

The Aspiration Prayer of Maitreya

I prostrate to all the buddhas
And to the bodhisattvas,
Endowed with the divine eye of the sages,
And to the sravakas as well.

I prostrate to bodhicitta
Which counteracts [birth in] all lower realms,
Perfectly shows the path to the higher realms,
And leads to no ageing nor death.

Whatever negative actions I have done
Under the influence of an [afflicted] mind,
In the presence of the buddhas,
I fully acknowledge them [all].

By the accumulation of any merit I have created
Through the three kinds of activities,
May my seed of omniscience [grow]
And may I [attain] awakening that never ends.

Whatever offerings to the buddhas
[That can be found] in realms of the ten directions
Are known to the buddhas who rejoice in them;
I rejoice in [all] these [offerings].

I fully acknowledge all negative actions
[And] rejoice in all merit.
I prostrate to all the buddhas.
May I attain supreme primordial wisdom.

I earnestly request the bodhisattvas,
Who reside on the ten levels
In all the direction of the [worlds in the] ten directions,
To awaken into supreme enlightenment.

Once you have awakened into genuine enlightenment
And tamed the maras and their hordes,
May you turn the wheel of Dharma
So that all living beings may be healed.
With the sound of the great Dharma drum
May you free all sentient beings who are suffering.

Throughout inconceivable millions of kalpas
May you remain and teach the Dharma.
Mired in the swamp of desire,
Entangled in the strands of cyclic existence,
I am fettered by all that binds.
I supplicate those, supreme among humans, to look upon me.

The buddhas do not blame
Sentient [beings] who are flawed.
With a loving heart for all sentient beings,
May [the buddhas] free them from the ocean of cyclic existence.

Any perfect buddhas who are present,
Those who have passed away, and those yet to come,
May I train following in their way
And engage in enlightened conduct.

Having perfected the six paramitas,
May I liberate the six [families of] sentient beings.
Having actualized the six extraordinary faculties

May I reach unexcelled enlightenment.

[Future phenomena] are not born and [those past] will not occur;
[Present phenomena] have no [inherent] nature. There is no [actual] location.
There is no perception; there are no [outer] things.
May I realize the dharma[dhatu] which is empty.

According to the buddhas, the great sages,
There are no [truly existent] sentient beings nor life force;
There is no [truly existent] individual [and] no nurturing [of a self].
May I realize the dharma[ta] where the self is not present.

An entity [such as] grasping onto a self and "mine"
Is not present within any [of the paramitas]
To benefit all sentient beings,
May I give with generosity free of avarice.

Since things do not exist as entities,
May my wealth appear spontaneously.
Since all things totally disintegrate,
May I perfect the paramita of generosity.

Endowed with a flawless ethics [that is guided by] rules,
And an ethics that is completely pure,
With an ethics free of an arrogant mind
May I perfect the paramita of ethics.

Just as the elements of earth, water, fire, and wind,
[Bodhisattvas] do not remain [caught by mental constructs];
[By attaining] patience, anger never arises,
May I perfect the paramita of patience.

Through [the power of] previous perseverance
Having become stable, enthusiastic, and free of laziness,
And through a strong body and mind,
May I perfect the paramita of perseverance.

Through the samadhi [where all] is illusion-like,
Through the samadhi of the hero's stride,
And through the samadhi that is like a vajra,
May I perfect the paramita of meditative concentration.

Through actualizing the three gates of full liberation,
The equal nature of the three times,
And the three types of knowing as well,
May I perfect the paramita of prajna.

Through persevering in a bodhisattva's [practice],
[May I attain] the [kaya] praised by all the buddhas,
The luminous [kaya], and the kaya blazing with majesty.
[Thus] may my intention be fulfilled.

May [I be like] the famed Maitreya,
Who engaged in such a practice,
Perfected the paramitas,
And perfectly abides at the zenith of the tenth level.

Excerpt from the translation by Michele Martin with the assistance of Karl Brunnholz and Chryssoula Zerbini under the guidance of Khenpo Tsultrim Gyamtso Rinpoche. For the complete text with commentary, please contact:

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