**The Four Immeasurables**   
sem chen tam che de wa dang de way gyu dang den par gyur chig   
sem chen tam che dug ngel dang dug ngel kyi gyu dang drel war gyur chig  
sem chen tam che dug ngel me pe de wa dang mi drel war gyur chig   
sem chen tam che nye ring chag dang nyi dang drel way tang nyom la ne par gyur chig

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May all sentient beings have happiness and its causes  
May all sentient beings be free from suffering and its causes   
May all sentient beings never be separated from happiness and be free of suffering  
May all sentient beings abide in equanimity, free from attachment and anger holding some close and others distant