



Refuge & Bodhisattva Vows

Jetsunma Ahkön Lhamo

Refuge Vow

I take refuge in the Lama,
I take refuge in the Buddha,
I take refuge in the Dharma,
I take refuge in the Sangha.

Bodhisattva Vow

I dedicate myself to the liberation and salvation of all sentient beings. I offer my body, speech, and mind in order to accomplish the purpose of all sentient beings. I will return in whatever form necessary, under extraordinary circumstances to end suffering. Let me be born in times unpredictable, in places unknown, until all sentient beings are liberated from the cycle of death and rebirth.

Taking no thought for my comfort or safety, precious Lama (Buddha), make of me a pure and perfect instrument by which the end of suffering and death in all forms might be realized. Let me achieve perfect enlightenment for the sake of all beings. And then, by my hand and heart alone, may all beings achieve full enlightenment and perfect liberation.

-- *Jetsunma Ahkön Lhamo*