

Refuge & Four Immeasurables

Tibetan:

Sang gye cho dang tsog kyi cho nam la
Jang chub bar du dag ni kyab su chi
Dag gi jin sog gyi pay so nam kyi
Dro la pen chir sang gye drub par shog

English translation:

I take refuge in Buddha, Dharma and Sangha until I reach enlightenment. By the merit I collect from practicing generosity and the other perfections, may I attain enlightenment for the benefit of all sentient beings.