Refuge Prayer

SANG GYE CHÓ DANG TSHOK KYI CHOK NAM LA
In the Buddha, the Dharma, and the Assembly Most Excellent,

JANG CHUP BAR DU DAK NI KYAP SU CHI
I take refuge until I reach enlightenment.

DAK GI JIN SOK GYI PAY SÖ NAM KYI
By the merit of generosity and other good deeds,

DRO LA PHEN CHIR SANG GYE DRUP PAR SHOK
May I attain buddhahood for the sake of all beings.

The Four Immeasurables

SEM CHEN THAM CHE DE WA DANG DE WAY GYU DANG DEN PAR GYUR CHIK
May all sentient beings gain happiness and the cause of happiness.

DUK NGAL DANG DUK NGAL GYI GYU DANG DREL WAR GYUR CHIK
May they be free from suffering and the cause of suffering.

DUK NGAL ME PAY DE WA DAM PA DANG MI DREL WAR GYUR CHIK
May they never be separated from the highest bliss, which is devoid of suffering.

NYEY RING CHAK DANG NYI DANG DREL WAY TANG NYOM CHEN PO LA NE PAR GYUR CHIK
May they come to rest in the great impartiality, which is free of attachment and aversion.