

Refuge & Bodhicitta

SANG GYE CHO DANG TSOK KYI NAM LA
JANG CHUB BAR DU DAK NI KYAP SU CHI
DAK GI JIN SOK GYI PE SÖ NAM KYI
DRO LA PEN CHIR SANG GYE DRUP PAR SHOK

**Until enlightenment, I go for refuge
In the Buddha, the Dharma, and the Noble Sangha.
By the merit of generosity and other virtues,
May I attain buddhahood for the benefit of beings.**

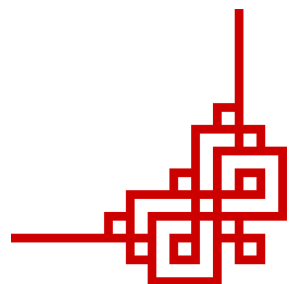
Four Immeasurables

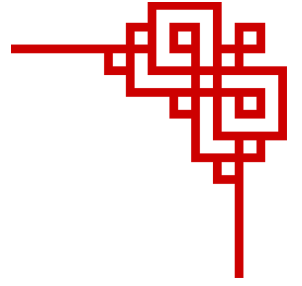
SEM CHEN TAM CHE DE WA DANG
DE WE GYU DANG DEN PAR GYUR CHIK
DUK NGAL DANG DUK NGAL GYI GYU DANG
DRAL WAR GYUR CHIK
DUK NGAL ME PE DE WA DAM PA DANG
MI DRAL WAR GYUR CHIK
NYE RING CHAK DANG NYI DANG DRAL WAR TANG NYOM
CHEN PO LA NE PAR GYUR CHIK

**May all sentient beings have happiness
And the causes of happiness.
May we be free of suffering and the causes of suffering.
May we never be separate from the highest bliss,
Which is free from suffering.
May we abide in great equanimity,
Free from attachment and aversion.**

For as Long as Space Endures

**For as long as space endures
And for as long as living beings remain
So then may I too abide
To dispel the misery of the world**





Dedication Prayers

SÖ NAM DI YI TAM CHE ZIK PA NYI
TOP NE NYE PE DRA NAM PAM JE NE
KYE GA NA CHI BA LAP TRUK PA YI
SI PE TSO LE DRO KUN NYUR DRÖL SHOK

**By this merit, may I attain omniscience.
May the enemy, wrong action, be overcome.
From the stormy waves of birth, old age, sickness, and death
May I quickly free all beings from the ocean of samsara.**

GE WA DI YI NYUR DU DAK
CHAK GYA CHEN PO DRUP GYUR NE
DRO WA CHIK KYANG MA LÜ PA
DE YI SA LA GÖ PAR SHOK

**By this virtue, may I quickly realize mahamudra
And establish all beings,
Without exception, in that state.**

JANG CHUB SEM NI RIN PO CHE
MA KYE PA NAM KYE GYUR CHIK
KYE PA NYAM PA ME PA DANG
GONG NE GONG DU PEL WAR SHOK

**Bodhichitta is precious.
May it arise in whom it has not arisen.
Once arisen, may it not diminish
But ever grow and flourish.**

