

THE SEVEN-LIMBED BODHICITTA TRAINING OPENING CHANTS

Refuge

I take refuge in the essence, Dharmakāya,
empty, all pervading.

I take refuge in the nature, Sambhogakāya,
radiant and unceasing.

I take refuge in the manifestation, Nirmāṇakāya,
ever compassionate and merciful.

In the three kāyas, nothing other than my own unborn awareness,
I take refuge, I take refuge.

Rousing Bodhicitta

To rouse compassion for suffering beings,
Whose piteous cries fill the three worlds,
I generate bodhicitta.

To rouse compassion
For those who dwell in the dark prisons of ignorance,
Who drown in the putrid swamps of passion,
Who are tortured in the terrible hells of their own aggression
I generate bodhicitta.

Taking the Bodhisattva Vow

Buddhas, bodhisattvas, and all realized ones of the ten directions
and the three times, please consider me:

From now until attaining enlightenment,
I vow to work for the welfare of all.
Until times end and all are free,
I will pursue, and rejoice in doing so,
The path and practice of the bodhisattva,
Cultivating the paramitas, the immeasurables and so on.
Suffering beings are innumerable,
I vow to save them all.

Witnessed by all the protectors, I welcome sentient beings and sugatas.
Devas and asuras rejoice!