

Taking Refuge and Generating Bodhichitta

I take refuge until I am enlightened

In the Buddha, the Dharma, and the Supreme Assembly.

By my merits of generosity and so forth,

May I become a buddha to benefit transmigratory beings.

The Four Immeasurables

How wonderful it would be if all sentient beings were to abide in equanimity, free from the closeness of attachment and the distance of hatred.

May they abide in equanimity.

I myself will cause them to abide in equanimity.

Please, Guru-Deity, bless me to be able to do this.

How wonderful it would be if all sentient beings were free from suffering and the causes of suffering.

May they be free from suffering and its causes.

I myself will cause them to be free from suffering and its causes.

Please, Guru-Deity, bless me to be able to do this.

How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation.

May they never be separated from these.

I myself will cause them never to be separated from these.

Please, Guru-Deity, bless me to be able to do this.

How wonderful it would be if all sentient beings were to achieve buddhahood.

May they achieve buddhahood.

I myself will cause them to achieve buddhahood.

Please, Guru-Deity, bless me to be able to do this.

Mantra to Increase Virtue

OM SAMBHARA SAMBHARA BIMANA SARA MAHA DZAWA HUM /

OM SMARA SMARA BIMANA SKARA MAHA DZAWA HUM (7x)

Reciting this mantra increases by one hundred thousand times any virtue collected with your body, speech, or mind during the day. This is according to the *Sutra of the Wheel of Complete Dedication*.

Mantra to Increase the Power of Recitation

❖ Recite this mantra right before reading and reciting prayers, sutras, and so forth:

TAYATHĀ / OM DHARE DHARE BHENDHARE SWĀHĀ (7x)

Verses of Dedication from Ārya Shantideva's, *A Guide to the Bodhisattva's Way of Life*

**May the blind see forms,
May the deaf hear sounds,
May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.**

**May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find hope,
Constant happiness and prosperity.**

**May all who are sick and ill
Quickly be freed from their ailments,
And may every disease in the world
Never occur again.**

**May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefitting one another.**

**May no living creature ever suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
Or their minds ever be depressed.**

**If in those who encounter me
A faithful or an angry thought arises,
May that eternally become the source
For fulfilling all their wishes.**

**May all those who say bad things to me
Or cause me any other harm,
And those who mock and insult me
Have the fortune to fully awaken.**

**May I be the doctor and the medicine
And may I be the nurse
For all sick beings in the world
Until everyone is healed.**

**May a rain of food and drink descend
To clear away the pain of thirst and hunger
And during the eon of famine
May I myself change into food and drink.**

**May I become an inexhaustible treasure
For those who are poor and destitute;
May I turn into all things they could need
And may these be placed close beside them.**

**May I be a protector for those without one,
A guide for all travelers on the way;
May I be a bridge, a boat and a ship
For all who wish to cross (the ocean).**

**May I be an island for those who seek one
And a lamp for those desiring light,
May I be a bed for all who wish to rest,**

And a servant for all who want a servant.

**And until they pass away from pain
May I also be the source of life
For all the realms of varied beings
That reach unto the ends of space.**

**Just like space
And the great elements such as earth,
May I always support the life
Of all the boundless creatures.**

**For as long as space remains
And for as long as sentient beings remain
Until then may I too remain
To dispel the miseries of the world**

Prayers for Multiplying Merit

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Vairochana, King of Light, I
prostrate. (1x)**

To Bodhisattva Mahasattva Samantabhadra, I prostrate. (1x)

TADYATHĀ [OM] PAÑCHENDRIYA AVA BODHANĀYE SVĀHĀ /
OM DHURU DHURU JAYA MUKHE SVĀHĀ (7x)

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Medicine Guru, King of Vaidurya
Light, I prostrate. (1x)**

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, King [Fully] Accomplishing [All]
Dedications and Prayers, I prostrate. (1x)**

**Due to the blessings of the eminent victorious ones and the bodhisattvas,
The truth of infallible dependent arising,
And the power of my pure special attitude taking responsibility,
May all the aims of my pure prayers be accomplished.**

Prayer for the Long Life of His Holiness the Dalai Lama

**Incomparably kind and supreme Tenzin Gyatso,
The wish-granting Wish-Fulfilling Jewel—
Source of every single benefit and happiness in this world—
May you have a long life and all your holy wishes be spontaneously fulfilled.**

Prayer that Spontaneously Fulfills All Wishes

**Savior of the Land of Snow teachings and transmigratory beings,
Who extensively clarifies the path that unifies emptiness and compassion,
To the Lotus Holder, Tenzin Gyatso, I beseech.
May all your holy wishes be spontaneously fulfilled.**