

REFUGE AND BODHICITTA

NAMO KON CHOG SUM DANG TSA WA SUM

I take refuge in the Three Jewels, the Three Roots,

KYAB NE NAM LA KYAB SU CHI

And all sources of refuge.

DRO KUN SANG GYE LA GÖD CHIR

In order to place all sentient beings in the state of Buddhahood,

JYANG CHUB CHOG TU SEM KYE DO

I give rise to the Supreme Bodhicitta.