

TAKING REFUGE AND GENERATING BODHICHITTA

SANG GYA CHHO DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the buddha, the Dharma and the Supreme Assembly

DAG GI JIN SOG GYI PA SO NAM GYI

By my practice of giving and other perfections

DRO LA PHAN CHHIR SANG SYA DRUB PAR SHOG

May I become a buddha to benefit all sentient beings (x 3)

DEDICATION PRAYERS

GE WA DI YI NYUR DU DAG

Due to the merits of these virtuous actions

LA MA SANG GYA DRUB GYUR NA

May I quickly attain the state of aa Guru-Buddha

DRO WAS CHIG KYANG MA LU PA

And lead all living beings, without exception,

DE YI SA LA GO PAR SHOG

Into that enlightened state.

JANG CHUB SEM CHHOG RIN PO CHHE

May the supreme jewel bodhichitta

MAY KYE PA NAM KEY GYUR CHIG

That has not arisen, arise and grow;

KYE WA NYAM PA ME PA YI

And may that which has arisen not diminish

GONG NA GONG DU PHEL WAR SHOG

But increase more and more.

For as long as space endures

For as long as sentient beings remain

Until then may I too remain

To dispel the miseries of the world.