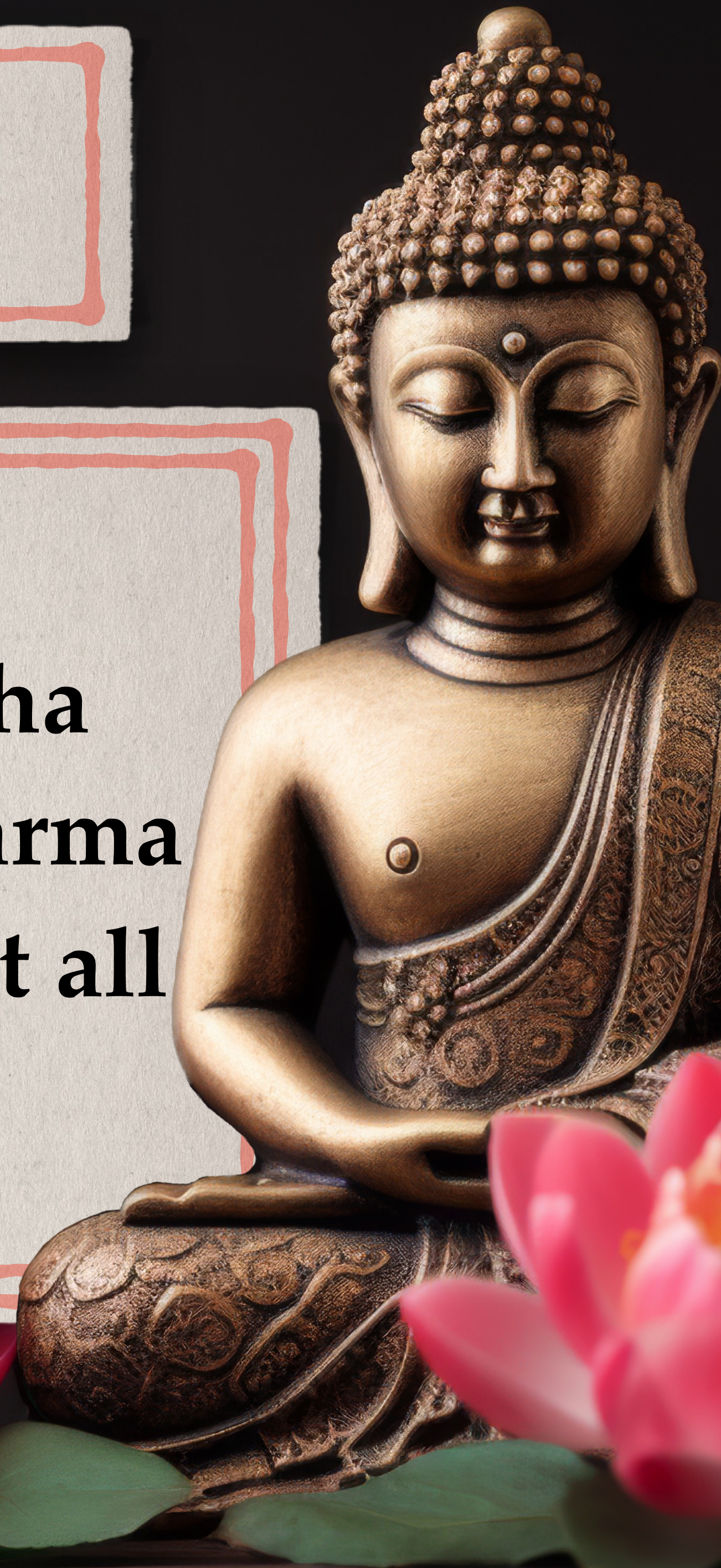






# Refuge and Bodhicitta

I take refuge until I have awakened  
In the Buddha, the Dharma and the Sangha  
By the merit I create by listening to the Dharma  
I will attain Buddhahood in order to benefit all  
sentient beings  
(Repeat 3x)





# Four Immeasurables

May all sentient beings have happiness and its causes

May all sentient beings be free of suffering  
and its causes

May all sentient beings not be separated from  
sorrowless bliss

May all sentient beings abide in equanimity, free of bias,  
attachment and anger



