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SOJONG

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“ONE DAY SOJONG OBSERVATION”



*Refuge & Bodhicitta*

In the Buddha, Dharma and Sangha, I take refuge until enlightenment is won; By the merit of giving and the other virtuous deeds, may I attain Buddhahood for the sake of all beings.

(3 times.)



*Mandala Offering*

This is the ground anointed by scented waters, bestrewn with flowers, beautified by Sumeru, four continents, the sun and moon. By directing this offering to the realm of the Buddhas, may all beings dwell in the pure lands.



*Invocation*

*(Fold hands at heart and kneel on the right knee. Do this to page 20)*

Take heed of me all the Buddhas and  
Bodhisattvas in the ten directions!

Just as previously blessed tathagatas, arhatas,  
and perfectly and fully enlightened Buddhas



who are like the all-knowing horse and great elephant, those who have accomplished one's work and who do the work of others, who have left the load, who have gained one's purposes, whose samsaric afflictions have been exhausted, who have perfect speech, perfectly liberated mind, and per-



fectly liberated wisdom, who for the sake of all beings, in order to benefit them, in order to liberate them, in order to free them from famine, in order to free them from illness, in order to accomplish the enlightened aspects of Dharma and in order to realize the unsurpassable, perfectly and fully enlight-



ened state, performed the res-toration and purification; so I, too, who am called by this name ... .. for the sake of all beings, in order to benefit them, in order to liberate them, in order to free them from famine, in order to free them from illness, in order to accomplish the enlightened aspects of



Dharma and in order to realize the unsurpassable, perfectly and fully enlightened state, will properly take the vow of the restoration and purification, beginning from this time until the sun arises tomorrow.

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From now on I will neither take life, nor take





the wealth of others, engage in sexual acts, or say untruthful words. I will completely abandon alcohol, which causes many faults. I will not use high and wide seats and mattresses; likewise, I will abandon untimely foods, perfumes, garlands, ornaments, dances and song, and the like. Just as the



arhatas never take life and so on, likewise, I abandon taking life and so on. May I quickly attain the state of excellent enlightenment. May beings who are tortured by various sufferings be freed from the ocean of worldly existence.

(3 times.)



*Recitation of the Dharani of Pure Moral Conduct*

Om Amoghaśīla Sambhara Sambhara Bhara  
Bhara Mahāśuddhasattva Padma Visbhūṣita  
Bhuja Dhara Dhara Samanta Avalokite Hūṃ  
Phaṭ Svāhā!

(3 times.)

*Dedication*

May I possess pure moral conduct, moral conduct free from flaws. May I perfect moral conduct, moral conduct free of pride.

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*“Observing One Day Sojong Precepts On Sacred Days”*

“Full Moon”, “New Moon”, “8th Day” of the Month

“Chötrul Month” – Miracle Month

“Vaishakh Month”

“Chökhör Day” – Turning of the Wheel of Dharma Day

“Lhabab Day” – Descend from Heaven

*Where, When & Who*

Practise anywhere, at home or on the road, any day, weekdays, weekends, starting at 7:00am first morning until 7:00am next morning. The Sojong can be observed by anyone who is mentally and physically fit, and are able to do so.

*How*

At 7:00am prostrate three times before the Buddha on the shrine if you have one. If you don't have one, visualize the presence of the Buddha, golden in color, emanating golden rays of light. Kneel on your right knee. Fold your hands at the heart. Take the Sojong Precepts by reading along the Sojong text. This will take you more or

less 5 minutes. Everything you need to reflect on is in the text you are reading. You are all set to go about your daily works.

*About the Precepts*

Observe 8 precepts as listed in the Sojong text. “No alcohol” includes any substance abuse. The “high and wide seats and mattresses” means sleep comfortably on the comfortable mattress on



the floor. The “untimely food” means not eating solid foods after noon. Eat breakfast around 7:30am, and lunch before or around noon. You still can drink clear juices, tea, and milk. If you are anemic please eat accordingly or according to your doctor’s guidance.

There will be no make-up, jewelery, or fancy clothes. If your work requires it make it an exception. No entertainment of any sorts,

music, videos, dances, books, magazines, newspapers and the songs alike that are frivolous in nature. If you see and hear, simply ignore them. Read books that are spiritual in nature, one that promote peace, positive attitudes, kindness and compassion, generosity, patience, meditation, prayerfulness, and wisdom. Observe strict vegetarian foods. Donate the dinner you have saved to your favorite charity or to the Vikramasila Foundation's "Mangoes" project.

*Benefits of Sojong*

You will stay healthier, lose weight, live longer, save by not eating dinner and have more to share with others who don't have enough. With less time used for preparation, you will gain more time for meaningful projects, contributes to the protection of the environments and your very peace of mind. You will, with intelligence and some luck, find new meaning, courage, confidence in simple living, from the things that we

“don’t do” and above all a dignity of a different kind that simply comes from who you are, and not what you are composed of. In short, this is Buddha’s way of reclaiming your “own nature” that experiences happiness, beauty and strong self-confidence from simply living.

*Summary*

Take Sojong at 7:00am. Eat breakfast at 7:30am and lunch at noon.

No meals after noon. Be vegetarian. No substance abuse. Do yoga. Refrain from entertainments, luxuries and amenities.

*Dedication*

Donate your savings to your favorite charity or help plant 1 million trees as part of the “Mangos” for the posterity of humanity. Your 30-day observation will help the children and teachers of the Pema Ts’al School of

India plant one mangoe tree. This is how it works. The money you would have spent on your dinner and drinks, etc. would be your donation toward the “Mangoes”. So if your typical meal is worth about \$3/ or 5/ or 10, multiply by 30. Your donation would be either \$90/ or 150/ or 300, for example.

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For more information visit our website.

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