Long Life Prayers for His Holiness the Dalai Lama
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.

\textit{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.

\textit{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.
Long Life Prayers for His Holiness the Dalai Lama

Thrin lā kūn phān nor būi nyīng po chān
Zhe pā ji zhīnhūn gyī drūb gyūr chīṅ

De thū dzog dān kāl zang nam khāi go
Lū chān ngāl sōi chī du tāg dröl zhiṅ
Thub tān chhōg dū kūn tū rāb dar wāṅ
Ge tshāṅ sī zhīi tse mōr gyā gyūr chīṅ

sChhag na pā mōi jīn lāb dū tsii ēyūn
Dag sog nyīng gi zung su tāg mīn chīṅ
Ka zhīn drūb pāi chhō pā rāb nēn nā
Kūn zāng chō chhōg gya tshī thār sōn shōg

Mā jung sā chā gāl wāṅ jīn lāb dāng
Ten drel lu wā me pāi dēn pā dāng
Dag gi lhag sām dag pāi tūb kīy
Mōn pāi dōn kūn dē lag nyūr drūb shōg

Short Long Life Prayer for His Holiness the Dalai Lama

Gang ri wā kōr wāi zhīng khām dīr
Phān dāng de wā mā lū jung wāi nā
Chān rā zig wān tān dzīn gya tshō yī
Zhab pā sī thāi bar du tān gyūr chīṅ
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
Näögë gyü drin chän la mäi tshog nam la

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

Chhö ying kün säl khyön dang nyam jug päi
Dül dräl de chhen ye she gyu mäi trin
Drang me ten dang ten päi kyl 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,
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 devotionThat 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 blessingsThat 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,
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 yanas
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.