



OM MANI PADME HUM

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OM AMI DEWA HRI

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## *Refuge*

SANG GYEH CHO TANG TSO KI CHO NAM LA  
In the Supreme Buddha, Dharma, and Sangha,

CHANG CHUB BAR DU DA NI GYEB SU CHI  
Until enlightenment, I take refuge.

DA KI CHIN SOK GYI BA DI TA KI

Through perfected wisdom may I attain Buddhahood

DRO LA PEN CHIR SANG GYEH DRU BAR SHO  
For the sake of all sentient beings.

## *The Four Boundless Minds*

SEM CHEN TAM CHEH DEWA TANG DEWEH  
May all beings have happiness

GYU TANG DEN: BAR GYUR CHICK  
And the cause of happiness

SEM CHEN TAM CHEH DUNGEH TANG DUNGEH  
May all beings be free from suffering

KI GYU TANG DRALWAR GYUR CHICK  
And the causes of suffering.

SEM CHEN TAM CHEH DUNG EH MEBEH  
May all beings know the supreme happiness

DEWA TANG MI DRAWLWAR GYUR CHICK  
Which is beyond suffering.

SEM CHEN TAM CHEH NYEH RING CHA DANG  
May all beings rest in the immeasurable equanimity,

TANG- DRALWEH DANG, NYOM LA  
Which is free from duality, attachments and hatreds,

NEHBAR GYUR CHICK  
Both near and far.

*Mantra*

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*Sharing Merits and Dedication*

KYE NAM TOO CHING SOL WA TAB BE THU  
Through the power of my practice, respect and praise

DA SOK KANG DU NEH BEH SA CHOK SU  
May all sentient beings benefit; where ever they may be,

NEH DUN OO PONG THAP TSU SHI WA TANG  
Causing sickness, violence, and poverty to subside,

CHOO TANG DRA SHI PEL WA TZA DU SOL  
And may Dharma and good omens ever increase.

DA NI KYE SHING KYE WA TRAM CHEH DU  
During this: life and in all times,

RIK SANG LO SAL NGA GYAL ME BA TANG  
May I have a clear mind, and good traits without pride.

NYNG JE CHE SHING LA MA LA GU NE  
Respecting the teachings: and having great compassion,

PAL DEN LA MEH TAM TSIK LA NE SHO  
May my bond with the glorious Lama continue:

KYE WA KUN DU YANG DHA LA MA TANG  
During all lifetimes, may I not be separated from the Lama,

DREL ME CHOO KYI PAL LA LONG CHOO CHING  
And may I enjoy the glory of the Dharma,

SA TANG LAM GYI YON TEN RAB TZOK NE,  
Having completed the path and- stages of wisdom,

DOR JE CHANG KI GO PANG NYUR THOP SHO  
May I quickly attain the stage of Dorjechang.

# *Long Life Prayer for*

*H.H. Sakya Trizin  
H.E. Jetsun Kushok  
Lama Kunga Rinpoche*

All joyful Lord of stainless being,  
Primordial purity embodied,  
To you we pray;

Look with compassion.  
Upon all beings, and  
Grant them the blessing  
of the Dharma:

H.H. Sakya Trizin,  
H.E. Jetsun Kusho and  
Lama Kunga Rinpoche,  
The manifestations of  
Supreme bodhicitta,  
We supplicate you to live long.

SARVA MANGALAM

