

For the sake of those who struggle and suffer,
all those who have not yet reached the highest state of freedom and peace,
to relieve their suffering and to bring them happiness,

I take refuge in the Buddha,
the Great Compassionate Teacher,
the Remover of suffering,
I take refuge in the Dharma,
in all the Liberating Teachings,
and I take refuge in the Noble Sangha,
the Accomplished Spiritual Community

By this practice,
just as my teachers before me have done,
May I realize the state of Peace,
Perfect Freedom, and happiness,
and Great Love, ~ the Mind of Enlightenment,
and may I bring all others to that very same state

{The concerns of others are my concerns,
is that not so?

For their sake, then}

May I accomplish this Path,

and,

May all temporal and ultimate aims be fulfilled