

Refuge & Bodhicitta

SANG GYÉ CHÖ DANG TSOK KYI CHOK NAM LA

Until enlightenment, I take refuge in

JANG CHUB BAR DU DAK NI KYAB SU CHI

The Buddha, Dharma, and Sangha.

DAK GI JIN SOK GYI PAY SÖ NAM KYI

Through the merit of this practice, generosity and so forth,

DRO LA PHEN CHIR SANG GYÉ DRUB PAR SHOK

May I achieve Buddhahood for the benefit of all sentient beings.

(Repeat 3 times)

The Four Immeasurables

SEM CHEN THAM CHÉ DÉWA DANG

May all beings have happiness

DÉ WAY GYU DANG DEN PAR GYUR CHIK

And the root of happiness;

DUK NGAL DANG DUK NGAL GYI GYU DANG

May all be free of suffering

DRAL WAR GYUR CHIK

And the root of suffering;

DUK NGAL ME PAY DÉ WA DAM PA

May all never be separate from the great happiness

DANG MIN DRAL WAR GYUR CHIK

Which is beyond suffering;

NYE RING CHAK DANG DANG

May all beings have happiness equally

DRAL WAY TANG NYOM CHEN PO LA NÉ PAR GYUR CHIK

And freedom from clinging attachment, aversion and ignorance.

(Repeat 3 times)

Dedication of Merit

SO NAM DI YI TAM CHAY ZIK PA NYI

Through this goodness, may omniscience be attained.

THOB NÉ NYÉ PAY DRA NAM PAM CHAY NAY

May the enemy, mental defilements, be overcome.

JAY GA NA JI BAR LAP DRUK PA YI

May beings be liberated from the ocean of samsara,

SI PAY TSO LÉ DRO WA DROL WAR SHOK

And the stormy waves of birth, old age, illness, and death.