

REFUGE AND THE WISH

SANG-GYE CHOE-DANG TSOG-KYI CHOG-NAM-LA

I go for refuge to Buddha, Dharma and Sangha,

JANG-CHUP BAR-DU DAG-NI KYAB-SU-CHI

Until I achieve enlightenment.

DAG-GYI JIN-SOG GYI PAI SO-NAM GYI

Through the virtues I collect by generosity and the other perfections,

DRO-LA PHEN CHIR SANG-GYE DRUP-PAR-SHOG

May I become a Buddha for the benefit of all sentient beings.

FOUR IMMEASURABLE PRAYER

SEM-CHEN THAM-CHEY DE-WA DANG DEI-WAY

GYU-DANG DEN-PAR GYUR CHIG

May all sentient beings be happy and have the causes of happiness.

SEM-CHEN THAM-CHEY DUG-NYAL DANG DUG-NYAL

GYI GYU-DANG DREL-WA GYUR-CHIG

May all sentient beings be free from suffering and the causes of suffering.

SEM-CHEN THAM-CHEY DUG-NYAL ME-PAI

DE-WA DANG MI-DREL WA GYUR-CHIG

May all sentient beings never be separated from the
happiness that is free from suffering.

SEM-CHEN THAM-CHEY NYE-RING CHAG-DANG
NYI-DANG DREL-WAI TANG NYOM-LA NEY-PAR GYUR-CHIG

May all sentient beings abide in equanimity,
free from attachment and detachment.

