

Prayers for Teachings with Geshe Tashi

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la

I take refuge until I am enlightened

Jang chhub bar du dag ni kyab su chhi

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

Dag gi jin sog gyi päi tshog nam kyi

By my merits of generosity and so forth,

Dro la phän chhir sang gyä drub par shog (3x)

May I become a buddha to benefit transmigratory beings. (3x)

Short Long Life Prayers For His Holiness the Dalai Lama:

Gang rii ra wä kor wäi zhing kham dir

In the land encircled by snow mountains,

Phän dang de wa ma lü jung wäi nä

You are the source of all happiness and good.

Chän rä zig wang tän dzin gya tsho yi

All-powerful Chenrezig, Tenzin Gyatso,

Zhab pä si thäi bar du tän gyur chig

Please remain until samsara ends.

Dedication Prayer

Jang chhub sem chhog rin po chhe

May the supreme jewel bodhichitta

Ma kye pa nam kye gyur chig

That has not arisen, arise and grow;

Kye wa nyam pa me pa yang

And may that which has arisen not diminish

Gong nä gong du phel war shog

But increase more and more