



Pema Kilaya

TIBETAN BUDDHIST MEDITATION PRACTICE

NAMO GURUBYE,
NAMO BUDDHAYA,
NAMO DHARMAYA,
NAMO SANGHAYA

OM AH HUNG

DEDICATION

FOUR IMMEASURABLES PRAYER OF BODHICITTA

May all beings have happiness, and the causes of happiness;

May all be free from sorrow, and the causes of sorrow;

May all never be separated from the sacred happiness which is sorrowless;

And may all live in boundless equanimity, without attachment, and without aversion.