

**Vow-taking verse**

Tsun-pa gong-su-sol,  
 dag 'your name' zhe-gyi-wa  
 dü-di-nä zung-te,  
 ji-si tso'i bar-du  
 kang-nyi nam-kyi chog **sang-gye** la **kyab-su chi-o**.  
 Dö-chag dang träl-wa nam-kyi chog-**chö** la **kyab-su chi-o**.  
 Tsog-nam-kyi-chog **gen-dun** la **kyab-su chi-o**.  
 Dag ji-si tso'i bar-du **ge-nyen** du tsun-pä zung-du-sol.

"Venerable one, please listen to me.  
 I who am called by the name

\_\_\_\_\_ ,  
 go for refuge until the day I die to the Buddha who is  
 the highest of all two legged beings [humans];  
 I go for refuge to the Dharma which is highest form of freedom from desire;  
 I go for refuge to the Community which is the highest of all assemblies.  
 And I ask you, O Venerable One, to consider me an upasaka (with refuge vows )  
 until the day I die."

[simplified spelling]

Tsun-pa [*or* Lopoon] gohng-su-sol,  
 dahk 'your name' shay-gee-wa  
 du-dee-nay sung-tay,  
 jee-see tso'i bar-du  
 kahng-nee nam-kee choak  
**sahng-gay** la **kahp-su chee-o**.  
 Doo-chak dang träl-wa nam-kee  
 choak  
**choo** la **kahp-su chee-o**.  
 Tsoak-nam-kee-choak  
**gen-dun** la **kahp-su chee-o**.  
 Dahk jee-see tso'i bar-du **ge-nyen** du  
 tsun-pay sung-du-sol.

**Refuge Vocabulary:**

Remember that the vowels are Latin (like in Spanish). Don't pronounce like English vowels.  
 Remember your foreign language classes.

Tibetan	meaning	notes
Tsun-pa	venerable	or he might tell you to say Lopön
gong-su-sol	please pay attention to me	
dag 'your name' zhe-gyi-wa	I, whose name is	remember to say your name after "dag"
<b>sang-gye</b>	Buddha	
<b>chö</b>	Dharma	sounds sort of like choo
<b>gendun</b>	Sangha	hard 'g' as in get
<b>kyabsu chi-o</b>	I go for refuge	practice saying this with enthusiasm
kyamdrol	going for refuge	
ge-nyen	lay-vow holder	Skt. upasaka (M.), upasika (F.)
tap-yin-no	"Will you keep them?"	The master asks you this.
<b>Lekso!</b>	very well, excellent	Shout this with enthusiasm right after <b>tap-yin-no</b>
ä		sounds like ay, or eh
g		G's are hard, as in 'get'