

Prayer of refuge and bodhicitta

In the Buddha, the Dharma, and supreme Spiritual Community,
I take refuge until full enlightenment.
By the power of generosity and all six perfections,
May I realize buddhahood for the benefit of all beings.

Prayer of ultimate refuge and bodhicitta

I take refuge in the expanse of space,
Primal awareness, and unconfined capacity,
Which is the nature of everyone's mind,
For the sake of all.

Mantra of Shakyamuni Buddha

TAYATA OM MUNI MUNI MAHĀ MUNAYE SO HA

Dedication of merit

By the merit of this practice,
May the pure brilliant sun of bodhicitta
Dawn in each and every heart and mind
Dispelling the darkness of suffering and confusion
Unstoppably, until all are fully illumined and awakened.