**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