

Refuge *(Recite three times)*

Buddhaṃ śaraṇaṃ gacchāmi. I take refuge in the Buddha. *(our own enlightened nature)*
Dharmaṃ śaraṇaṃ gacchāmi. I take refuge in the Dharma. *(the path and wisdom teachings)*
Saṅghaṃ śaraṇaṃ gacchāmi. I take refuge in the Saṅgha. *(the community of spiritual friends)*

Ultimate Refuge Bodhicitta Prayer

I take refuge in the expanse of space, awareness and unconfined compassion, which is the nature of everyone's mind, for the benefit of all beings.

Four Immeasurables

May all sentient beings enjoy happiness and the root of happiness.
May they be free from suffering and the root of suffering.
May they not be separated from the great happiness devoid of suffering.
May they dwell in the great equanimity free from passion, aggression, and prejudice.

Dedication Prayer

By this merit, may all attain perfect awakening,
rising above all forces of negativity,
going beyond the ocean of samsara.
May we find liberation in the turbulent waves of
birth, old age, sickness, and death.

Bodhicitta Prayer

(dedication from the Bodhisattvacharyavatara)

May bodhicitta, precious and sublime,
Arise where it has not yet come to be;
And where it has arisen may it never wane,
But grow and flourish ever more and more.

Prayer for the Teachers of the World

May all the teachers have good health.
May their lives be long and excellent in every way.
May their enlightened activities flourish.
May we have the blessing to be inseparable from our teachers.

Prayer for the People of the Earth

At this very moment, may the people and nations of this earth.
Not even hear the words: disease, famine, war or suffering.
May pure conduct, merit, wealth and prosperity increase.
May supreme wellbeing and good fortune arise always.

(Mantra of Prajnaparamita)

Om Gate Gate Paragate Parasamgate Bodhi Svaha!

Gone, gone, gone beyond, gone completely beyond. What awakening!

This is the mantra or aphorism of Prajnaparamita, the transcendent wisdom, the awakened mind, and the heart of the Buddha's teachings. It invites us to go beyond all forms of bondage and realize the supreme truth that is already here.

When the profound meaning of this mantra is embraced, the great emptiness reveals itself, and pure awareness shines within. Recite this mantra with an unflinching intention to call oneself to be awakened to the enlightened nature of all things in this very moment.

Closing Prayer

(from the Bodhisattvacharyavatara)

For as long as space endures,
and for as long as living beings remain,
until then, may I too abide,
to dispel the miseries of the world.

Additional Mantras

OM MANI PADME HUM | OM MANI PADME HUNG HRI
(Mantra of Avalokitesvara, Buddha of Compassion)

OM TARE TUTTARE TURE SOHA
(Mantra of Arya Tara, The Liberator, Mother of the Buddhas)

OM PADMO YOGINI JNANA VARAHI HUM
(Dakini Mantra)

OM AH HUM VAJRA GURU PADMA SIDDHI HUM
(Vajra Guru Mantra)



BuddhaDharma Texts: Please treat these prayers with respect, as they contain the precious teachings of the Dharma. Please do not place this text directly on the floor, without a paper or cloth cover. Please avoid stepping over or placing objects on top of these prayers.

You are welcome to take a copy of these prayers home for your own personal practice, or download them from our website. If you no longer have use for them, please give them to someone, recycle or burn them with care.