

THE FOUR IMMEASURABLES,

or

THE FOUR BRAHMAVIHARAS

སེམས་ཅན་ཐམས་ཅད་བདེ་བ་དང་

SEM CHEN THAM CHE DE WA DANG

sentient beings all happiness and

May all sentient beings have happiness

བདེ་བའི་རྒྱ་དང་ལྡན་པར་གྱུར་ཅིག།

DE WAI GYU DANG DEN PAR GYUR CHIG

happiness cause and have may this come to be

And the cause of happiness.

སེམས་ཅན་ཐམས་ཅད་སྤྱལ་བསྡུལ་དང་

SEM CHEN THAM CHE DUG NGAL DANG

sentient beings all suffering and

May all sentient beings be freed from suffering

སྤྱལ་བསྡུལ་གྱི་རྒྱ་དང་བྲལ་བར་གྱུར་ཅིག།

DUG NGAL GYI GYU DANG DRAL WAR GYUR CHIG

suffering of cause and separate, free of may this come to be

And the cause of suffering.

སེམས་ཅན་ཐམས་ཅད་སྤྱལ་བསྡུལ་མེད་པའི་

SEM CHEN THAM CHE DUG NGAL MED PAI

sentient beings all suffering free of

May all sentient beings never be separated from

བདེ་བ་དང་མི་བྲལ་བར་གྱུར་ཅིག།

DE WA DANG MI DRAL WAR GYUR CHIG

happiness and not separate may this come to be

The happiness that is free of suffering.

སེམས་ཅན་ཐམས་ཅད་ཉེ་རིང་ཆགས་སྡང་དང་

SEM CHEN THAM CHE NYE RING CHAG DANG DANG

sentient beings all near far desire anger and

May all sentient beings abide in equanimity free from cherishing friends and relatives

བྲལ་བའི་བཏང་སྦྱོམས་ལ་གནས་པར་གྱུར་ཅིག།

DRAL WAI TANG NYOM LA NAE PAR GYUR CHIG

free of equanimity with abide may this come to be

And being dismissive of strangers and enemies.

May all sentient beings have happiness and the cause of happiness. May all sentient beings be freed from suffering and the cause of suffering. May all sentient beings never be separated from the happiness that is free of suffering. May all sentient beings abide in equanimity free from cherishing friends and relatives and being dismissive of strangers and enemies.