

ཕུདྲི་ལུ་ལ་འཇུག་པ།

*pudri lu la jukpa*

4) Name and describe Vow # 27. (Tibetan Track: Name in Tibetan and describe in English.)

**27) Putting garlands on your head.**

**You break the vow referred to as “garlands” when just to please yourself, without a compelling need, you tie a string of flowers or the like around your neck or whatever for the purposes of beautification.**

སྤྲེང་བ་མགོ་ལ་འཆིང་བ།

*trengwa kola chingwa*

5) These vows all have a common theme: Discuss the theme, and give the motivation needed to break these vows (Tibetan Track: Give the Tibetan for the two motivations)

**The theme is that you waste your time trying to beautify yourself, without compelling need, just to please yourself. This wasted effort just prolongs your suffering since beauty created by jewelry, cosmetics, perfumes, and garlands is fleeting.**

དགོས་མེད།

*gume*

རང་དགར།

*rang gar*

6) How did these vows come to be written? What benefit is there for an ordained person to keep these vows?

**These vows were written because laypeople were disturbed when they saw monks and nuns acting like ordinary people. The laypeople felt that the ordained were acting just like “prostitutes and thieves”. The benefit of having these vows is that they help you spend your time on activities which will create lasting beauty, beauty which will benefit both yourself and others.**



Diamond Mountain University  
Soaring to the Top of the Sky  
Part II

Answer Key Three: Creating Lasting Beauty

1) Name and describe Vow # 24. (Tibetan Track: Name in Tibetan and describe in English.)

**24) Wearing ornaments such as necklaces and earrings.  
You break the vow called “ornaments” when you wear earrings, rings, or the like just to please yourself, without a compelling reason to do so.**

མགུལ་རྒྱ་སོགས་ལ་རྒྱན་འདོགས།

*kul na sog la gyen dog*

2) Name and describe Vow # 25. (Tibetan Track: Name in Tibetan and describe in English.)

**25) Wearing cosmetics.  
You break the vow called “cosmetics” when just to please yourself, without a compelling reason to do so, you apply cosmetics such as orange powder, by smearing them on your lips or face.**

བཞིན་གྱི་ཁ་དོག་ཅོན་སྒྲུབ།

*shin gyi kadog tsun gyur*

3) Name and describe Vow # 26. (Tibetan Track: Name in Tibetan and describe in English.)

**26) Applying perfume on the body.  
You break the vow referred to as “applying perfume” when you rub fragrant oils, such as sandalwood, or smear scented powder on your body just to please yourself, without a compelling reason to do so.**