

### **Refuge & Bodhicitta**

SANG GYE CHO DANG TSOK KYI CHOK 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.**

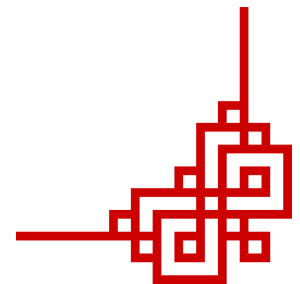
### **Four Immeasurables**

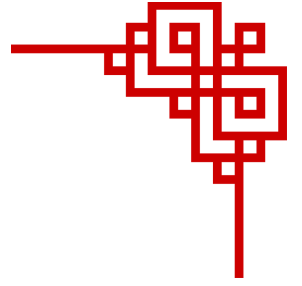
SEM CHEN TAM CHE DE WA DANG  
DE WE GYU DANG DEN PAR GYUR CHIK  
DUK NGAL DANG DUK NGAL GYI GYU DANG  
DRAL WAR GYUR CHIK  
DUK NGAL ME PE DE WA DAM PA DANG  
MI DRAL WAR GYUR CHIK  
NYE RING CHAK DANG NYI DANG DRAL WAR TANG NYOM  
CHEN PO LA NE PAR GYUR CHIK

**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.**

