

Buddhist Prayers for Meditation Sessions

Refuge and Enlightenment Thought (3 times)

San gye cho dang tsog kyi chog nam la
Chang chup par du dag ni kyab su chi
Dan ge jin sog gye pai sod nam kye
Dro la phen cher sang gye drup par shog.

To the excellent Buddha, Dharma, and Sangha
I go for refuge until enlightenment is won.
By the merit of giving and the other perfections
May I attain Buddhahood for the sake of all beings

Four Limitless Meditations

Sem chen tham ched da wa dang de wai gyur dang den par gyur chig
Dug ngal dang dug ngal kyi gyu dang tral war gyur chig
Dug ngal med pai de wa dang mi dral war gyur chig
Nye ring chag dang dang tral wai tang nyom la ne par gyur chig.

May all beings be happy and have the cause of happiness.
May they be free from suffering and the cause of suffering.
May they never be parted from sorrowless bliss.
May they dwell in equanimity without attachment and hatred to
those near and far.

Dedication Prayer

Ge wa diyi kye wo kun
Sod nam ye she tog zog de
Sod nam ye she le jung wei
Dam pa ku nyi top par shog

Through these virtues, may all living beings
Perfect their gathering of merit and wisdom
And attain the two holy bodies
That arise from merit and wisdom.