

Developing Bodhicitta

SANG GYE CHÖ DANG TSOH KYI CHOH NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PE SO NAM KYI
DRO LA PÄN CHIR SANG GYE DRUB PAR SHOG (3x)

I take refuge in Buddha, Dharma and Sangha until I obtain enlightenment.
By practicing generosity and the other perfections may I be able to obtain
enlightenment, for the benefit of all sentient beings. (3x)

Seven-heap mandala offering

sa zhi po kyi jug shing me tok tram
ri rab ling zhi nyi de gyen pa di
Sang gye zhing du mig te ul wa yi
dro kun nam dag zhing la cho par shok
Idam Guru Ratna Mandalakam Niryatayami

By directing to the Fields of Buddhas
this offering of a mandala,
built on a base, resplendent with
flowers,
saffron water and incense,
adorned with Mount Meru, and the
Four Continents,
as well as with the Sun and the Moon,
may all sentient beings be led to these
Fields.

IDAM GURU RATNA MANDALAK
NIRYATAYAMI

