

## *Homage to the Buddha*

Namo tassa bhagavato arahato sammā-sambuddhassa  
*Homage to the blessed one, the worthy one, the fully enlightened one.*

## *Qualities of the Buddha*

Itipi so bhagavā araham  
Sammā-sambuddho,  
Vijjā-caraṇa-sampanno  
Sugato lokavidū,  
Anuttaro purisa-damma-sārathi  
Satthā deva-manussānaṃ  
Buddho bhagavāti.

*[The Buddha] is a blessed one, a worthy one, a rightly self-awakened one, consummate in knowledge and conduct, one who has gone the good way, knower of worlds, unexcelled trainer of those to be taught, teacher of gods and humans, awakened, blessed.*

## *Qualities of the Dhamma*

Svākkhāto bhagavatā dhammo,  
Sandiṭṭhiko akāliko ehipassiko,  
Opanayiko paccattaṃ veditabbo  
viññūhīti.

*The Dhamma is well expounded by the blessed one, to be seen here and now, timeless, inviting all to come and see, leading inward, to be realized by the wise.*

## *Qualities of the Sangha*

Supaṭipanno bhagavato sāvaka-saṅgho,  
Uju-paṭipanno bhagavato sāvaka-saṅgho,  
Ñāya-paṭipanno bhagavato sāvaka-saṅgho,  
Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,  
Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā:  
Esa bhagavato sāvaka-saṅgho  
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo,  
Anuttaraṃ puññakkhettaṃ lokassāti.

*The assembly of the Buddha's disciples has practiced well.  
The assembly of the Buddha's disciples has practiced straight-forwardly.  
The assembly of the Buddha's disciples has practiced methodically.  
The assembly of the Buddha's disciples has practiced masterfully.  
The four pairs and eight types of noble ones,  
That is the assembly of the Buddha's disciples:  
Worthy of gifts, hospitality, offerings, and respect,  
The incomparable field of merit for the world.*

## Refuge

sang-gye cho-dang tschok-kyi chock-nam la  
jang-chup bar-du dak-ni kyup-su chi  
dak-gi jin-sok gyi-pay su nam kyi  
dro-la phen-chir sang-gye drub-par shog

Until I attain enlightenment,  
I take refuge in all the Buddhas  
and in the Dharma and all the noble Sangha.  
By the merit of accomplishing the six perfections  
may I achieve Buddhahood for the benefit  
of all sentient beings.

## *Dedication*

By the virtue of this practice may I quickly attain the state of Enlightenment,  
And may I lead all sentient beings into that state.

May the most precious jewel bodhicitta arise where it has not arisen,  
And where it has arisen, may it never diminish, but increase more and more.

May all who love truth live as one in harmony,  
May truth and long life be enjoyed by all,  
May people be happy and their years be blessed,  
May crops grow well and religion prosper.

I pray that all happiness arises for everyone  
and that whatever they desire shall come to pass.