

Giving Refuge

ମନୁଷୀ ହିନ୍ଦୁ'ମ'ର୍ଦ୍ଦୁ'ର'ଶ୍ଵର'ମ'ପ'ତ୍ରିଷ୍ଣା'ଶଶୁଦ୍ଧ'ମ'ପର୍ବତ'ରକ୍ଷଣ'ର୍ଦ୍ଦୁଷ୍ଟା'ପ'ବ୍ୟା ଶ୍ଵର'ମନ୍ଦିର'ପ୍ରତିବନ୍ଦ'ଶ୍ଵରପାତା'ର୍ଦ୍ଦୁଷ୍ଟି'ର'

LAMÉ KHYÖ KYAB-DRÖ

That you want to take the vow of Refuge from the Lama is extremely excellent. When you

DOMPA LA LEN-PAR DÖPA DÉ SHINTU LEK KÖNCHOK SUM LA KYAB DRO-WA

take Refuge in the Three Jewels, it is taught that you will attain freedom from all fears.

ରହିଶା'ପ'ମେଦ'ପର'ଶ୍ଵର'ପର'ରତ୍ନ' । କେଶ'ଶଶୁଦ'ପଶ' । ଶକ'ିର'ଶିର'ର୍ତ୍ତ'କେ

JIKPA MÉ-PAR TOB-PAR GYUR SHÉ SUNG-PÉ PEN-YÖN SHINTU CHÉ

There are many great benefits regarding the taking of Refuge.

DÉ LA-MÉ JÉSU DÉNÉ LANG-NA NGO-TSA TREL-YÖ KYI TENOK GÖPA

Repeating the words after the Lama without embarrassment or shame and especially thinking

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KHYÉPAR CHEN YÖ-PÉ

that you will rely on the excellent sources of refuge....

JÉ-DÖ DZÖ

LOB-PÖN GONG

Repeat after me! If there is no Dharma connection say, TSUN PA-AM, Noble One. If there is say LOBPÖN GONG-SU SOL Master please regard me!

ଶୁଣାନ୍ତୁ । ସହାୟିତାରେ କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା

SU SOL DAK.....SHÉ GYI-WA DU DI-NÉ ZUNG-TÉ JISI TSOI BARDU
I (SAY YOUR NAME) known as, from today onwards for the rest of my life

ଶର୍ମିଷ୍ଠମଶ୍ରମକ୍ଷେତ୍ର ଶର୍ମିଷ୍ଠମଶ୍ରମକ୍ଷେତ୍ର ଶର୍ମିଷ୍ଠମଶ୍ରମକ୍ଷେତ୍ର

KANG-NYI NAM-KYI CHOK SANGYÉ LA KYABSU CHIO **DÖCHAK DANG**
take refuge in the Buddha, supreme among the two-legged. The supreme one that

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DRALWA NAM KYI CHOK CHÖ LA KYABSU CHIO TSOK-NAM KYI CHOK
frees from all desire and attachment, I take refuge in the Dharma the supreme assembly,

GENDUN LA KYABSU CHIO DAK DU DI-NÉ ZUNG-TÉ JISI TSO-I BARDU

I take Refuge in the Sangha. From today onwards, For the rest of my life

KYABSU DZINPÉ GE-NYEN DU TSUNPA-AM LOBPÖN GYI ZUNG-DU SOL

I hold onto this refuge, spiritual friend, Noble one, Master, please embrace me.

TSUKPU DREKPA TRO-AM

TRO-LA

after repeating these lines twice, at the end, the Master says, are you glad to have your hair cut? The disciple answers I am glad.

Having cut the hair give a name, then again saying the verses for the third time, up until

ବିଶ୍ୱାସିକୁଣ୍ଠାମନାଶେଷାହିତିରେ । ଶ୍ଵରାଦିକରଣଶୁଣାଶୁଦ୍ଧିତିରେ । ତେଜାପତ୍ରି

GÉ-NYEN DU The lama snaps his fingers **LOBPÖN GYI ZUNG-DU SOL**
recite Spiritual Friend Master, embrace me

ମଧ୍ୟ-ମାତ୍ରା-ବିଭାଗୀ ଶ୍ରୀ-ମନ୍ତ୍ରୀ ପାତ୍ରାନ୍ତିକୀ ବିଭାଗିତା-ପରିପ୍ରେକ୍ଷଣ ଦ୍ୱାରା ସମ୍ପଦିତ

the end the Lama says TAB YIN-NO the disciple says **LEK SO** then **TARPÉ**

ଶ୍ରୀମଦ୍ଭଗବତପ୍ରକାଶକ୍ଷରାତ୍ରି

GYALTSEN TENPAR GYUR CHIK TSANG-PAR CHÖPA TSÉ-I TARCHIN-PAR

May the victory banner of liberation be firm! May a life of moral, virtuous activity be perfected and firm!

ଶୁଦ୍ଧାର୍ଥିଦ୍ୱାରା ଶୁଦ୍ଧାର୍ଥିଦ୍ୱାରା ଶୁଦ୍ଧାର୍ଥିଦ୍ୱାରା

GYUR CHIK PUNGPO YONG-SU DZOG-PAR GYUR CHIK TSÉ-RAB TAMCHÉ

DU RABTU JUNGWA TOBPAR GYUR TSULTRIM KYI CHIK recite three times.
a life of pure morality!

