



Prayer of Refuge and Universal Love

SANG JAY CHÖ DANG TSOG CHI CHOK NAM LA
JANG CHUB BAR DU DAK NYI CHAB SU CHI
DAK GI JIN SOK JI PAY SO NAM CHI
DRO LA PEN CHEER SANG JAY DRUB PAR SHOK

In the Buddha, Dharma and Sangha,
We go for refuge until enlightened.
By the power of generosity and the other perfections,
May we realize Buddhahood for the benefit of all.

Dedication of the Merit

GAY WA DI YI NYUR TU DAK
DZOG PA CHENPO DRUB GYUR NAY
DRO WA CHIG CHANG MA LU PA
DAY YI SA LA GÖ PAR SHOK

By this ethical activity, may we swiftly realize
The Great Perfection,
And thereby uplift each and every being
To that same state.