



新加坡大乘禅寺
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Connecting All With Divine Hearts
心系慈爱心

Confession of Downfalls to the Thirty-Five Buddhas



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Begin by visualizing the Thirty-Five Confession Buddhas in the space in front of you. Think of all the negative karma you have created in this and in all previous lives and generate the four opponent powers in your mind.

The four opponent powers used to purify non-virtuous imprints on the mindstream. They are: 1) the *power of the object*, taking refuge in the Three Rare Sublime Ones and generating bodhicitta; 2) the *power of regret*, feeling deep regret for the negativity committed; 3) the *power of resolve*, determining not to repeat that negativity; and 4) the *power of remedy*, a practice such as Vajrasattva that effectively acts as an antidote to the negativity.

Visualization at the beginning of the practice

Visualize in the space in front of you your Guru in the aspect of Shakyamuni Buddha, with thousand-arm Chenrezig at his heart. At the heart of thousand-arm Chenrezig is the syllable Hrih, from which beams of light emanate, forming six rows in the space below. At the end of each beam is a throne supported by elephants and adorned with pearls. On each throne is seated a buddha.



In the first row are six buddhas, *blue* in colour and in the aspect of **Akshobhya**, (*The left hand in his lap in the gesture of meditative equipoise, the right hand in the earth-touching gesture*)

with the exception of the third buddha, **King Lord of the Nagas**, who has a *blue*-coloured body, but a *white* head. (*Both of his hands are folded together at his heart*)



In the second row, there are seven buddhas, *white* in colour and in the aspect of **Vairochana**. (*Both of his hands at the heart, the index fingers extended*)



In the third row are seven buddhas, *yellow* in colour and in the aspect of **Ratnasambhava**. (*His left hand is in meditative equipoise, and his right hand is in the gesture of giving*)



In the fourth row are seven buddhas, *red* in colour and in the aspect of **Amitabha**. (*Both of his hands in meditative equipoise on his lap*)

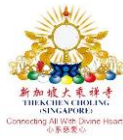


In the fifth row there are seven buddhas, *green* in colour and in the aspect of **Amoghasiddhi**. (*His left hand is in meditative equipoise and his right arm is bent at the elbow with the palm facing outwards*)

These are the thirty-five Confession Buddhas. Each one is in the posture of that particular dhyani buddha. In the final row are the **Medicine Buddhas**.

Think that each one of these buddhas is the embodiment of all three times', ten directions' Buddha, Dharma, Sangha, and all statues, stupas, and scriptures. Think they embody all holy objects, whose essence is the Guru. Have complete faith that each one has the power to purify all your negative karmas and imprints, accumulated since beginningless time.

Now imagine that you emanate numberless bodies, and that as you prostrate, all these bodies prostrate along with you from all directions, covering every atom of the earth.



To increase the benefit of each prostration, first recite the following mantras while making prostrations:

Chom Den Day De Zhin Sheg Pa Dra Chom Pa Yang Dag Par
Dzog Pei Sang Gye Rinchen Gyaltshan La Chag Tshal Lo
(x 3 or 7)

Om Namo Bhagavate Ratna Ketu Rajaya / Tathagataya Arhate
Samyak Sambuddhaya Tadyatha Om Ratne Ratne Maha Ratne
Ratna Bija Ye Svaha
(x 3 or 7)

Om Namo Manjushriye, Namah Sushriye, Nama Uttama Shriye
Svaha
(x 3)

Continue to prostrate while reciting refuge, 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.
(x 3)

1) To the founder, bhagavan, tathagata, arhat, perfectly completed buddha, glorious conqueror Shakyamuni Buddha, I prostrate.

2) To Tathagata Thoroughly Destroying with Vajra Essence, I prostrate.

3) To Tathagata Radiant Jewel, I prostrate.

4) To Tathagata King, Lord of the Nagas, I prostrate.

5) To Tathagata Army of Heroes, I prostrate.



