Refuge and Bodhicitta Prayer

SAHING GYAY CHO DAHNG TS'O KYI CHO NAHM LA
In the Buddha, Dharma, and Supreme Community

JAHNG CHUB BAR DU DAHK NI KYAB SU CHEE
I take refuge from now until enlightenment.

DAHK GHEE JIN SO GYEE PAY SO NAHM KYEE
By the merit of practicing generosity and the other perfections,

DRO LAH PEN CHIR SAHING GYAY DROOP PAHR SHO
May I become a Buddha for the benefit of all beings.