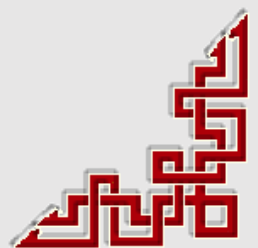


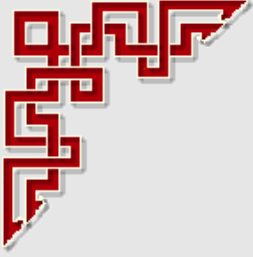
## DAILY PRAYERS

(REFUGE, FOUR IMMEASURABLES, DEDICATION, LONG LIFE)



(Image by Salga, Lama Jiga's Refuge tree)





### REFUGE PRAYER

SAWN JAY CHÖ DANG TSOK CHEE CHO NAM LA  
CHANG CHOOP BAR DOO DA NEE CHAP SOOM CHEE  
DAK GEE JIN SO JEE PAY SÖ NAM JEE  
DRO LA PEN JEER SAWN JAY DROOP PAR SHO

Until I reach enlightenment,

I take refuge in the Buddha, the Dharma and the noble Sangha.

Through the merit of accomplishing the six perfections,

May I achieve awakening for the benefit of all sentient beings.



### THE FOUR IMMEASURABLES

SEM CHEN TAM CHAY DAY WA DANG, DAY WAY JOO DANG DEN PAR JOOR CHIK  
DOO NGAL DANG, DOO NGAL JEE, JOO DANG DREL WAR JOOR CHIK  
DOO NGAL MAY PAY DAY WAY DAM PA DANG, MIN DREL WAR GYUR CHIK  
NYAY RING, CHAK DANG, NEE DANG DREL WAY  
TANG NYOM, CHEN PO LA, NAY PAR GYUR CHIK

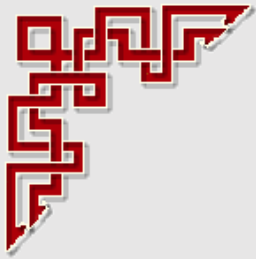
May all sentient beings gain happiness and the cause of happiness.

May they be free from suffering and the cause of suffering.

May they never be separate from the highest bliss, which is devoid of suffering.

May they come to rest in the great impartiality, which is free of attachment and aversion.





### DEDICATION PRAYER

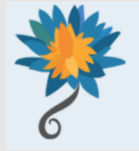
SÖ NAM DAY YEE TAM CHAY ZIK PA NYEE  
TOP NAY NYAY PAY DRA NAM PAM CHAY NAY  
CHAY GA NAK CHEE BA LAP TROOK PA YEE  
SEE PAY TSO LAY DRO WA DRÖL WARRA SHOW

By this merit may all attain omniscience.

May it defeat the enemy, wrong-doing.

From the stormy waves of birth, old age, sickness, and death,

From the ocean of samsara, may I free all beings.



### GENERAL PRAYER FOR THE LAMAS' LONG LIFE

LA MA KU KHAM ZANG WAR SÖL WA DEP  
CHO TOO KOO TSHAY RING LA SÖL WA DEP  
TRIN LAY DAR ZHING JAY LA SÖL WAN DEP  
LA MA, DANG DREL WA, ME PAR JIN GYI LOP

I pray that the lamas' health be excellent,

that their supreme lives be long,

and, that their activities increase and spread.

Bless us that we remain inseparable from the lamas.

