Prayer for All the Lamas

 Lama ku kham zang war söl wa deb:  
May all the Lamas have good health.

 Chhog tu ku tshe ring war söl wa deb:  
May their lives be long and excellent in every way.

 Trinley dar zhing gyey par söl wa deb  
May their enlightened activities flourish.

 Lama dang drel wa më par jin gyiy lob:  
May we have the blessing to be inseparable from our teachers.

Prayer for the People of the Earth

 Dzamling chi dang yul kham di dag tu:  
At this very moment, may the people and nations of this earth

 Në mug tshon sog dug ngel ming mi drag:  
Not even hear the words: disease, famine, war or suffering!

 Chhö den sönam peljor gong du phel  
May pure conduct, merit, wealth and prosperity increase,

 Tagtu tashi deleg phunshog shog:  
May supreme well being and good fortune arise always!