



Refuge & Bodhicitta

SANG-GYE CHO-DANG TSOK-GYI CHOK-NAM LA

I take refuge until I am enlightened

JANG-CHUP BAR-DU DAK-NI GYAP-SU CHI

In the Buddhas, the Dharma and the Highest Assembly

DAK-GI JIN-SOK GYI-BEI SO-NAM GYI

By the merit accumulated from practicing generosity (and other perfections)

DRO-LA PEN-CHIR SANG-GYE DRUP-BAR SHOK

May I attain the state of Buddhahood to benefit all sentient beings. (3x)

Four Immeasurable Meditations

SEM-JEN TAM-JAY DAY-WA DANG DAY-WEI GYU-DANG DEN-BAR GYUR-JIK

May all sentient being have happiness and the causes of happiness

SEM-JEN TAM-JAY DUK-NGAL DANG DUK-NGAL GYI-GYU DANG DREL-WAR GYUR JIK

May all beings be separated from suffering and the causes of suffering

SEM-JEN TAM-JAY DUK-NGAL MAY-BEI DAY-WA DANG MI-DREL-WAR GYUR-JIK

May all beings never be separated from happiness which is free from suffering

SEM-JEN TAM-JAY NYAY-RING CHAK-DANG NYI-DANG DREL-WEI DANG-NYOM-LA

NEH-BAR GYU-JIK

May all beings be separated from attachment & aversion and abide in a state of equanimity.



SHAKYAMUNI BUDDHA

JOM-DEN-DAY, DAY-SHIN SHAKE-BA, DRA-JOM-BA YANG-DAK-BAR, DZOK-BEI SANG-
GYE BEL GYAL-WA SHAKYA TUBA LA CHAK-TSAL-LO, CHOD-DO GYAP-SU-CHIO
To the Tathagata, Arhat, Perfectly Enlightened One, The Victor Shakyamuni Buddha, I prostrate,
present offerings, and go for Refuge. Please bestow your blessings!

OM MUNI MUNI MAHA MUNIYE SOHA

Dedication

GAY-WA DI-YI NYUR-DU DAK
TUB-BEI WONG-BO DRUP-GYUR NEH
DRO-WA JIK-GYANG MA-LU BA
KYOD-GYI SA-LA GO-BAR SHOK

By the merit of this practice
May we attain the realization of Buddha Shakyamuni
And may all beings without exception
Be transferred to your (enlightened) state.



CHENREZIG

GYON-GYI MA-GO KU-DOK-KAR
DZOK-SANG GYE-GYI U-LA GYEN
TUK-JAY CHEN-GYI DRO-LA ZIK
CHENREZIG LA CHAK TSAL-LO

White in color, free of all faults, crowned by Buddha (Amitabha)
Gazing compassionately upon all beings
To Chenrezig, I pay homage.

OM MANI PADME HUNG

Dedication

GAY-WA DI-YI NYUR-DU DAK
CHENREZIG WONG DRUP-GYUR NEH
DRO-WA JIK-GYANG MA-LU BA
KYOD-GYI SA-LA GO-BAR SHOK

By the merit of this practice
May we attain the realization of Chenrezig
And may all beings without exception
Be transferred to your (enlightened) state.



21 TARAS

LHA-DANG LHA-MIN JOD-PEN GYI
SHAP-GYI PEMO LA DU-NEH
PONG-PA GUN-LEH DROL-DZAY MA
DROL-MA YUM-LA CHAK-TSAL-LO

The crowns of gods & titans bow at your lotus feet
Liberator of all poverty & misfortunes
To Mother Tara, I pay homage

OM TARA TUTARRE TURE SOHA

Dedication

GAY-WA DI-YI NYUR-DU DAK
JETSUN DROLMA DRUP-GYUR NEH
DRO-WA JIK-GYANG MA-LU BA
KYOD-GYI SA-LA GO-BAR SHOK

By the merit of this practice
May we attain the realization of Arya Tara
And may all beings without exception
Be transferred to your (enlightened) state.



RITRO LOMA GYONMA

GYAL-WA KUN-GYI YESHE GYU-MA YI
CHO-TRUL NAM-BAR TRUL-BA LEH-JUNG WEI,
LHA-MO GANG-GI DRUP-BEI NEH-DON GEK
KUN-DU SHI-DZAY MA-LA CHAK-TSAL-LO

The goddess who arises from the miraculous display
Of the illusory wisdom of the Victors,
Whose accomplishments pacify obstructions, harms & disease—
To you, I pay homage.

OM PISHATSI PARNA SHAWARI SARWA DZARA PRASHA MANAYE SOHA

Dedication

GAY-WA DI-YI NYUR-DU DAK
LOMA GYONMA DRUP-GYUR NEH
DRO-WA JIK-GYANG MA-LU BA
KYOD-GYI SA-LA GO-BAR SHOK

By the merit of this practice
May we attain the realization of Loma Gyonma
And may all beings without exception
Be transferred to your (enlightened) state