

The Three Blessings of Pure Karma are foundational practices for all Pure Land practitioners — and indeed, for all Buddhists. They originate from the Visualisation Sutra (one of the five core Pure Land sutras), in which the Buddha expounded these teachings to Queen Vaidehi.

Those who aspire to be reborn in the Pure Land are encouraged to cultivate the Three Blessings of Pure Karma. By diligently practising them — along with Nianfo (mindful recitation of Amitabha Buddha’s name), deep faith, and sincere aspiration — one not only ensures rebirth in the Pure Land but is also likely to attain a higher grade of rebirth.

Moreover, these blessings support a more joyful, virtuous, and harmonious life in this very world. As the Buddha taught: “To refrain from all evil, to cultivate all good, and to purify one’s mind — this is the teaching of all Buddhas.”

## 净业三福

### The Three Blessings of Pure Karma

#### (The Three Pure Practices)

[from the Visualisation Sutra]

尔时世尊告韦提希：“汝今知不？阿弥陀佛，去此不远。汝当系念，谛观彼国净业成者。我今为汝广说众譬，亦令未来世一切凡夫，欲修净业者，得生西方极乐国土。欲生彼国者，当修三福：一者、孝养父母，奉事师长，慈心不杀，修十善业。二者、受持三归，具足众戒，不犯威仪。三者、发菩提心，深信因果，读诵大乘，劝进行者。如此三事，名为净业。佛告韦提希：汝今知不？此三种业，乃是过去未来现在，三世诸佛，净业正因。

At that time, the World-Honored One said to Vaidehi: "Do you now understand? Amitabha Buddha is not far from here. You should concentrate your mind and carefully contemplate the beings who have accomplished the pure karma of that land. Now I will extensively explain various examples for you, so that in the future, all ordinary beings who wish to cultivate pure karma may attain rebirth in the Western Land of Ultimate Bliss. Those who wish to be born in that land should cultivate the Three Blessings:

First, to be filial towards one's parents, to serve and respect teachers and elders, to nurture a compassionate heart and refrain from killing, and to practice the Ten Good Deeds.

Second, to receive and uphold the Three Refuges, to fully observe the precepts, and to maintain pure conduct without violation.

Third, to give rise to Bodhicitta, to have deep faith in the law of cause and effect, to read and recite the Mahayana teachings, and to encourage others to advance along this path. These three are called the pure karma (acts)."

The Buddha said to Vaidehi: "Do you understand now? These three types of karma are the right causes of pure karma for all Buddhas of the past, present, and future."