

REFUGE & BODHICITTA PRAYER



༄། སངས་རྒྱལ་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་རྣམས་ལ།།

བྱང་རྒྱལ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཆི།།

བདག་གིས་སྤྱོན་སོགས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས།།

འགྲོ་ལ་ཕན་ཕྱིར་སངས་རྒྱལ་འགྲུབ་པར་ཤོག།

I take refuge in the Buddha, the Dharma, and the Supreme of Assemblies until Enlightenment.
By the merit from my generosity and other deeds, may I attain Buddhahood for the benefit of
beings.

**From Tibetan Language Reader
A Glossary**

REFUGE AND BODHICITTA ASPIRATION

#	TIBETAN WORD	TRANSLITERATION - DEFINITION	PHONETICS
1.	སངས་རྒྱལ་	sangs rgyas - Buddha (Skt.)	SANG GYAY
2.	ཚོས་	chos - Dharma (Skt.), phenomenon	CH'Ö
3.	དང་	dang – and	DANG
4.	ཚོགས་	tshogs - group, assembly, gathering, crowd; collection, mass	TS'OK
5.	མཚོག་	mchog - supreme, excellent, superior, sublime	CH'OK
6.	ཚུམས་	<a particle that functions as a plural marker or end-of-list marker>	NAM
7.	བྱང་ཆུབ་	byang chub - Enlightenment	JANG CH'OOB
8.	བར་དུ་	bar du - until, up until	BAR DU
9.	བདག་	bdag - self, I; lord, master, ego	DAK
10.	སྐྱབས་སུ་ མཚེ་	skyabs su mchi - past, present, and future tense of <i>skyabs su mchi ba</i> : to go for refuge, to take refuge	KYAB SU CH'I
11.	བྱིན་	sbyin - past, present, and future tense of <i>sbyin pa</i> : to give, to donate; generosity	JIN
12.	སོགས་	sogs - abbreviation of <i>la sogs pa</i> : et cetera, and the like, and the rest, and so forth	SOK
13.	བགྱིས་པ་	bgyis pa - past tense of <i>bgyid pa</i> : to do, to make, to act	GYEE PA
14.	བསོད་ ནམས་	bsod nams - merit, good fortune; punya (Skt.)	SÖ NAM

15.	འགྲོ་	'gro - present and future of <i>'gro ba</i> : to go; a being, sentient being, migrator, transmigrator	DRO
16.	ཕན་	phan - past, present, and future tense of <i>phan pa</i> : to help, to aid, to benefit; help, aid, benefit	P'EN
17.	ཕྱིར་	phyir - because of, since, as a result of; for the sake of, with regard to; back; outside	CH'EER
18.	འགྲུབ་པ་	'grub pa - to happen, to come about, to be accomplished (present and future tenses)	DRUP PA
19.	ཤོག་	shog - come, come here, may [it happen], imperative auxiliary particle	SHOK