

# Abbreviated Chenrezig Practice



## Prayer to the Root Lama

Glor-i-ous lama, source of dharma,  
On lotus moon above my crown:  
In your great kindness please embrace me,  
Attainments grant of body, speech, mind.

## Refuge and Bodhicitta (3x)

In Buddha, Dharma, and the Sangha  
I take refuge till I awaken.  
Through all the virtues, such as giving,  
May I reach Buddhahood for beings.

## Prayer to Chenrezig (3x)

O flawless Lord in color white,  
A perfect Buddha as your crown,  
You see us with compassion's eyes:  
To you, Chenrezi, I bow down.

## OM MANI PEME HUNG

Recite as many times as possible.

## Dedication of Merit

This merit may it win omniscience,  
Defeat my faults, the enemy.  
From the rough and stormy sea  
Of birth, old age, death, and disease,  
From this ocean of samsara,  
May I liberate all beings.