

Refuge

I take refuge in the Buddha.
I take refuge in the Dharma
I take refuge in the Sangh

Bodhisattva Vow

Just as all the Buddhas of the past
Embraced the awakened mind,
And abided and trained in the precepts
I shall give rise to the awakened mind,
And continuously train
In the way of the Bodhisattvas.

The Four Immeasurables

May all beings have happiness and the cause of happiness.
May all beings be free from suffering and the cause of suffering.
May all beings have happiness beyond suffering.
May all beings rest in equanimity, free from attachment and hatred.

Dedication

By this merit may all attain perfect awakening.
Rising above all forces of negativity.
Going beyond the turbulence of birth, old age, sickness and death.
May all beings be free from the ocean of samsara.