

### **Taking Refuge and Generating Bodhicitta (x3)**

To the Buddha, Dharma and Aryan Sangha, I go for refuge until I am enlightened. By the merit of giving and other perfection's may I attain Buddhahood for the sake of benefiting *all mother sentient beings!*

*Sang-Gye      Cho-Dang      Tsog-Kyi      Chog-Nam      La*  
*Jang-Chub      Bar-Du      Dag-Ni      Kyab-Su      Chi*  
*Dag-Gi      Jin-Sog      Gyi-Pe      So-Nam      Kyi*  
*Dro-La      Pen-Chir      Sang-Gye      Drub-Par      Shog*

### **The Four Immeasurable Thoughts (Short Version)**

May all sentient beings achieve extraordinary superior happiness!

May all sentient beings be free from the unbearable sea of suffering!

May all sentient beings never be parted from the bliss of supreme liberation!

May all sentient beings be free of all bias, attachment and anger to near ones and aversion to others!

*Sem-Chen Tam-Che Day-Wa-Dang Day-Way-Gyu-Dang Den-Par-Gyur-Chig*  
*Sem-Chen Tam-Che Dug-Ngel-Dang Dug-Ngel-Kyi Gyu-Dang Dral-War Gyur-Chig*  
*Sem-Chen Tam-Che Dug-Ngel May-Pay Day-Wa-Dang Mi-Dral-WAR Gyur-Chig*  
*Sem-Chen Tam-Che Nye-Ring Chag-Dang Chag-Dang Nyi-Dang Dral-Way Dang Nyom-La Nay-Par Gyur-Chig*

**Po-Ta-La Yi Nay-Chok-Nay**

**Tam-Yik Jiang-Gu Lay-Trung-Shing**

**Wo-Pak Maid-Kyi Wu-La-Gyen**

**Du-Sum Sang-Gye Trin-Lay-Ma**

**Drol-Ma Khor-Che Shek-Su-Sol**

*From your sublime abode at the Potala,  
O Tara, born from the green letter Tam  
Your crown adorned with Amitabha,  
Action-mother of the Buddhas of the three times,  
Tara, please come with your attendants.*

**Lha-Dang Lha-Maid Cho-Pen-Gyi**

**Shab-Kyi Ped-Mo La-Tu-Nay**

**Phong-Pa Kun-LayDrol-Tze-Ma**

**Drol-Ma Yum-La Chak-Tsal-Lo**

*Worldly gods and non-worldly gods  
bow their crowns to your lotus feet,  
You who rescue from all poverty,  
Mother Tara, to you I prostrate.*

### **Receiving Blessing**

Rivers of golden nectar flow from her body entering  
through my crown and those of beings to be protected; it  
fills our bodies so that all blessing may enter.

### **The Condensed Praise (7 Times)**

Om to the transcendent subdue, Arya Tara, I prostrate.  
Homage to the glorious one who frees with Tare;  
With Tuttara you calm all fears;  
You bestow all success with Ture;  
To the sound Soha I pay great homage.

***Om! Chom-Dan-Day-Ma Pak-Ma Drol-Ma Lar Chak-  
Tsal-Lo  
Chak-Tsal Drol-Ma Tare Pa-Mo  
Tutta Ra-Yi Jik-Kun Sel-Ma  
Ture Don-Nam Tam-Chay Ter-Ma  
Soha Yi-Ger Chay-Lar Rab-Du***

### **Dedication**

By this virtue may I quickly  
Attain the state of Guru Buddha, and then  
Lead every being without exception  
To that very state!

<b><i>Ge-Wa</i></b>	<b><i>Di-Yi</i></b>	<b><i>Nyur-Du</i></b>	<b><i>Dag</i></b>
<b><i>La-Ma</i></b>	<b><i>Sang-Gye</i></b>	<b><i>Drup-Gyur</i></b>	<b><i>Ney</i></b>
<b><i>Dro-Wa</i></b>	<b><i>Chig-Kyang</i></b>	<b><i>Ma-Lue</i></b>	<b><i>Pa</i></b>
<b><i>Kye-Kyi</i></b>	<b><i>Sa-La</i></b>	<b><i>Go-Par</i></b>	<b><i>Shog</i></b>

May the most precious and Supreme Bodhicitta awakening mind which has not been generated, now be generated,  
May the Precious Mind of Bodhicitta which has been generated never decline, but always increase!

<i>Jang-Chub</i>	<i>Sem-Chog</i>	<i>Rin-Po</i>	<i>Che</i>
<i>Ma-Kye</i>	<i>Pa-Nam</i>	<i>Kye-Gyur</i>	<i>Chig</i>
<i>Kye-Pa</i>	<i>Nyam-Pa</i>	<i>Me-Par</i>	<i>Yang</i>
<i>Gong-Ne</i>	<i>Gong-Du</i>	<i>Pal-War</i>	<i>Shog</i>