



Dharmata
FELLOWSHIP

Daily Sadhana

Recite refuge prayer and Bodhisattva's vow in Sanskrit

(Refuge prayer)

Buddhaṃ śaraṇaṃ gacchāmi.

Dharmaṃ śaraṇaṃ gacchāmi.

Sanghaṃ śaraṇaṃ gacchāmi.

I take refuge in the Buddha,

I take refuge in the Dharma,

I take refuge in the Sangha.

(Taking Bodhisattava's vow)

Yathā grhītaṃ sugatair bodhicittaṃ purātanaih
Te bodhisattvaśikṣāyām ānupūrvyā yathā sthitāḥ
Tadvad utpādayāmy eṣa bodhicittam jagaddhite
Tadvad eva ca tāḥ śikṣāḥ śikṣiṣyāmi yathā kramam

*Just as all the Buddhas of the past
Gave rise to the awakened mind
And in the way of the Bodhisattvas,
Continuously lived and trained,
Likewise, for the sake of all,
I shall give rise to the awakened mind,
And continuously train
In the way of the Bodhisattvas*

(Please do sitting meditation here)

(Dedication prayer)

By this merit, may all attain perfect awakening,
Rising above all forces of negativity,
Going beyond the turbulence of birth, old age, sickness and death;
May all beings be free from the ocean of Samsara.

(Bodhicitta prayer)

May the precious and sublime awakened mind,
Arise where it has not arisen;
And where it has arisen, may it not decay,
But grow ever more and more.

To learn the Sanskrit pronunciation, please visit www.dharmata.org/sadhana