

Refuge and Bodhicitta

I go for refuge until I am enlightened
To the Buddha, the Dharma and the Sangha
By practicing giving and all the perfections
May I complete the two collections of merit
and wisdom
And thereby attain the two enlightened
Bodies
To benefit all sentient beings. (3x)

Seven Limb Prayer

Reverently I prostrate with my body, speech
and mind
And present clouds of every type of offering,
actual and imagined.
I confess all my negative actions accumulated
since beginningless time
And rejoice in the virtues of all holy and
ordinary beings.
Please remain until samsara ends
And turn the wheel of dharma for all sentient
beings.
I dedicate all my virtues to the great
enlightenment.

Verses for Generating Aspirational Bodhicitta

With a wish to free all beings
I shall always go for refuge
To the Buddha, Dharma and Sangha
Until I reach full enlightenment.

Enthused by wisdom and compassion
Today in the Buddha's presence
I generate the Mind for Full Awakening
For the benefit of all sentient beings.

As long as space endures,
As long as sentient beings remain,
Until then, may I too remain
To dispel the miseries of the world.

Short Mandala Offering

SA SHI PO KYI JUG SHING MAY TOG TRAM
RI RAB LING SHI NYI DE GYEN PA DI
SANG GYE SHING DU MIG TE UL WAR GYI
DRO KUN NAM DAG SHING LA CHO PAR SHOG

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Dedication of Merit

GE WA DI YI NGUR DU DAG
LAMA SANG GYE DRUB GYUR NA
DRO WA CHIG KYANG MA LU PA
DE YE SA LA GO PAR SHOG

By the merit of these virtuous actions
May I quickly attain the state of a guru-buddha
And lead all beings, without exception
To that enlightened state.

Short Dedication Prayer

May the precious Bodhi mind
Not yet born arise and grow.
May that born have no decline
But increase forevermore.

Long Life Prayer for His Holiness the Dalai Lama

GANG RI RA WAI KOR WAI ZHING KHAM DIR
PHEN DANG DE WA MA LU JUNG WAI NA
CHEN RE ZING WANG TEN DZIN GYA TSO YI
ZHAB PAI SI THAI BUR DU TEN GYUR CHIG

In the land encircled by snow mountains
You are the source of all happiness and good
All powerful Chenrezig Tenzin Gyatso
Please remain until samsara ends.