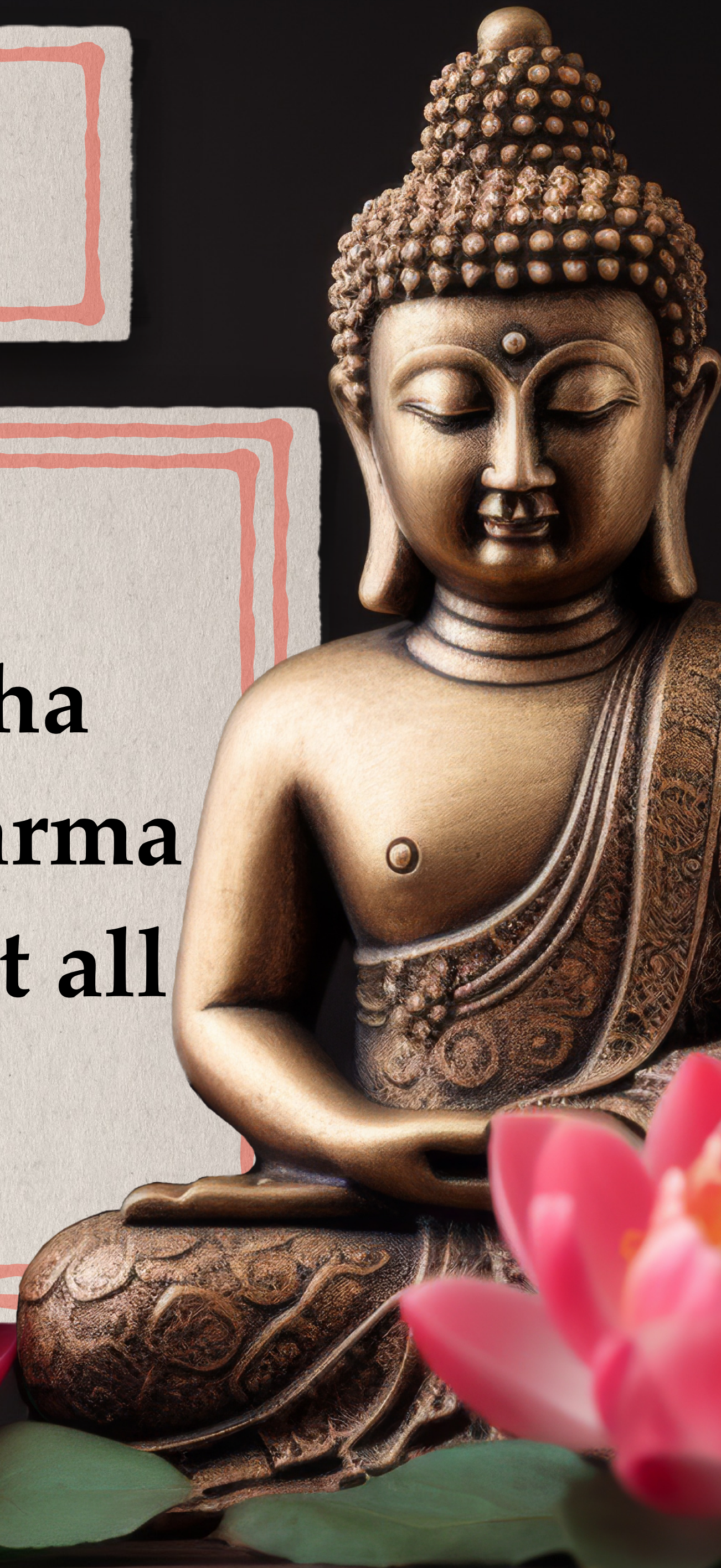




Refuge and Bodhicitta

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





Mandala Offering after the Teachings

May the spiritual teachers who lead me on the sacred path and all spiritual friends who practice it have long life. May I pacify completely all outer and inner hindrances grant such inspiration, I pray.



