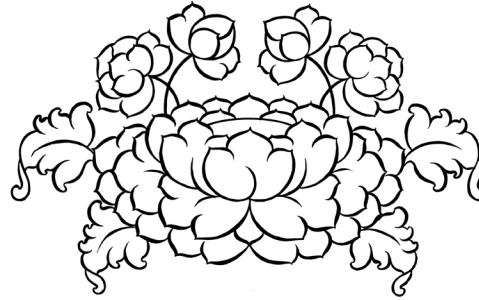


Refuge and Bodhicitta



*Refuge and Bodhicitta*

**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.

