

The lines of refuge (to be counted while prostrating)

sang gyey chö tang tsoke kyi choke nam la
In the Buddha, Dharma and Supreme Assembly,

chang chupe par du dak ni kyap su chi
I take refuge until enlightenment is achieved.

dak ki jin sok gyi pey sö nam kyi
May the merit of my generosity and other virtuous deeds

dro la pen chir sang gyey drup par shok
Lead to buddhahood for the welfare of all beings!