

In order to attain enlightenment for ourselves and limitless sentient beings, our mothers, we now, all together, take refuge and whenever possible offer prostrations:

### Refuge Prayer

Pal *den* La *ma* dam *pa*, nam *la* chab *su chio*  
Yi *dam* chil *kor ji* lha *tso*, nam *la* chab *su chio*

Sang *gye chom* den *day*, nam *la* chab *su chio*

Dam *pay chö*, nam *la* chab *su chio*  
Pah *pay* gen *dun*, nam *la* chab *su chio*  
Pah *wo* kan *dro cho chong* sung *may tso*  
Ye *she chi* shen *dang* den *pa*, nam *la* chab *su chio*

We go for refuge to all the glorious Holy Lamas  
We go for refuge to all the Yidams and all the  
deities gathered in the our mandalas  
We go for refuge to all the Buddhas, those that have  
conquered the mind and gone beyond  
We go for refuge to all the Supreme Dharma  
We go for refuge to all the Noble Sangha  
We go for refuge to all the Dakas and Dakinis who  
are the Protectors and Defenders of the Dharma all  
of these possessing the Eye of Transcending  
Awareness

### Bodhisattva Prayer

Sang *gye chho* *dang* tshok *kyi* chhok *nam la*  
Jang *chhu* bar *du* dak *ni* kyab *su chhi*  
Dak *gi* jin *sok* gyi *pei* so *nam kyi*  
Dro *la* phen *chhir* Sang *gye* drub *par shok*

To the Buddhas, Dharma, and this Supreme  
Assembly, I go for refuge until Enlightenment  
May I, through the merit gained from practicing  
the Six Perfections accomplish Buddhahood for  
the sake of all sentient beings.

### Dedication Prayer

Gay wa di yi nyur to da  
Cha ja chen pa drup jur nay  
Dro wa chi chang ma lu pa  
Te yi sa la go par shok  
Sang jay ku sum nye pay jin lap tang  
Chö nyi mi jur den pay jin lap tang  
Gen dun mi che dun pay jin lap chi  
Ji tar ngo wah mon lam drub par shok

By this virtue, after having realized Mahamudra,  
may I quickly establish all beings, without a single  
exception, in this state. Through the Blessing of the  
Buddhas, who attained the three bodies, through  
the blessing of the unchanging truth of the  
Dharma, through the blessing of the unwavering  
aspirations of the Sangha, may this dedication  
prayer be fulfilled.

