

### *Bodhicitta Prayer*

May the supreme jewel bodhicitta  
That has not arisen arise and grow,  
And may that which has arisen not diminish  
But increase more and more.

*JANG CHUB SEM CHOG RIN PO CHE  
MA KYE PA NAM KYE GYUR CHIG  
KYE PA NYAM PA MAY PA YANG  
GONG NAY GONG DU PEL WAR SHOG*

### *Dedication of Merit*

Through this virtuous action  
May I quickly attain the state of a guru-Buddha  
And lead every being, without exception,  
Into that pure world.

*GE WA DI YI NYUR DU DAG  
LA MA SANG GYAY DRUB GYUR NAY  
DRO WA CHIG KYANG MA LU PA  
DE YI SA LA GO PAR SHOG*



*Amitabha  
Powa Practice*

*Prayer of Refuge and Bodhicitta*

I take refuge until I am enlightened  
In the Buddhas, the Dharma and the Sangha  
Through the merit I create by practicing giving and the other  
perfections  
May I attain Buddhahood for the sake of all sentient beings.

*SANG GYAY CHO DANG TSOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PAY SO NAM GYI  
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG*

*The Four Immeasurables*

May all sentient beings have happiness and the causes of  
happiness;  
May all sentient beings be free from suffering and the causes of  
suffering;  
May all sentient beings never be separated from the happiness that  
knows no suffering;  
May all sentient beings live in equanimity, free from attachment  
and aversion.

*SEM CHEN TAM CHAY DE WA DANG  
DE WAY GYU DANG DEN PAR GYUR CHIG  
SEM CHEN TAM CHAY DUG NGEL DANG  
DUG NGEL KYI GYU DANG DEL WAR GYUR CHIG  
SEM CHEN TAM CHAY DUG NGEL ME PAY  
DE WA DANG MI DREL WAR GYUR CHIG  
SEM CHEN TAM CHAY NYE RING CHAG DANG  
NYI DANG DREL WAY DANG NYOM LA NAY PAR GYUR  
CHIG*

*Short Prayer to be Reborn in the Pure Land of Amitabha*

Eh Ma Ho!  
In the center is marvelous Buddha Amitabha of Boundless Light.  
On the right side is the Lord of Great Compassion, Chenrezig,  
And on the left is Vajrapani, the Lord of Powerful Means.  
They are surrounded by a retinue of limitless buddhas and  
bodhisattvas.

Immeasurable peace and happiness  
Is the blissful pureland of Dewachen.  
When I and all beings pass from this present life,  
May we be born there without taking samsaric rebirth.  
May I have the blessing of meeting Amitabha face to face.  
By the power and blessings  
Of the buddhas and bodhisattvas of the ten directions  
May I attain this aspiration without hindrance.  
TEYATA PANTSА DRIYA AWA BODHA NAYA SOHA  
*(repeat entire prayer three times)*

*EH MA HO  
NGO TSAR SANG GYAY NANG WA TA YAY DANG  
YAY SO JO WO TUK JAY CHEN PO DANG  
YÖN DU SEM PA TU CHEN TOP NAM LA  
SANG GYAY JANG SEM PAK MAY KOR GYEE KOR  
DAY KYEE NGO TSAR PAK TU MAY PA YEE  
DAY WA CHEN ZHAY JA WAY ZHING KAM DER  
DAK ZHEN DEE NAY CHAY PÖ GYUR MA TAK  
KYAY WA ZHEN GYEE BAR MA CHÖ PA RU  
DAY RU KYAY NAY NANG TAY ZHAL TONG SHOK  
DAY KAY DAK GEE MÖN LAM TAP PA DEE  
CHOK CHUI SANG GYAY JANG SEM TAM CHAY KYEE  
GEK MAY DRUP PAR JIN GYEE LAP TU SÖL  
**TAYATA PANTSА DRIYA AWA BODHA NAYA SOHA**  
*(repeat entire prayer three times)**