

ཨོཾ་མ་ཎི་པདྨེ་ཧུམྱེ།

Om Mani Padme Hung

ཨོཾ་རུ་རེ་རུ་རྩེ་རེ་རུ་རེ་སྣེ་སྣེ།

Om Tare Tuttare Ture Soha

Dedication of Merit

**Jam pal pa wo jee tar kyen pa dang
Kun tu zang po dey yang dey shin dey
Dey dak kun kee jey su dak lob cheer
Gey wa dee dak tam jay rab tu no
Du sum shek pay gyal wa tam jay kee
No wa kang la chok tu nak pa dey
Dak kee gey way tsa wa dee kun kyang
Zang po cho cheer rab tu no war kee.**

Just as heroic Jampal (Manjushri) is wise, so also is Kuntu Zangpo (Samantabhadra); and thus to follow their example, I dedicate all of these virtues. All the Enlightened Ones of the three times praise any dedication as most excellent; so also shall I dedicate all this merit towards beneficial practice.



Compassion Sadhana

The Nalanda Institute
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Homage

(3x Pali, 1x English)

**Namo tassa bhagavato arahato
samma sambuddhassa**

Homage to the Blessed One, the Perfect One,
the Fully Enlightened One

Refuge and Enlightenment Thought

(3x Tibetan, 1x English)

**Sang gyé Ch'ö d'ang Ts'og kyi Ch'og nam la
J'ang ch'ub B'ar d'u Dag ni Kyab su ch'i
Dag g'i Jin sog Gyí pei Sò nam kyí
Dro la Phen ch'ir Sang gyé 'Drub par shog**

In the Buddha, the Dharma, and the Sangha
I take refuge until enlightenment is reached.
Through the merit of giving and other virtuous deeds,
may I attain Buddhahood for the sake of all beings.

Four Immeasurables

(Love, Compassion, Joy, Equanimity)

Sem chen Tham ché ...

**...De wa D'ang De wei Gyu D'ang Den
par Gyur Chig**

**...Dug ngal D'ang Dug ngal Gyi Gyu D'ang Dral
war Gyur Chig**

**...Dug ngal Mè pei De wa D'ang Mi 'Dral
war Gyur Chig**

**...Nye ring Ch'ag dang D'ang Dral wei Tang
nyom La Ne par Gyur Chig**

May I attain happiness and its causes.

May I be free from suffering and its causes.

May I never be separated from joy that is free of
misery.

May I abide in equanimity, free from bias of
attachment and aversion.

May our close ones...

May all beings...

Meditation Sessions

1: mental stability: calming the mind; notice & return

2: spacious or boundless mind: lovingkindness & compassion