

Prayers to use in your daily practice

Prepared for students of Anyen Rinpoche

Refuge/Bodhisattva Vow

Buddhas of the 10 directions, destroyers who have transcended Samsara
Bodhisattvas with heroic minds who have transcended the 10 Bhumis
Great Tantric masters, holders of the indestructible view, I beg for your guidance.

From now until I reach the essence of enlightenment, I take refuge in the Buddha, the
Dharma, the Bodhisattvas and the Sangha (repeat this last line three times).

Just as the ones gone to bliss developed Bodhichitta, and the Bodhisattvas
By listening and contemplation, abide in the stages of the path
Like that I also, to benefit sentient beings, wish to develop Bodhichitta
And by studying, learn the stages of the path (repeat this whole stanza three times).

Generation of Bodhichitta

May the supreme, precious Bodhichitta
That has not arisen arise.
That has arisen not be broken.
And may it continually increase! (pray three times)

A prayer to use for Tonglen

May the suffering of all beings ripen in me!
May my virtue ripen in them without exception!
May all the suffering beings have in the future ripen in me!
May the suffering of all beings be eradicated by the Sangha of Bodhisattvas!

Dedication of Merit

By this merit, may all sentient beings
Complete the two accumulations of merit and wisdom
And by this merit and wisdom
May they attain the two sacred bodies.