

*Long Life Prayers for
His Holiness
the Dalai Lama*



*Foundation for the Preservation of the Mahayana Tradition
Education Services*



*His Holiness the 14th Dalai Lama
Artist unknown*

Working for the weal of all beings, like the wish-fulfilling gem, the jewel
of jewels,
May your aspiration be perfectly fulfilled.

By virtue of this, may the golden era be opened
Like a gate to the great spaces, liberating all sentient beings,
Coming as the happiness of spring which comforts our sorrows
And helps the teaching of the Buddha to spread in all directions and in
all ages,
Making it prosper to the summit of samsara and nirvana.

O you with the lotus in your hand, may the nectar stream of your
blessing
Strengthen our mind and bring it to maturity.
May we be able to please you by practicing the Dharma;
Through accomplishing at all times the good deeds of the bodhisattvas
May we reach nirvana.

By the blessings of the wondrous buddhas and bodhisattvas,
By the unassailable truth of the spiritual laws of cause and effect,
By the unstained power of the pure mind,
May the aim of my prayers soon be accomplished.

Short Long Life Prayer for His Holiness the Dalai Lama

In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenrezig, Tenzin Gyatso,
Please remain until samsara ends.



Colophon:

Composed by the late tutors to His Holiness the Dalai Lama, His Holiness Ling Rinpoche
and His Holiness Trijang Rinpoche.
Translated by Gelongma Khechog Palmo, Rumtek, Sikkim.
Booklet designed by FPMT Education Services, Taos, New Mexico, USA.

Thrin lä kün phän nor büi nying po chän
Zhe pa ji zhin lhün gyi drub gyur chig

De thü dzog dân käl zang nam khäi go
Lü chän ngäl söi chi du tag dröl zhing
Thub tän chhog dü kün tu rab dar wäi
Ge tshän si zhii tse mor gyä gyur chig

sChhag na pä möi jin lab dü tsii gyün
Dag sog nying gi zung su tag min ching
Ka zhin drub päi chhö pä rab nyän nä
Kün zang chö chhog gya tsho thar sön shog

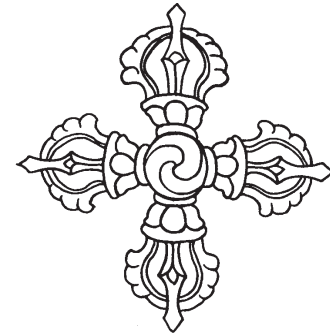
Mä jung sä chä gyäl wäi jin lab dang
Ten drel lu wa me päi den pa dang
Dag gi lhag sam dag päi thu tob kyi
Mön päi dön kün de lag nyur drub shog

Short Long Life Prayer for His Holiness the Dalai Lama

Gang ri ra wä kor wäi zhing kham dir
Phän dang de wa ma lü jung wäi nä
Chän rä zig wang tän dzin gya tsho yi
Zhab pä si thäi bar du tän gyur chig



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Song of Immortality

Prayer for the Long Life of His Holiness the Dalai Lama



OM SVASTI

Rab jam gyäl wäi sang sum ma lü pa
Gang dül chir yang chhar wäi gyu trül gar
Si zhii ge leg kün jung yi zhin nor
Ngö gyü drin chän la mäi tshog nam la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

Chhö ying kün säi khyön dang nyam jug päi
Dül dräl de chhen ye she gyu mäi trin
Drang me ten dang ten päi kyil khor du
Shar wäi yi dam lha tshog tham chä la

O you dakas and dakinis, heavenly beings of the three worlds,
Who appear in the highest paradises, the sacred places, the cremation
grounds,

Who have innumerable experiences of the bliss of the void
Supporting the yogis in their meditation on the excellent path,
To you all we offer our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.

Pour on him your blessings
That his aspirations may be fulfilled.

