

སྐྱབས་འགོ་དང་སེམས་བསྐྱེད།

REFUGE AND BODHICITTA

སངས་རྒྱལ་ཚོས་དང་ཚོགས་ཀྱི་མཚོག་རྣམས་ལ།

SANG GYE CHO DANG TSOG KYI CHOG NAM LA  
buddha dharma and sangha of supreme (plural) to  
(the assembly of committed practitioners)

To the Buddha, Dharma and Assembly of the Excellent Ones

བྱང་ཚུབ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཚེ།

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་སྦྱོར་སོགས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས།

DAG GI JIN SOG GYI PAI SO NAM KYI  
I by generosity other perfections\* doing, practising virtue through  
\*discipline, patience, diligence, meditation, wisdom

Through the virtue of practising 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 Ones until enlightenment is gained. Through the virtue of practising generosity and the other perfections may I attain buddhahood for the benefit of all beings.*

ལེན་གསུམ་རྗེས། [Recite this three times.]