

HERE-IN RESIDES THE GENERAL CONFESSION  
"VAJRA-HOLDER" AND "MASTER-QUEEN"

U Hoo La! O great Vajra holding lama etc., all Buddhas and Bodhisattvas residing in the 10 directions, and all the venerable Sangha members, pay me heed!

I by the name of \_\_\_\_\_, during the round of lives from beginningless time up until now, have performed the 10 non-virtuous reckless acts through body, speech and mind, under the influence of the emotional obstructions of lust, hatred and stupidity; and I have performed the 5 despicable deeds; and also the 5 next (worse) acts; have broken the Vinaya vows; have broken the Bodhisattva's promises; and have broken the fidelity of the Secret Mantra; have been disrespectful to mother and father and I have been disrespectful to the teacher and the head lama, and I have not respected those friends who have taken the same instructions as me. I have performed harmful acts to the Three Precious Jewels; I have cast off the pure Dharma and cursed the venerable Sangha, done harmful things to sentient beings, and etc. I have performed the whole conglomeration of unvirtuous reckless acts, and I have commissioned others to do these acts. I have taken pleasure in these acts of others, etc.

In brief, having become an obstacle for liberation and the higher states, and all the conglomeration of mistakes and falls of being the cause for the Samsara and the lower realms - I confess it in the presence of the great Vajra holding lamas, the Buddhas residing in the ten directions, all the Bodhisattvas and the venerable Sangha.

Nothing is hidden! (All is) confessed! In the future I will act with restraint. Since I have confessed, I will reach to the state of bliss. If I did not confess that would not be so!

Oh master Buddha king, the protector of all beings, you who makes effort for the sake of protecting beings. With great power you clear out all fears. From today I take refuge (in you, the Buddha). The Dharma that was intuited by you clears out the miseries of the Samsara. And to the assembly of Bodhisattvas I also take refuge, perfectly. Because my fears have overpowered me, I offer myself to Samantabhadra and also to Manjusri. I myself offer my own body. To Chenresig the protector, whose compassionate action has no delusions, I humbly cry out: Please protect the sinful me! From my heart I cry out, search for protection in all the great protectors, such as the venerable Sky Essence and the Earth Essence also. I take refuge in Vajra Holder, who, upon being seen by the messengers of Yama, scatters them in the four directions.

I broke my promises before, but now, having perceived my fears, I take refuge in you. Please quickly clear all my fears.