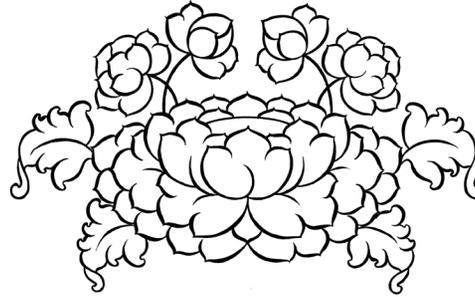


Refuge and Bodhicitta

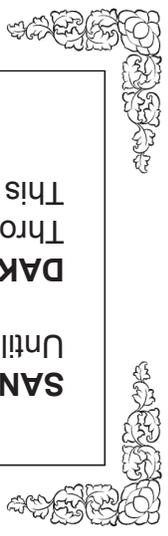


**JANG CHUP SEM NI RIN PO CHE**  
As Bodhicitta is so precious,

**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.



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

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

**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.

*Refuge and Bodhicitta*

