

## Aspirational Bodhicitta - Verses

***[First set of three verses below to be recited together thrice]***

I go for refuge to the Triple Gem;  
I confess the negativities individually;  
I rejoice in the virtues of all the beings;  
I hold the precious Buddhahood in my heart.

I go for refuge until I am enlightened  
To the Buddha, Dharma and the supreme Sangha  
I generate the mind of Bodhicitta  
To resolutely accomplish the aims of others and myself.

Having generated the mind of supreme enlightenment (Bodhicitta),  
I invite all sentient beings to be my guests,  
And shall engage in the delightful and excellent practices of full enlightenment;  
May I become Buddha to benefit all sentient beings.

***[Second set of two verses below to be recited together thrice]***

Gurus, Buddhas and Bodhisattvas, please pay heed to me.  
Just as the previous Buddhas  
Have generated the mind of Bodhicitta,  
And just as they successively dwelt  
In the Bodhisattva practices,

Likewise, for the benefit of all sentient beings,  
I will generate the mind of Bodhicitta,  
And likewise, shall I, too,  
Successively train in the Bodhisattva practices.