- 6) To Tathagata Delighted Hero, I prostrate.
- 7) To Tathagata Jewel Fire, I prostrate.
- 8) To Tathagata Jewel Moonlight, I prostrate.
- 9) To Tathagata Meaningful to See, I prostrate.
- 10) To Tathagata Jewel Moon, I prostrate.
- 11) To Tathagata Stainless One, I prostrate.
- 12) To Tathagata Bestowed with Courage, I prostrate.
- 13) To Tathagata Pure One, I prostrate.
- 14) To Tathagata Bestowed with Purity, I prostrate.
- 15) To Tathagata Water God, I prostrate.
- 16) To Tathagata Deity of the Water God, I Prostrate.
- 17) To Tathagata Glorious Goodness, I prostrate.
- 18) To Tathagata Glorious Sandalwood, I prostrate.
- 19) To Tathagata Infinite Splendor, I prostrate.
- 20) To Tathagata Glorious Light, I prostrate.
- 21) To Tathagata Sorrowless Glory, I prostrate.
- 22) To Tathagata Son of Non-craving, I prostrate.



- 23) To Tathagata Glorious Flower, I prostrate.
- 24) To Tathagata Pure Light Rays Clearly Knowing by Play, I prostrate.
- 25) To Tathagata Lotus Light Rays Clearly Knowing by Play, I prostrate.
- 26) To Tathagata Glorious Wealth, I prostrate.
- 27) To Tathagata Glorious Mindfulness, I prostrate.
- 28) To Tathagata Glorious Name Widely Renowned, I prostrate.
- 29) To Tathagata King Holding the Victory Banner of Foremost Power, I prostrate.
- 30) To Tathagata Glorious One Totally Subduing, I prostrate.
- 31) To Tathagata Utterly Victorious in Battle, I prostrate.
- 32) To Tathagata Glorious Transcendence Through Subduing, I prostrate.
- 33) To Tathagata Glorious Manifestations Illuminating All, I prostrate.
- 34) To Tathagata All-Subduing Jewel Lotus, I prostrate.
- 35) To Tathagata, arhat, perfectly completed buddha, King of the Lord of Mountains Firmly Seated on Jewel and Lotus, I prostrate. (x 3)

The Seven Medicine Buddhas

- 1) To Bhagavan, Tathagata, arhat, perfectly completed buddha, Renowned Glorious King of Excellent Signs, I prostrate.
- 2) To Bhagavan, Tathagata, arhat, perfectly completed buddha, King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, I prostrate.



- 3) To Bhagavan, Tathagata, arhat, perfectly completed buddha,
Stainless Excellence Gold, Illuminating Jewel Who Accomplishes
All Conduct, I prostrate.
- 4) To Bhagavan, Tathagata, arhat, perfectly completed buddha,
Glorious Supreme One Free from Sorrow, I prostrate.
- 5) To Bhagavan, Tathagata, arhat, perfectly completed buddha,
Melodious Ocean of Proclaimed Dharma, I prostrate.
- 6) To Bhagavan, Tathagata, arhat, perfectly completed buddha,
Clearly Knowing by the Play of Supreme Wisdom of an Ocean of
Dharma, I prostrate.
- 7) To Bhagavan, Tathagata, arhat, perfectly completed buddha,
Medicine Guru, King of Lapis Lazuli Light, I prostrate.



The Confession Prayer

All those (you thirty-five buddhas) and others, as many tathagatas, 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,
- In the preta realm,
- In irreligious countries,
- As Barbarians,
- 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; 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.

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 human – those who are living in the present time, those who have lived in the past, and those who will like-wise come - to all those who have qualities as vast as an infinite ocean, with my hands folded in respect, I approach for refuge.



Dedication Prayer

"Due to all the merits collected by having done prostrations, made offerings, confessed, rejoiced, requested the gurus to have stable lives and to turn the Dharma Wheel, may I & all sentient beings achieve Enlightenment in this life time."

May the supreme jewel bodhichitta not yet born arise and grow,
May that born never decline but increase forever more.

Just as the brave Manjushri and Samantabhadra, too,
Realized things as they are,
I, too, dedicate all these merits in the best way,
That I may follow their perfect example.

I dedicate all these roots of virtue
With the dedication praised as the best
By the victorious ones thus gone of the three times,
So I might perform good works.

Due to all these merits, may all the father and mother sentient beings,
Have all happiness, and may all the lower realms be empty forever.
Wherever there are bodhisattvas, may all their prayers be accomplished immediately.
May I cause all this by myself alone.

(You may add in your own dedication)

May All Be Auspicious!