

Table III: Vows, Beliefs, Practices, and Texts of Buddhist and Non-Buddhist Religions

| | Non-Buddhist | Theravada | Open Mahayana | Secret Vajrayana |
|-----------------------------------|--|---|---|--|
| Buddhist Vows | | Take refuge in the Three Jewels Pratimoksha Vows for Individual Liberation | Same as Theravada Bodhisattva Vows to liberate all beings | Same as Open Mahayana, but may take refuge in the Four Jewels <i>Tantric Vows (Vary to fit practitioner's karma)</i> |
| Major Tenets/ Beliefs | | Impermanence Firm belief in the suffering of samsara Cause and Effect (KARMA) Appreciation for precious human birth | Same as Theravada | Same as Mahayana Blessings & help from Holy Beings |
| Major Practices (training) | FOUR LIMITLESS STATES OF MIND (loving kindness, compassion, empathetic joy, equanimity) Generosity, mercy, prayer MORALITY Sometimes practice forms of concentration (meditation) | 12 LINKS OF DEPENDENT ORIGINATION FOUR NOBLE TRUTHS FOUR LIMITLESS STATES OF MIND (loving kindness, compassion, empathetic joy, equanimity) 37 BRANCHES OF ENLIGHTENMENT MORALITY, CONCENTRATION & WISDOM** | FOUR LIMITLESS STATES OF MIND (loving kindness, compassion, empathetic joy, non-differentiated generosity) TEN GOOD CHARACTERISTICS DEVELOP BODHICHITTA* SIX PARAMITAS FOUR ALL-EMBRACING BODHISATTVA VIRTUES FIVE VIDYAS (Healing, Art-Technology, Sound, Logic, & Inner Realization) MORALITY, CONCENTRATION & WISDOM** | PRELIMINARY PRACTICES (100,000 minimum) VARIOUS TANTRIC PRACTICES (vary to fit practitioner's karma) <i>Perfection of the Open Mahayana Practices</i> MORALITY, CONCENTRATION & WISDOM** |
| Major Texts | <i>What Is Cultivation?</i> SAUMOL <i>Imparting the Absolute Truth through the Heart Sutra</i> | <i>Pali Suttas</i> <i>What Is Cultivation?</i> SAUMOL <i>Imparting the Absolute Truth through the Heart Sutra</i> | <i>Mahayana Sutras</i> <i>What Is Cultivation?</i> SAUMOL <i>Imparting the Absolute Truth through the Heart Sutra</i> | <i>Mahayana Commentaries & Tantras</i> <i>What Is Cultivation?</i> <i>Learning from Buddha</i> SAUMOL <i>Tantra Practice Booklets</i> <i>Imparting the Absolute Truth through the Heart Sutra</i> |

