Refuge and Bodhicitta

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.
SANG GYE CHHÖ DANG T'SHOK KYI CHHOK NAM LA

Until I reach enlightenment, I take refuge in the Buddhas,

DRO LA P'HEN CHHIR SANG GYE DRUP PAR SHOK

Through the merit of performing this meditation and mantra repetition,

DAG GI JIN SOX GYI PAY SO NAM KYI

And the Dharma, and the noble Sangha.

JANG CHHUP BAR DU DAK IN KYAP SU CHHI

May I achieve awakening for the benefit of all sentient beings.

DRO LA P'HEN CHHIR SANG GYE DRUP PAR SHOK

Until I reach enlightenment, I take refuge in the Buddhas,

JANG CHHUP BAR DU DAK IN KYAP SU CHHI

Refuge and Bodhicitta

SANG GYE CHHÖ DANG T'SHOK KYI CHHOK NAM LA

Refuge and Bodhicitta