

**Major Vows, Practices (Training), and Texts for  
Non-Buddhists, the Hinayana, and the Open and Secret Vajrayana**

	<i>Non-Buddhist</i>	<i>HINAYANA</i>	<i>OPEN MAHAYANA</i>	<i>SECRET VAJRAYANA</i>
<b>VOWS</b>	*Sometimes Take Refuge in Three Jewels	*Take Refuge in Three Jewels  *Pratimoksha Vows for Individual Liberation	*Take Refuge in Three Jewels  *Bodhisattva Vows to Liberate All Beings  *Pratimoksha Vows	*Take Refuge in Three or Four Jewels  *Tantric Vows (vary to fit practitioner's karma)  *Bodhisattva Vows to Liberate All Beings  *Pratimoksha Vows
<b>MAJOR PRACTICES Training</b>	*Four Limitless States of Mind  *Morality  *Ten Good Characteristics  *Sometimes practice forms of concentration (meditation)	*Impermanence  *Firm Belief in the Suffering of Samsara  *Cause & Effect (karma)  *Appreciation for Precious human life  *12 Links of Dependent Origination  *Four Noble Truths  *Ten Good Characteristics  *Four Limitless States of Mind  *37 Branches of Enlightenment  *Morality, Concentration, & Wisdom	*Development of Bodhichitta (Do not assume that compassion and Bodhichitta are not developed in Hinayana or Non-Buddhist traditions. You must have some Bodhichitta to become an Arahant)  *Six Paramitas  *Four All-Embracing Bodhisattva Virtues  *Five Vidyas (Healing, Art-Technology, Sound, Logic, & Inner Realization)  *Perfection of the Hinayana Practices	*Preliminary Practices (100,000 minimum)  *Various Tantric Practices (vary to fit practitioner's karma)  *Perfection of the Hinayana & Open Mahayana Practices (Although the truths of these practices may be the same in the different traditions, the levels of realization can vary. Study <i>Imparting the Absolute Truth through the Heart Sutra</i> for more.)
<b>MAJOR TEXTS</b>	*What Is Cultivation?  *SAUMOL  *Imparting the Absolute Truth through the Heart Sutra	*What Is Cultivation?  *SAUMOL  *Imparting the Absolute Truth through the Heart Sutra	*What Is Cultivation?  *SAUMOL  *Imparting the Absolute Truth through the Heart Sutra	*What Is Cultivation?  *Learning From Buddha  *SAUMOL  *Imparting the Absolute Truth through the Heart Sutra  *Tantra Practice Manuals