



BODHI PATH
BUDDHIST CENTERS

REFUGE

*To be recited before
group practice.*

Until I have reached full awakening, I take refuge
in the Buddha, the Dharma and the supreme Assembly.
By means of beneficial actions such as generosity,
may I attain enlightenment in order to benefit beings.

Repeat three times

THE FOUR IMMEASURABLES

May all beings find happiness and the cause of happiness,
may they be free from suffering and the cause of suffering,
may they not be separated from the perfect happiness that is free from suffering,
may they abide in great equanimity, free from attachment and aversion
to those near and far.

Repeat three times

DEDICATION

*To be recited after
group practice.*

Through this merit, may I attain true omniscience.
Then, having overcome all harmful, destructive forces,
may I liberate sentient beings from the ocean of existence
and its turbulent waves of birth, old age, sickness and death.

May the most precious mind of awakening
that has not yet dawned now arise.

Once arisen, may it never decline;
may it continue to increase evermore.