

LONG REFUGE PRAYER

*preferred for reciting with prostrations*

(Recite three times)

DRIN-CHEN TSA-WA DANG GYU-PAR CHE-PAY PAL-DEN LA-MA  
DAM-PA NAM-LA KYAB-SU CHI O/  
YI-DAM KYIL KHOR-GYI LHA-TSHOG NAM-LA KYAB-SU CHI O/  
SANG-GYE CHOM-DEN DEY NAM-LA KYAB-SU CHI O/  
DAM-PAY CHO– NAM-LA KYAB-SU CHI O/  
PAG-PAY GE-DUN NAM-LA KYAB-SU CHI O/  
PA-WO KHA-DRO CHO–KYONG SUNG-MAY TSHOG YE-SHE KYI  
CHEN-DANG DEN-PA NAM-LA KYAB-SU CHI O//

We take refuge in the kind root and lineage Lamas.  
We take refuge in the deities of the mandalas of the Yidams.  
We take refuge in all the exalted Buddhas.  
We take refuge in the perfect Dharma.  
We take refuge in the excellent order of the Sanghas.  
We take refuge in all the noble Dakas, Dakinis and  
Dharma-guardians, possessors of the eye of wisdom.

SHORT REFUGE PRAYER

(Recite three times)

SANG-GYE CHO– DANG TSOG KYI CHOG NAM LA/  
CHANG CHUB BAR DU DAG-NI KYAB SU CHI/  
DAG-GI JYIN-SOK GYI PAY SO-NAM KYI/  
DRO-LA PEN-CHIR SANG-GYE DRUB-PAR SHOG//

In the Buddha, the Dharma and the Sangha most excellent,  
I take refuge until enlightenment is reached.  
By the merit of generosity and other good deeds,  
May I attain Buddhahood for the sake of all sentient beings.