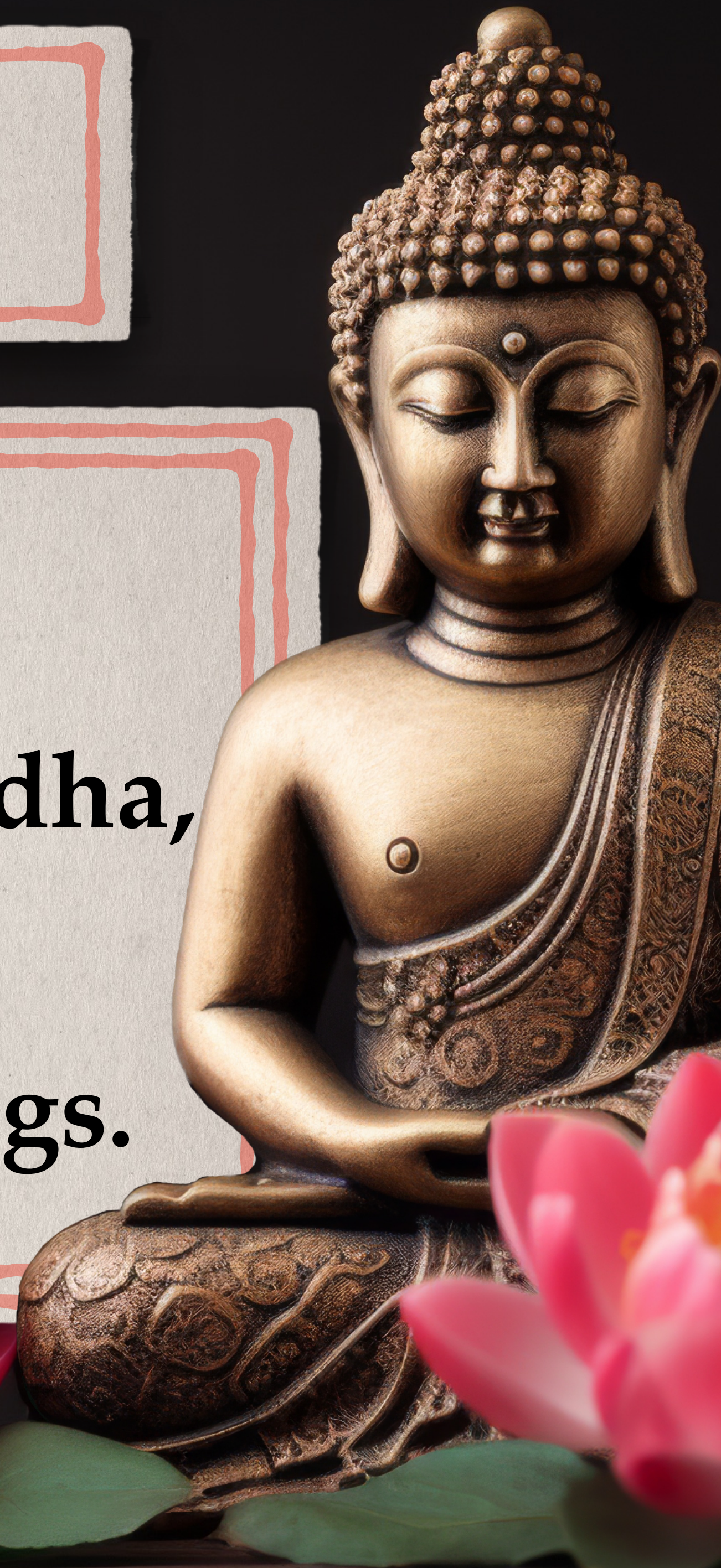






# Dedication of Merit

Due to this merit may we soon  
Attain the awakened state of Guru Buddha,  
That we may be able to liberate  
All sentient beings from their sufferings.





# Dedication of Merit

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**

**In the snowy mountain pure land  
You're the source of good and happiness.**

**Powerful Tenzin Gyatso Chenresig,  
May you stay until samsara ends.**

