

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
I take refuge until I am enlightened

Jang chhub bar du dag ni kyab su chhi
In the Buddha, the Dharma, and the Supreme Assembly.

Dag gi jin sog gyi päi tshog nam kyi
By my merits of generosity and so forth,

Dro la phän chhir sang gyä drub par shog (3x)
May I become a buddha to benefit transmigratory beings. (3x)

After the teaching

Dedication Prayers

Short Long Life Prayers

For His Holiness the Dalai Lama:

Gang rii ra wä kor wäi zhing kham dir
In the land encircled by snow mountains,

Phän dang de wa ma lü jung wäi nä
You are the source of all happiness and good.

Chän rä zig wang tän dzin gya tsho yi
All-powerful Chenrezig, Tenzin Gyatso,

Zhab pä si thäi bar du tän gyur chig
Please remain until samsara ends.

Jang chhub sem chhog rin po chhe
May the supreme jewel bodhichitta

Ma kye pa nam kye gyur chig
That has not arisen, arise and grow;

Kye wa nyam pa me pa yang
And may that which has arisen not diminish

Gong nä gong du phel war shog
But increase more and more.