

Refuge

Buddhaṃ śaraṇaṃ gacchāmi.

Dharmaṃ śaraṇaṃ gacchāmi.

Saṅghaṃ śaraṇaṃ gacchāmi.

(Recite three times)

I take refuge in the Buddha. *(our own enlightened nature)*

I take refuge in the Dharma. *(the path and wisdom teachings)*

I take refuge in the Sangha. *(the community of spiritual friends)*

Metta (Loving Kindness)

*(With the first and second recitation, focus on yourself;
with the third, focus on those you love;
with the fourth, focus on those you may find challenging;
with the fifth, focus on all beings.)*

May all beings be peaceful.

May all beings be happy.

May all beings be safe.

May all beings awaken to the light of their true nature.

May all beings be free.

Four Immeasurables

May all sentient beings enjoy happiness and the root of happiness.

May they be free from suffering and the root of suffering.

May they not be separated from the great happiness devoid of suffering.

May they dwell in the great equanimity free from passion, aggression, and prejudice.

(Mantra of Prajnaparamita)

Om Gate Gate Paragate Parasamgate Bodhi Svaha!

Gone, gone, gone beyond, gone completely beyond. What awakening!

This is the mantra or aphorism of Prajnaparamita, the transcendent wisdom, the awakened mind, and the heart of the Buddha's teachings. It invites us to go beyond all forms of bondage and realize the supreme truth that is already here. When the profound meaning of this mantra is embraced, the great emptiness reveals itself, and pure awareness shines within. Recite this mantra with an unflinching intention to call oneself to be awakened to the enlightened nature of all things in this very moment.

Dedication Prayer

By this merit, may all attain perfect awakening,
rising above all forces of negativity,
going beyond the ocean of samsara.
May we find liberation in the turbulent waves of
birth, old age, sickness, and death.

Tibetan:
Sod nam di yi tham jad zig pa kneed
Thob nee nyey pai dra nam pam jee nee
Kye ga na chi ba lab truk pa yi
Sid päi tso lee dro wa drol par shok

Bodhicitta Prayer

(dedication from the Bodhisattvacharyavatara)

May bodhicitta, precious and sublime,
Arise where it has not yet come to be;
And where it has arisen may it never wane,
But grow and flourish ever more and more.

Tibetan:
jang chub sem chog rin po che
ma kye pa nam kye gyur chig
kye pa nyam pa me par yang
gong ne gong du phel war shog

Closing Prayer

(after Dharma talk & discussion, from the Bodhisattvacharyavatara)

For as long as space endures,
and for as long as living beings remain,
until then, may I too abide,
to dispel the miseries of the world.

Additional Mantras

OM MANI PADME HUM | OM MANI PADME HUNG HRI
(Mantra of Avalokiteśvara, Buddha of Compassion)

OM TARE TUTTARE TURE SOHA
(Mantra of Arya Tara, The Liberator, Mother of the Buddhas)

OM PADMO YOGINI JNANA VARAHI HUM
(Dakini Mantra)

OM AH HUM VAJRA GURU PADMA SIDDHI HUM
(Vajra Guru Mantra)



*BuddhaDharma Texts: Please treat these prayers with respect, as they contain the precious teachings of the Dharma.
Please do not place this text directly on the floor, without a paper or cloth cover.
Please avoid stepping over or placing objects on top of these prayers.*

If you no longer have use for these prayers, please give them to someone, recycle or burn them with care.