

The four immeasurables – Brahmavihara

The Four immeasurables in Sanskrit is called Chatur Brahmavihara) in Tibetan it is known as (Tsaymay Shi) is a series of four Buddhist virtues and the meditation practices made to cultivate them.

1. Immeasurable Loving Kindness (Tibetan Jampa tsaymay)

How good would it be that all beings be endowed with happiness and the causes of happiness, primarily Bodhicitta which cherishes others more than oneself and the wisdom of dependent origination? (Recite 3 times)

May all beings be endowed with happiness and the causes of happiness (Recite 3 times)
I will take the responsibility that all beings are endowed with happiness and the causes of happiness.

Please bless me, Gurus, Buddhas, and Bodhisattvas, to be able to do so. (Recite 3 times).

2. Immeasurable Compassion (Tibetan Nyingjey tsaymay)

How good would it be that all beings be free from suffering and the causes of suffering primarily self-grasping ignorance and self-cherishing attitude? (Recite 3 times)

May all beings be freed from suffering and the causes of suffering. (Recite 3 times)

It will take the responsibility to free all beings from suffering and the causes of suffering.
Please bless me, Gurus, Buddhas, and Bodhisattvas, to be able to do so. (Recite 3 times).

3. Immeasurable Joy(Tibetan Gawa tsaymay)

How good would it be that all beings are never separated from happiness and the causes of happiness? (Recite 3 times).

May all beings never be separated from happiness and the causes of happiness. (Recite 3 times)

I will take the responsibility that all beings are never separated from happiness and the causes of happiness.

Please bless me, Gurus, Buddhas, and Bodhisattvas, to be able to do so. (Recite 3 times).

4. Immeasurable Equanimity (Tibetan Tang-nyom tsaymay)

How good would it be that all beings abide in the state of equanimity, which is freed of the biased attitude of excessive attachment towards some and aversion towards others? (Recite 3 times)

May all beings abide in the state of equanimity which is freed of the biased attitude of excessive attachment towards some and aversion towards others. (Recite 3 times)

I will take the responsibility that all beings abide in the state of equanimity, which is freed of the biased attitude of excessive attachment towards some and aversion towards others (Recite 3 times).

Please bless me, Gurus, Buddhas, and Bodhisattvas, to be able to do so. (Recite 3 times).