

# Short Daily Chenrezig Prayer

## Taking Refuge *3 times*

In the Buddha, Dharma and the Sangha,  
I go for refuge until enlightenment is reached.  
May my generosity and accumulations of merit  
Bring benefit to all beings,  
And may beings actualize perfect Buddhahood.

## Four Immeasurables *3 times*

May all beings be endowed with happiness;  
May all beings be free from suffering;  
May all beings never be separated from happiness;  
And may all beings abide in equanimity,  
Undisturbed by the eight worldly concerns.

For as long as space endures, and for as long as living beings remain,  
Until then may we, too, abide to dispel the misery of the world.

## Prayer to Chenrezig

You, whose white-colored body is unstained by faults,  
Whose crown is adorned by a fully enlightened Buddha,  
Who gaze upon migrants with the eyes of compassion  
To you, Chenrezig, I prostrate.

## Mantra Recitation *108 times*

OM MANI PADME HUNG

## Chenrezig Prayers

By this virtue, may I quickly become Chenrezig,  
And the lead every being, without exception, to that ground.

## Dedication of Merit *3 times*

By this merit, may all obtain omniscience,

May it defeat the enemy wrongdoing.

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

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

## Engendering Bodhichitta

Bodhichitta is precious, may it arise for whom it has not arisen,

Once arisen, may it not diminish, but ever grow and flourish.