



PRAYERS FOR THE BEGINNING AND END OF TEACHINGS

REFUGE AND BODHICHITTA

Sang gye chö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi chö nyen gyi päi sö nam gyi
Dro la phän chhir sang gyä drub par shog
(x3)

I go for refuge until I am enlightened

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

Through the virtue that comes from listening
to the Dharma,

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

