

སྐྱབས་འགོ་དང་སེམས་བསྐྱེད།

REFUGE AND BODHICITTA

སངས་རྒྱལ་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་རྣམས་ལ།

SANG GYE CHO DANG TSOG KYI CHO NAM LA
buddha dharma and sangha of supreme, best (plural) to
assembly

To the Buddha, Dharma and Assembly of the excellent

བྱང་ཚུབ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཆི།

JANG CHUB BAR DU DAG NI KYAB SU CHI
enlightenment until I refuge for go

I go for refuge until enlightenment is gained.

བདག་གིས་སྤྱིན་སོགས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས།

DAG GI JIN SOG GYI PAI SO NAM KYI
I doing generosity other perfections doing, practicing virtue through

Through the virtue of practicing generosity and the other perfections

འགོ་ལ་ཕན་ཕྱིར་སངས་རྒྱལ་འགྲུབ་པར་ཤོག།

DRO LA PHEN CHIR SANG GYE DRUB PAR SHO
all beings to benefit in order to buddha accomplish may it happen

May I attain buddhahood for the benefit of all beings

I go for refuge to the Buddha, Dharma and Assembly of the excellent

Until enlightenment is gained.

Through the virtue of practicing generosity and the other perfections

May I attain buddhahood for the benefit of all beings.

དགེ་བསྐྱོད།
DEDICATION OF MERIT

དགེ་བ་འདི་ཡིས་སྐྱུར་དུ་བདག།

GE WA DI YI NYUR DU DAG
virtue this by quickly I

By this virtue may I quickly

པདྨ་འབྲུང་གནས་འབྲུབ་གྱུར་ནས།

PAD MA JUNG NE DRUB GYUR NAE
*Padmasambhava, established become, and then
Guru Rinpoche attain*

Attain the state of the Lotus Born and then,

འགྲོ་བ་གཅིག་ཀྱང་མ་ལུས་པ།

DRO WA CHIG KYANG MA LU PA
beings one even without exception

All beings without exception,

དེ་ཡིས་ལ་འགོད་པར་ཤོག།

DE YI SA LA GOE PAR SHO
*that of state, into place, lead may it happen
level*

May I establish them in that state.

By this virtue may I quickly

Attain the state of the Lotus Born.

Then may I establish all beings without exception

In that same state.