



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

The most peaceful essence of clear light
Arisen as the changeless form of illusion
Free of any sign of aging or decay
May he live forever as the Buddha of long life.