



# Bodhicharya Kent

AWAKEN THE HEART BY OPENING THE MIND

## *Refuge Prayer*

Sangyé chö dang tsok kyi tchok nam la  
Changchub bardu da ni kyab su chi  
Dak gi jin sog chipé sönam kyi  
Dro la pen chir Sangyé drup par sho

In the Buddha, Dharma and Sangha  
I take refuge until enlightenment.  
Through the merit of my generosity and other virtues,  
May I attain Buddhahood in order to benefit all beings.

## *The Four Immeasurable Contemplations*

May all beings have happiness and its causes; (*Love*)  
May all beings be free from suffering and its causes; (*Compassion*)  
May they never be separated from the supreme joy, untouched by suffering; (*Joy*)  
May they abide in equanimity free from attachment and aversion. (*Equanimity*)

## *Dedication Of Merit*

Sö nam di yi tam chay zik pa nyi  
Top ne nye pay dra nam pam je ne  
Kye ga na chi ba lap trug pa yi  
Si pay tso le dro wa dröl war sho

By this merit, may all attain omniscience.  
May it defeat the enemies of faults and delusion.  
May all beings be freed from the stormy waves  
of birth, old age, sickness, and death: the ocean of samsara.

## *Ringu Tulku Rinpoche* (Long life prayer)

by Karmapa Ogyen Trinley Dorje 2009.1.17  
Translated by Ngodup Burkhar

Osel shintu shiwé rangshinlé  
Phogyur dralwa juma tabu ku  
Namyang dregü tsenma mishé par  
Chime tse-lhé ngowor tso she sol

Unchanging illusion-like appearance,  
manifesting from the luminosity of perfect natural harmony,  
always unmarked by the signs of ageing and decline,  
may you remain in the essence of the deity of immortality.