SANG GYE CHHÖ DANG T'SHOK KYI CHHOK NAM LA
Until I reach enlightenment, I take refuge in the Buddhas,

DAK GI JIN SOK GYI PAY SÖ NAM KYI
Through the merit of performing
This meditation and mantra repetition,

JANG CHHUP BAR DU DAK NI KYAP SU CHHI
And the Dharma, and the noble Sangha.

DRO LA P’HEN CHHIR SANG GYE DRUP PAR SHOK
May I achieve awakening for the benefit of all sentient beings.
JANG CHUP SEM NI RIN PO CHE
As Bodhicitta is so precious,

KYE PA NYAM PA ME PA DANG
May those who have it not destroy it,

MA KYE PA NAM KYE GYUR CHIK
May those without it now create it,

GONG NE GONG DU PHEL WAR SHOK
And may it ever grow and flourish.