



## PRAYERS FOR THE BEGINNING OF TEACHINGS

These are the prayers Geshe Tashi uses at the beginning of teachings. (Refuge and Bodhichitta at the beginning of a class, and Praise to Shakyamuni Buddha at the beginning of the course.) It can be a good practice to start every meditation and study session by intentionally setting your motivation. Reciting the refuge and bodhichitta prayer can be a helpful support in building that motivation. If you make a habit of doing this, while making efforts not to allow it to become rote, you will find your aspirational motivation becoming more and more genuine and real.

### REFUGE AND BODHICHITTA

Sang gye chö dang tshog kyi chhog nam la

I go for refuge until I am enlightened

Jang chhub bar du dag ni kyab su chhi

To the Buddha, the Dharma, and the Supreme Assembly.

Dag gi chö nyen gyi päi sö nam gyi

Dro la phän chhir sang gyä drub par shog  
(x3)

Through the virtue that comes from listening to the Dharma,

May I become a Buddha in order to benefit all living beings. (x3)

### PRAISE TO SHAKYAMUNI BUDDHA

To the founder, the endowed transcendent destroyer, the one gone beyond, the foe destroyer, the completely perfected, fully awakened being, perfect in knowledge and in good conduct, Sugata, knower of the world, supreme guide of human beings to be tamed, teacher of gods and human beings; to you, the completely and fully awakened one, the endowed transcendent destroyer, the glorious conqueror, the subduer of the Shakya clan, I prostrate, make offerings, and go for refuge. (3 times)

When, O supreme among humans, you were born on this earth,  
You paced out seven strides  
Then said, "I am supreme in this world."  
To you, who were wise then, I prostrate.

With pure bodies, form supremely pure;  
Wisdom ocean, like a golden mountain;  
Fame that blazes in the three worlds,  
Winner of the best—Lord, to you I prostrate.

With the supreme signs, face like spotless moon,  
Colour like gold—to you I prostrate.  
Dust-free like you, the three worlds are not.  
Incomparably wise one—to you, I prostrate.

The saviour having great compassion,  
The founder having all understanding,  
The field of merit with qualities like a vast ocean—  
To you, the one gone to thusness, I prostrate.

The purity that frees one from attachment,  
The virtue that frees one from the lower realms,  
The one path, the sublime pure reality—  
To the Dharma that pacifies, I prostrate.

Those who are liberated and who also show the path to liberation,  
The holy field qualified with realisations  
Who are devoted to the moral precepts—  
To you, the sublime community intending virtue, I prostrate.

Homage to the supreme Buddha!  
Homage to the Dharma refuge!  
Homage to the great Sangha!  
To all three, ever-devout homage!

To all worthy of respect,  
Bowing with bodies as many as  
All realms' atoms, in all aspects,  
With supreme faith I pay homage.

Do not commit any non-virtuous actions,  
Perform only perfect virtuous actions,  
Subdue your mind thoroughly—  
This is the teaching of the Buddha.

A star, a mirage, the flame of a lamp,  
An illusion, a drop of dew, or a bubble,  
A dream, a flash of lightning, a cloud—  
See conditioned things as such!

Through these merits may sentient beings  
Attain the rank of all seeing, subdue the foe of faults,  
And be delivered from samsara's ocean,  
Perturbed by the waves of ageing, sickness, and death.