To the ocean of guardians of the teaching, who possess the eye of
transcendental wisdom,
Carrying on their matted locks the knot
Symbolic of the vows they made to the Vajradhara Buddha,
The powerful ones who protect the teaching and the upholders of the
Dharma—

We offer you our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

To all you guileless ones, in whom we take the excellent refuge,
We pray with intense devotion, humbly, from our very heart
That by the strength of these verses,
Ngawang Losang Tenzin Gyatso,
He who has power over speech, the kindly one,
Upholder of the Dharma, the great ocean,
He who possesses the three secret powers,
May be indestructible, eternal, and without end;
That, seated on the supreme unconquerable throne of the vajra,
He may live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

You who bear the burdens of innumerable buddhas,
With courage carrying on your shoulders the vast activities of the fully
enlightened ones,

Kha chö zhing dang nä yül dur thrö du
De tong nyam gyar röl päi tse jo yi
Näl jor lam zang drub la drog dzä päi
Nä sum pa wo kha dröi tshog nam la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

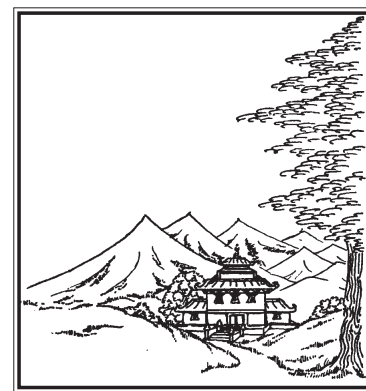
Dor je chhang gi ka tag chhag gyäi dü
Mi dräl räi päi thö du nyer kö nä
Tän dang tän dzin kyong wäi thu tsäl chän
Ye she chän dân tän sung gya tsho la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

De tar lu me kyab kyi chhog nam la
Shug drag nying nä gü pä söl tab thü
Mi zä nyig mäi zug ngü rab nar wäi
Dag sog gang jong dro wäi gön chig pu

Ngag wang lo zang tän dzin gya tsho chhog
Sang sum mi shig mi gyur mi nub par
Zhom zhig yong dräl dor je nying pöi thrir
Käl pa gya tshor yo me tag tän shog

Rab jam gyäl wa kün gyi dzä päi khur
Nying tob thrag par zung wäi lab chhen gyi



OM SVASTI

O our gurus, and your line of lamas, for whom we have the deepest
gratitude,
You who are the repository of the three: secret powers of body, speech,
and mind of innumerable buddhas,
Who manifest in a miraculous way to each devotee according to his
capacity,
To you, who are the wish-fulfilling gems, the source of all virtues and
good qualities,
We offer our prayers with intense devotion
That our protector of the great land of snows,
Tenzin Gyatso, upholder of the Dharma, the great ocean,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

The dharmadhatu, the inexpressible reality, which pervades all things
like the heavens,
Immaculate, full of great bliss and transcendental wisdom,
Manifests like a cloud the numberless abodes of the higher divinities,
The mandalas of the heavenly beings.
To all the higher forms of the divine ones, the yidams,

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

Pang tog yön tän lhün dzog thrin lä kyi
Nang wa dro kham gya tshor tag tsen päi
Phän dzä tob chu nga wa lha yi lha
Rab jam dü sum gyäl wa tham chä la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

Jig ten sum lä gang gi nge dröl zhing
Chhog tu zhi wa nam jang nor büi ter
Zag me mi yo kün zang ge wäi päi
Theg sum dam päi chhö kyi tshog nam la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

Si päi thrül khor jom la chhe pa wäi
Den dön ngön sum jäl wäi ye she chän
Nam thar dor jei drong lä mi chhe pa
Rig dröl phag päi ge dün tham chä la

Dag chag dung shug drag pö söl deb na
Gang chän gön po tän dzin gya tsho yi
Ku tshe mi shig käl gyar rab tän ching
Zhe dön lhün gyi drub par jin gyi lob

We offer our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

O you numberless buddhas of the past, present, and future,
Who are the masters of the ten powers and teachers of the gods,
Whose attributes of perfection, free from defilements and born of
realization,
Are the source of the buddha-activity
Which appears for all time in the ocean of the suffering of the world
For the sake of all sentient beings.
To you we offer our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

O sacred Dharmas of the three yantras
That liberate us from the sufferings of the three worlds,
Supremely calm, the jewel treasure of the fully enlightened ones,
Without impurities, unchanging, eternally good, the peak of virtues,
To you we offer our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.

O all you arya Sangha, awakened and unsullied,
Of highest valor in conquering the suffering of the wheel of life,
With the transcendental wisdom that directly intuits the deeper truth
Never departing from the indestructible vajra abode of nirvana,
To you we offer our prayers with intense devotion
That Tenzin Gyatso, protector of the great land of snows,
May live for a hundred eons.
Pour on him your blessings
That his aspirations may be fulfilled.