

## Refuge and Bodhicitta Prayers, by Lama Zopa Rinpoche

I go for refuge to Buddha, Dharma, Sangha,  
until I achieve enlightenment

Due to the merits of having done  
Charity, and so forth, the Six Paramitas,  
having listened to teachings...

By the three times merits collected by me, the three times merits, past,  
present, future, collected by numberless sentient beings, and the three  
times merits collected by numberless Buddhas,  
May I achieve total cessation of mistakes of mind, and the total completion  
of all realizations of Buddhahood

in order to free from oceans of samsaric suffering the numberless hell  
beings, numberless hungry ghosts, numberless animals, numberless human  
beings, numberless sura beings, numberless asura beings, numberless  
intermediate state beings,  
to free them from oceans of samsaric suffering and bring them to  
enlightenment...

like that...