Mandala Offering after the Teachings

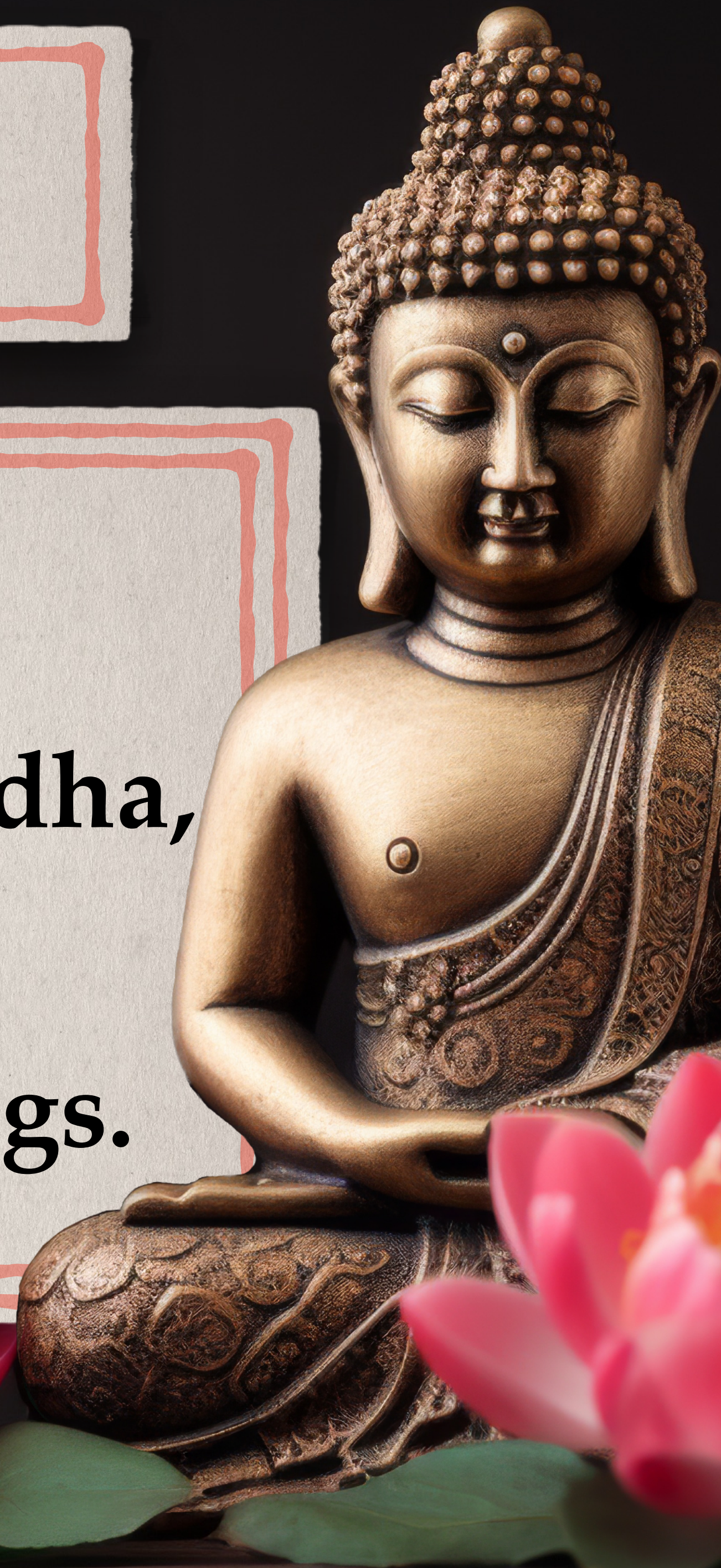
May the lives of the venerable spiritual mentors be stable, and their virtuous actions spread in the ten directions. May the light of Lobsang's teaching, dispelling the darkness of the beings in the three worlds, always increase.

Idam guru ratna mandala kam nirya tayami



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.**

