

Refuge and Bodhichitta

Generate a strong motivation of bodhichitta by generating strong compassion for all sentient beings.

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly.
By my merit from giving and other perfections,
May I become a buddha to benefit all sentient beings. (3x)

Sang gya chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi pä di dag gi
Dro la phän chhir sang gyä drub par shog (3x)

Dependent Arising Mantra

English Transliteration of Mantra:

OM YE DHARMA HETU-PRABHAVA HETUM TESHAM
TATHAGATO HYAVADAT TESHAM CHA YO NIRODHA EVAM
VADI MAHASHRAMANAH (YE) SVAHA

Meaning of the Mantra in English

All dharmas originate from causes.
The Tathagata has taught these causes,
And also that which puts a stop to these causes—
This too has been taught by the Great Shramana.

Dedication Prayers

GE WA DI YI NYUR DU DAG
LA MA SANG GYÄ DRUB GYUR NÄ

DRO WA CHIG KYANG MA LÜ PA
DE YI SA LA GÖ PAR SHOG

Due to the merits of these virtuous actions
May I quickly attain the state of a Guru-Buddha
And lead all living beings, without exception,
Into that enlightened state.

JANG CHHUB SEM CHHOG RIN PO CHHE
MA KYE PA NAM KYE GYUR CHIG
KYE WA NYAM PA ME PA YANG
GONG NÄ GONG DU PHEL WAR SHOG

May the supreme jewel bodhichitta
That has not arisen, arise and grow;
And may that which has arisen not diminish
But increase more and more.

*Short video on the explanation of the mantra and how to
pronounce from Lama Yeshe Ling FPMT:*

<https://www.youtube.com/watch?v=uoYLnStNlw>