

## THE VIETNAMESE SANGHA CONGREGATION IN AMERICA QUAN AM NAM HAI MONASTERY Mindfulness Meditation Practice Center

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## **Twelve Aspiration Vows With Amitabha Buddha** Compiled by Grand Master Most Venerable Thich Tinh Tu

- With great respect, we take refuge with Amitabha Buddha. We aspire to recite your name now and forever after. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 2. With great respect, we take refuge with Amitabha Buddha. We aspire to cultivate understanding and compassion. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 3. With great respect, we take refuge with Amitabha Buddha. We aspire to live happily and peacefully in each moment. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 4. With great respect, we take refuge with Amitabha Buddha. We aspire not to act maliciously but to protect and love all beings. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- With great respect, we take refuge with Amitabha Buddha. We aspire to speak lovingly and to embrace all lives. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 6. With great respect, we take refuge with Amitabha Buddha. We aspire to think, to speak, and to act in such a way that we cause no suffering to any being under any circumstance. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- With great respect, we take refuge with Amitabha Buddha. We aspire to fully practice the precepts that have been transmitted to us. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 8. With great respect, we take refuge with Amitabha Buddha. We aspire to practice deep listening and practice forgiveness. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)

9. With great respect, we take refuge with Amitabha Buddha. We aspire not to be attached to the 5 worldly sensual desires (money, sex, fame, gluttony, and laziness) but to live modestly.
Homage to the Great Merciful and Great Compassionate Amitabha Buddha (prestrate)

Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (prostrate)

- 10. With great respect, we take refuge with Amitabha Buddha. We aspire to end all afflictions and karmic negativity. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 11.With great respect, we take refuge with Amitabha Buddha. We aspire to spread our loving-kindness to the earth and all of its components and to all sentient beings. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)
- 12. With great respect, we take refuge with Amitabha Buddha. We aspire to be reborn into the Pureland.Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (*prostrate*)

## **Aspiration Vow**

We vow to be reborn in the Western Paradise Pureland And to take refuge with Amitabha Buddha-The One with infinite life and fully liberated. We vow to be your student and not get stuck in the teachings. Our body dwells on the nine lotus grades. The mind of lapis lazuli light shines deeply. Given the suffering of the birth and death cycle in the Six Realms, We vow to end all wrong doings So we may reborn in the Pureland. The nine lotus grades are like our father and mother. Wisdom and compassion are fulfilled. We commit to return to Samsara to help all beings as they cross to the other side of the shore. May Amitabha Buddha be our witness. Wholeheartedly we make this commitment and vow to all sentient beings. Homage to the Great Merciful and Great Compassionate Amitabha Buddha. (3 times)