क्षान्त्रीतिवन्त्रीतिकन्

The Four Immeasurables as a Traditional Tibetan Buddhist Prayer

May all beings have happiness and the cause of happiness.

May they be free of suffering and the cause of suffering.

May they never be disassociated from the supreme happiness which is without suffering.

May they remain in the boundless equanimity,

free from both attachment to close ones and rejection of others.