**Refuge and Bodhichitta for Meditation**sang gye cho dang tsok kyi chok nam la
jang chub bar du dag ni kyab su chi
dak gi jin sog gyi pai so nam kyi
dro la pen chir sang gye drub par sho  x 3
I go for refuge until I am enlightened
to the Buddha, Dharma and Sangha.
By the merit of practising generosity and so on
May I become a Buddha in order to benefit all sentient beings    x 3

 **Refuge and Bodhichitta for Teachings**sang gye cho dang tsok kyi chok nam la
jang chub bar du dag ni kyab su chi
dak gi choe nyan gyi pai so nam kyi
dro la pen chir sang gye drub par sho  x 3
I go for refuge until I am enlightened
to the Buddha, Dharma and Sangha.
By the merit of listening to teachings and so on
May I become a Buddha in order to benefit all sentient beings    x 3