

Daily Prayers

FPMT

Education Services

Daily Prayers

Taking Refuge and Generating Bodhicitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA
JANG CHHUB BAR DU DAG NI KYAB SU CHHI
DAG GI JIN SOG GYI PÄI TSHOG NAM¹ KYI
DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

**I take refuge until I am enlightened
In the Buddha, the Dharma, and the Supreme Assembly.
By my merits of generosity and so forth,
May I become a buddha to benefit transmigratory beings. (3x)**

Four Immeasurables (Short Version)

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR
GYUR CHIG

May all sentient beings have happiness and the causes of happiness.

SEM CHÄN THAM CHÄ DUG NGÄL DANG DUG NGÄL GYI GYU DANG
DRÄL WAR GYUR CHIG

May all sentient beings be free from suffering and the causes of suffering.

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI DRÄL
WAR GYUR CHIG

May all sentient beings never be separated from the happiness that knows no suffering.

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG NYI DANG DRÄL
WÄI TANG NYOM LA NÄ PAR GYUR CHIG

May all sentient beings abide in equanimity, free of attachment and hatred for those held close and distant.

Four Immeasurables (Long Version)

Immeasurable Equanimity

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG DANG DRÄL WÄI
TANG NYOM LA NÄ NA CHI MA RUNG / NÄ PAR GYUR CHIG / NÄ PAR
DAG GI JA O / DE TAR JE NÜ PAR LA MA LHÄ JIN GYI LAB TU SÖL

**How wonderful it would be if all sentient beings were
to abide in equanimity, free from the closeness of
attachment and the distance of hatred.**

May they abide in equanimity.

I myself will cause them to abide in equanimity.

Please, Guru-Deity, bless me to be able to do this.

Meditate briefly on *tonglen*, focusing on taking on all the disturbing thoughts of sentient beings and giving them to your self-cherishing thought, thus destroying it.

Immeasurable Loving Kindness

Lama Zopa Rinpoche replaces the original words “to have happiness and the causes of happiness” with “to abide in buddhahood” because the word “happiness” tends to bring to mind temporary saṃsāric happiness, whereas what sentient beings actually need is enlightenment.² The original version³ can be found on page 10.

SEM CHÄN THAM CHÄ SANG GYÄ KYI GO PANG DANG DÄN NA CHI
MA RUNG / DÄN PAR GYUR CHIG / DÄN PAR DAG GI JA O / DE TAR JE
NÜ PAR LA MA LHÄ JIN GYI LAB TU SÖL

**How wonderful it would be if all sentient beings were to
achieve buddhahood.**

May they achieve buddhahood.

I myself will cause them to achieve buddhahood.

Please, Guru-Deity, bless me to be able to do this.

Meditate briefly on *tonglen*, focusing on transforming your body into skies of wish-granting jewels that give every sentient being what they desire and what they need, both temporary and ultimate happiness.

Immeasurable Compassion

SEM CHÄN THAM CHÄ DUG NGÄL DANG DUG NGÄL GYI GYU DANG
DRÄL NA CHI MA RUNG / DRÄL WAR GYUR CHIG / DRÄL WAR DAG GYI
JA O / DE TAR JE NÜ PAR LA MA LHÄ JIN GYI LAB TU SÖL

**How wonderful it would be if all sentient beings were free
from suffering and the causes of suffering.**

May they be free from suffering and its causes.

**I myself will cause them to be free from suffering and its
causes.**

Please, Guru-Deity, bless me to be able to do this.

Meditate briefly on tonglen, focusing on taking upon yourself all the suffering and causes of suffering of all sentient beings.

Immeasurable Joyfulness

SEM CHÄN THAM CHÄ THO RI DANG THAR PÄI DE WA DAM PA DANG
MA DRÄL NA CHI MA RUNG / MI DRÄL WAR GYUR CHIG / MI DRÄL
WAR DAG GI JA O / DE TAR JE NÜ PAR LA MA LHÄ JIN GYI LAB TU SÖL

**How wonderful it would be if all sentient beings were never
separated from the happiness of higher rebirth and
liberation.**

May they never be separated from these.

I myself will cause them never to be separated from these.

Please, Guru-Deity, bless me to be able to do this.

Meditate briefly on tonglen, focusing on giving all your past, present, and future merits and their results, every happiness up to enlightenment, to all sentient beings.
