Maitreya’s Aspiration

from the Words of the Buddha

Ananda, in the past, when the bodhisattva mahāsattva Maitreya was engaged in the bodhisattva practices, he would drape his upper robes over one shoulder, bend his right knee to the ground, and join his palms together, three times a day and three times a night. He would then concentrate on all the buddhas and make the following aspiration:

Homage to all buddhas!

Homage to the bodhisattvas

Who possess the divine vision of seers,
And homage to the hearers as well.

Homage to bodhicitta, the heart of awakening,
That keeps the lower realms at bay,
That shows us the way to the higher realms,
And leads us to a state beyond ageing and death.

I go before the awakened ones
To confess any and all misdeeds
That I may have committed
While under the sway of mind.

May all merit accrued
sönam tsok ni kyepa dé
Through the three kinds of actions

dak gi künkhyen sabön té
Become a seed for my omniscience

dak gi changchub mizé shok
And inexhaustible awakening.

chok chu dak gi shyingkham su
The buddhas are aware and rejoice in any offering

sangye chöpa gang jungwa
Made to the awakened ones

sangye khyenpé yirangwa
Throughout the buddhafields of the ten directions,

dela dak ni yi rang ngo
And so do I too rejoice.

dikpa tamché shakpar gyi
I hereby confess all negative actions.

sönam kün la yi rang ngo
I hereby rejoice in everything meritorious.

sangye kün la chaktsal la
I hereby pay homage to all buddhas.
dak ni yeshe chok tob shok
May I attain the supreme wisdom state.

chok chu dak gi chok nam na
I exhort each and every bodhisattva

sa chu dak la nepa yi
Dwelling in the ten directions

changchub sempa changchub chok
And upon the ten bodhisattva levels

tsanggya gyipar kulma deb
To awaken now to supreme enlightenment.

changchub dampar sangyé shing
And, as they awaken to sublime enlightenment,

dé dang chepé dü tul né
May they turn the wheel of Dharma

sokchak kün la men ledu
So as to tame the demons and all their hordes,

chö kyi khorlo kor gyur chik
And bring benefit to every living being.

chö nga chenpö dra yi ni
May the beat of the great drum of Dharma
dukgal semchen tar gyi shok
Free beings from their suffering.

kalpa jewa samyé su
For unimaginable billions of eons,

chö tön dzé ching shyuk gyur chik
May the awakened ones teach Dharma and remain.

döpé dam du jing gyur ching
I beg you, best of humans,

sepé sebü dam chingpa
Look upon us drowning in the mud of desires,

chingwa kün gyi ching dak la
Bound by the ropes of craving,

kang nyi chok nam zik su sol
And in other ways absolutely trapped.

sem kyi drimar gyurpa la
May the buddhas not level criticism

sangye nam ni mö mi dzé
Against those of impure minds.

semchen nam la jam tukden
Instead, may they give love to beings.
sipé tso lé drolwar shok
And free them from the ocean of existence!

dzokpé sangye gang shyuk dang
May I train in the likeness

gangdak dé dang majönpa
Of the perfectly awakened buddhas

dedak jesu dak lob ching
Of the present, past, and future,

changchub chepa chö gyur chik
And uphold the bodhisattva conduct.

parol chin druk dzok gyi né
May I bring to completion the six perfections

dro druk semchen tar gyi shok
And lead, to the end, the six classes of beings.

ngönshé drukpo ngön gyi né
May I manifest at last the six super-knowledges

lamé changchub rek gyur chik
And reach the unsurpassed state of awakening.

makyepa dang minjung dang
May I realize the truth of emptiness
rangshyin ma chi né ma chi
In which all is birthless and non-arising,

namrik ma chi ngö ma chi
Without intrinsic nature, without location,

tongpé chô ni tokpar shok
With neither mental process nor substance.

sangye drangsong chenpo tar
Just like the great sage, the Buddha himself,

semchen ma chi sok ma chi
May I realize the truth of selflessness

gangzak ma chi so ma chi
In which beings do not exist, nor any living things,

dak machipé chô tok shok
Nor an individual, nor any kind of person.

dakdzin dakgir dzinpa yi
May I practice generosity free from stinginess

ngöpo kün la mi nepar
Without entertaining any notion of substantiality,

semchen kün la pen ledu
Nor any belief in the self nor egoistical clinging,
So that the benefit may reach all beings.

Since material things do not exist concretely,
May all my needs be spontaneously met.
Since all material things are subject to decay,
May I master the perfection of generosity.
With discipline completely flawless,
Discipline that is perfectly pure,
And discipline devoid of arrogance,
May I master the perfection of discipline.
With absence of anger—in other words, with patience,
Akin to how the earth, water, and fire elements,
and the wind element as well, dwell not anywhere,
May I complete the perfection of patience.

With persistent application of diligence
May I be ever joyful and free from laziness,
And with strength in both body and mind
May I complete the perfection of diligence.

With illusion-like meditative concentration,
And bravery-inspiring meditative concentration,
And vajra-like meditative concentration,
ལས་སུན་དབང་ཕྲྲི་ལེགས་གཅོད།

samten parol chin dzok shok
May I master the perfection of meditation.

དུས་སྟེང་བགྲིཞི་གྱིས་མིན་ཏུ་འོངས།

nampar tarpé go sum dang
Acting with the three gates of liberation,

དྱུང་བྱི་བགྲིཞི་དང་དྲུག་དང་ཡང་།

du sum nyampa nyi dang yang
With the equality of the three times,

རིག་སུན་ཞུམ་གྱི་ལམ་ལྕགས་པ་དང་།

rik sam ngönsun gyipa yi
And the threefold knowledge,

ཤིགས་པར་ཐུབ་པ་ཤོགས་མིན་པ་དང་།

sherab parol chin dzok shok
May I master the perfection of wisdom.

སངས་སྟེང་སྐན་ིས་བགྲིཞི་དང་།

sangye kün gyi ngakpa dang
May I be praised by all buddhas

ཐོག་པ་དྲུག་དང་བརྡ་བ་དང་།

ö dang ziji barwa dang
As I beam with light and splendour,

གྲངས་ཆུབ་སེམས་དཔོན་ལྕགས་གྱིས།

changchub sempé tsönndrü kyi
And with the diligence of a bodhisattva

དབྱངས་འཕྲིན་ཐུབ་ཀྱི་ཚོགས་ཅི།

dak gi sampa dzok gyur chik
May all my aims be accomplished.

དེ་ཁྲིའི་ཆེ་བ་ཆེ་བ་འཞིང་།

detar chepa chö jé ching
As I engage in this very conduct,
jampa drak dang denpa yi
May I, the one known as Maitreya,
parol chin druk dzok gyi né
Bring to completion the six perfections
sa chupo la rabtu né
And reach the ten bodhisattva levels.

Additionally²

di né shi pö gyur ma tak
At the very moment I pass away,
ganden kyé né yiga bar
May I joyfully take rebirth in Tuṣita Heaven
nyurdu jam gön nyé jé né
And, swiftly delighting the Lord Maitreya,
changchub lungten tobpar shok
Receive his prophecy of my awakening.


1. ↑ In this paragraph the Buddha Śākyamuni addresses his foremost disciple Ānanda, and recounts the following aspiration made by the Buddha Maitreya, when he was on the bodhisattva path.

2. ↑ The following four lines are commonly added to the end of Maitreya’s aspiration.