

## Taking Refuge and Generating Bodhicitta

Sang gyä chö dang sog kyi chog nam la  
***I go for refuge until I am enlightened***

Jang chub bar du dag ni kyab su chi  
***To the Buddha, the Dharma, and the Supreme Assembly.***

Dag gi chö nyen gyi pe sö nam gyi  
***By the merits I create through listening to the Dharma,***

Dro la pen chir sang gye drub par shog (3x)  
***May I become a buddha in order to benefit all sentient beings. (3x)***

## Dedication Prayers

Ge wa di yi nyur du dag  
***Due to the merits of these virtuous actions***

La ma sang gyä drub gyur nä  
***May I quickly attain the state of a Guru-Buddha***

Dro wa chig kyang ma lü pa  
***And lead all living beings, without exception,***

De yi sa la gö par shog  
***Into that enlightened state.***

Jang chhub sem chhog rin po chhe  
***May the supreme jewel bodhichitta***

Ma kye pa nam kye gyur chig  
***That has not arisen, arise and grow;***

Kye wa nyam pa me pa yang  
***And may that which has arisen not diminish***

Gong nä gong du phel war shog  
***But increase more and more.***

## Long Life Prayer for H.H. Dalai Lama

Jig ten kham dir phän de ma lü pa

***The wish-granting Wish-Fulfilling Jewel,***

Gang lä jung wäi sam phel yi zhin nor

***Source of every single benefit and happiness in this world,***

Ka drin tshung me täm dzin gya tsho la

***To the incomparably kind Tenzin Gyatso, I beseech:***

Söl wa deb so thug zhe lhün drub shog

***May all your holy wishes be spontaneously fulfilled.***

## Swift Return Prayer for Lama Zopa Rinpoche

Composed by H.H. Dalai Lama

*Peerless Teacher and assembly of the children of the victorious ones, śrāvakas, and pratyekabuddhas;*

*Victorious Lozang, father and sons, along with the lineage masters;*

*All the objects of refuge of infinite lands—*

*Please bestow the virtue and goodness of accomplishing this prayer here and now.*

*Holding and spreading the Muni's (thub) precious and complete teachings (ten)  
Through explanation and practice,*

*You wore the armor of patience (zopa) that is never discouraged—*

*Incomparable venerable guru, to you I make request.*

*While striving single-pointedly for the sake of the Victorious One's teachings,*

*The sole gateway through which all benefit and happiness emerge,*

*And for mother living beings,*

*You suddenly departed to peace—what a great loss!*

*Nevertheless, through the undecieving truth*

*Of the blessings of the ocean of the Three Jewels*

*And the great waves of bodhicitta of the children of the victorious ones,  
May the smile of a reincarnation swiftly beam in glory for fortunate disciples.*

ADD HEART SUTRA (6/17)