
New English translation (based on the handwritten text):

May self and others, in their entirety, be universally benefited through gentle loving-kindness in alliance with discerning insight (*prajñā*).

[Signed,]

The fully-ordained monk (bhikṣu) of the Śākya (Buddhist) tradition, the Dalai Lama, Tenzin Gyatso, 89/12/27 (December 27th, 1989).

To Robert B. Livingston

Original English translation (provided below the handwritten text):

*May all sentient beings,
oneself and others, find constant happiness through
love and compassion associated with wisdom.*

–Dalai Lama, Tenzin Gyatso

December 27th, 1989

(To) Robert B. Livingston