

## **The Four Immeasurables**

(Chanted three times)

May all beings be free from suffering and the root of suffering

May all beings know happiness and the root of happiness

May all beings live in sympathetic joy, rejoicing in the happiness of others

May all beings live in equanimity, free from passion, aggression and delusion

## **THE FOUR BODHISATTVA VOWS**

(Chanted three times, hands in Gassho)

Sentient beings are numberless; I vow to save them.

Desires are inexhaustible; I vow to put an end to them.

The Dharmas are boundless; I vow to master them.

The Buddha Way is unattainable; I vow to attain it.