Then the giving of advice DE-TAR KYABSU DRO-WE DOMPA TOBNE
Having obtained the vow of going for Refuge there is the advice

DÉ-I LABJA-LA GAKPÉ LABJA SUM NI SANGYÉ LA KYABSU SONG-NÉ

ହେବ'ହାତି'ଅ'ପା'ଶ୍ଵରା'ରେଣ୍ଟ'ପା'ଇ' । କଣ'ପା'ଶ୍ଵରା'ଶ'ଶ୍ଵର'କଣ' । ଶ୍ଵେତା'କଣ'ଅ'ଶ୍ଵର'କ' ।

JIKTEN-PÉ LHA-LA KYABDRO MI JA CHÖ-LA KYABSU SONG-NÉ SEMCHEN

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MI

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ශ්‍රී-ජ-ජ-ඩ-ජ-|

LA NÖ-TSÉ MI JA GENDUN LA KYABSU SONG-NÉ MUTEK CHEN DANG
from causing harm to any sentient being. Having taken Refuge in the Sangha, one should not

ඩ-ජ-ජ-ඩ-ස්-ඩ-ස්-ඩ-| දි-ය-ද-ඩ-ඩ-ශ්‍රී-ය-ද-ද-ස්-ඩ-ස්-ඩ-ස්-ඩ-ය-ද-|

DROKPAR MIJA DÉ YANG BÖ-KYI YUL DIR MUTEK NGÖSU MI-JUNG YANG
associate or make friends with people who have wrong views. Furthermore, in this land of
ස්-ඩ-ස-ස-ඩ-ස-ස-ද-ද-ස-ස-ද-ද-ස-ස-ස-ස-|

MI-DIK LA NGAMPA NAM MUTEK DANG DRAB DÉ DANG MI DROK-PA-O
Tibet may wrong views not arise and those that hold wrong views and are angry and
ferocious, such as these you should not befriend or associate with.

ජ-ඩ-ස-ස-ඩ-ස-ස-ස-|

NYIPA DRUBPÉ LAB JA SUM NI

Secondly, the advice regarding the three things you should take up.

ඡ-ජ-ජ-ඩ-ස-ස-ස-ස-| ඩ-ඩ-ඩ-ඩ-ස-ස-ස-ස-|

SANGYÉ LA KYABSU SONG NÉ KU-I TEN TANA TSA-TSÉ CHAGDUM

Having taken Refuge in the Buddha, regarding even a broken fragment

ත-ම-ය-ද-ඡ-ජ-ජ-ඩ-ස-ස-ස-ස-| ඩ-ද-ද-ද-ද-ද-ද-ද-|

TSAM LA-ANG SANGYÉ NGÖ-KYI DU SHÉ SHAK CHAL-CHÖ KUR-TI CHÉ

of a tsa tsa do not think that this is of no worth, rather that it does, truly

ද-ඩ-ස-ස-ස-ස-ස-ස-|

O GYALWÉ NÉ NAM-SU SHUK MI-JUKPA DANG

contain the form of the Buddha and is worthy of respect, veneration and offerings and is the
abode of the Victorious Ones.

ඡ-ජ-ජ-ඩ-ස-ස-ස-ස-| ඡ-ජ-ජ-ඩ-ස-ස-ස-ස-ස-|

CHÖ-LA KYABSU SONG NÉ CHÖ-KYI TEN TA-NA SUNG-RAB KYI YIK-DRU

Having taken Refuge in the Dharma, one should regard even a single

དྲྲྲ' ཡକ୍ଷମ' ଘର' ଘ' କଣ' ଯକ୍ଷମ' ଦର୍ଶନ' ଗ୍ରୀ' ଦ୍ୱାୟବିନ' ଶବ୍ଦା' କଣ' ଯଗ୍ନ' ଘଣ୍ଠି' ପ୍ରେତା'

CHIK YEN-LA CHÖ KÖNCHOK NGÖ-KYI DU-SHÉ SHAK-NÉ KUR-TI CHÉ

syllable to be truly the supreme Dharma, the sacred speech of the Buddha and

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O GYALWÉ NÉ NAMSU SHUK MI JUKPA DANG GENDUN LA KYABSU

is worthy of respect, veneration and offering. Having taken Refuge in the Sangha,

藏文： བེ་འགྲྲ ཤ්‍රී ສූජ්‍යා ມස් ສම් ດැන් පාය ສා

SONG-NÉ GENDUN GYI ZUK-TANG SHAM-DANG DENPA YENLA

seeing the Sangha wearing the robes of ordination, one should regard them

GENDUN KÖNCHOK NGÖ-KYI DU-SHÉ SHAK CHAK-CHÖ KUR-TI CHÉ

as truly representing the Three Jewels and regard them as being worthy

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O GYALWÉ NÉSU SHUK MI JUKPA-O

of respect, reverence, and offerings.

ଶଶୁମା'ପ'କ'ମସୁକ'ଶୁ'ଦଶ'ପ'ଶଶୁମା'କ' । ସମ୍ବନ୍ଧ'ଶଶୁମା'ଶୁ'କୁପଶ'ଶୁ'

SUMPA CHA TUN GYI LABJA SUM NI NANG NUB-SOK SU KYABSU

Thirdly, three pieces of advice on daily activities. Both morning and night be

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DRO-WA LA TSÖNPA DANG KYÉBU DAMPA LA DU DU-SU KÖN CHÖPA-LA

diligent in taking Refuge. Be diligent in making precious offerings

TSÖNPA DANG TEN-NÉ CHÖ-KYI JÉ-SU JUK-CHING CHÖ DANG TUN-PAR to
worthy beings. Depend upon the Dharma and those that teach the

CHÖPA-O DÉ TABU LABJA NAM YI-LA ZUNG-LA DRENPA DANG

Dharma, and keeping all the previous advice in mind, keep your actions in

SHÉ-SHIN DANG DENPÉ DU TAKTU LOB-PAR GYI SHIK

harmony with the Dharma. Be mindful and vigilant and constantly practice the teaching!

Having made three prostrations, recite dedication and wishing prayers, return to your own abode.