek the meaning of meditative concentration, out of a desire to hurt someone, or laziness	

89	Failing to purge yourself of the meditation obstacle of 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	
94	Considering the pleasant sensation of meditation to be an important personal attainment	
95	Rejecting the way of the listeners	
96	Making efforts in the scriptural collection of the listeners, when you have an opportunity to exert yourself in the scriptural collection of the bodhisattvas	
97	Making efforts in non-Buddhist texts where no efforts should be made	
98	Being attracted to non-Buddhist texts, even in a case where one must make efforts	
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"	
103	Praising oneself out of pride or anger	
104	Criticizing others out of pride or anger	
105	Not going to hear the Dharma out of pride or laziness	
106	Focussing on the vessels and the letters, by focusing on the teacher not the teaching	

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 (as long as it is not something harmful), 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 anger	
113	Failing to assist someone in need who is planning a virtuous event of some kind, out of laziness or anger	
114	Failing to assist someone in need who is undertaking some more general virtue, out of laziness or anger	
115	Failing to serve the sick, out of laziness or anger	
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	
117	Failing to give good reasons to those who are acting in a dangerous way, out of laziness or anger	
118	Failing to repay someone who has helped you, by helping them back, out of a desire to hurt someone or out of laziness	
119	Failing to dispel another person's grief, out of a desire to hurt someone or out of laziness	
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	
121	Failing to fill the needs of your circle of disciples, out of a desire to hurt someone or out of laziness	
122	Failing to get along with someone, out of a desire to hurt someone or out of laziness	
123	Failing to praise someone's good qualities, out of a desire to hurt someone or out of laziness	

124	Failing to cut someone off when the time has come to do so, out of mental afflictions or laziness	
125	Failing to use your supernormal powers to threaten someone or such when needed	
<u>C. Secondary offenses against the precepts of the prayer for the wish for enlightenment</u>		
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	
<u>D. The black and white deeds</u>		
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 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	
LIFETIME LAYPERSON'S VOWS		
L1	Not killing a human or any human fetus	
L2	Not stealing anything of value	
L3	Not lying about your spiritual realizations	
L4	Not committing adultery	
L5	Not taking alcohol or intoxicants	