

**Praise to Kyabje Thubten Zopa Rinpoche
On the occasion of the Long Life Puja
CPMT meeting, Bendigo, September 2014**

O you lion amongst humans,
Embodying the buddhas of past, present and future,
With bodies as numerous as atoms of the world,
We bow down with our body, speech and mind.¹

Always and forever we are in prostration at your holy lotus feet Kyabje Thubten Zopa Rinpoche.

We offer this praise to you Rinpoche, on behalf of all of your disciples throughout the world. We offer this praise on behalf of all sentient beings, who wander like blind children at the edge of the perilous cliffs of samsara, certain to fall to our deaths without your guidance.

We offer this praise in connection with this long life offering ceremony, with deep, sincere, and fervent requests that you remain stable like a vajra in this lifetime for the benefit of all beings.

Please remain with us never separated and continue to guide all sentient beings and the FPMT organization

We prostrate to you, and to all the buddhas and bodhisattvas in every direction and in all the three times, and to the Dharma and to the Supreme Assembly, with bodies as numerous as all the atoms of the world.

We make offerings of every precious thing in every world system both actual and imagined, just as Samantabhadra did with the hopes that we may become exactly like that.

From the depths of our hearts, and with great regret, we confess every single non-virtuous action that we have committed against others, or caused others to commit. We see them as faults and openly declare them to you, our holy guru.

With great happiness we rejoice in the ocean of positive actions created by buddhas, bodhisattvas, and all beings. we rejoice in the qualities of wisdom, bodhicitta, and great compassion and in the actions that have arisen from these minds.

¹ Verse 1, *King of Prayers*.

With folded hands, we beseech you,
and all buddhas in all directions,
please turn the wheel of the Dharma for all
who suffer in the darkness of samsara.

Please do not pass into nirvana,
but from your great compassion,
do not abandon us,
keep us close to you and remain in the world for infinite eons.

Through whatever merit we accumulate from this praise
and from our single-pointed devotion to you, our holy guru,
may we aspire to your state
and attain enlightenment in order to benefit all beings.

Please remain with us never separated and continue to guide all sentient beings and the FPMT organization

From you, we understand that our ability to liberate others
Relies entirely upon taming our own minds
Like Je Tsongkhapa, with great compassion, you demonstrate pure and
flawless ethics—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

From you, we understand that the thought of giving
Is the ripening cause that results directly in the wealth of realization
Like Je Tsongkhapa, with great compassion, you show boundless generosity—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

From you, we understand that the fire of an angry mind, or word, or thought
Is like a burning match to the kindling of our hard-earned merit
Like Je Tsongkhapa, with great compassion, you practice adamantine
patience—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

From you, we understand that a mind suffused with joy and diligence
Is the most powerful and effective fuel to move our practice
Like Je Tsongkhapa, with great compassion, you embody effusive joyous
effort—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

From you, we understand that a mind controlled by sinking and distraction
Will never penetrate reality
Like Je Tsongkhapa, with great compassion, you practice tireless
meditation—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

From you, we understand that a mind that grasps at the appearance of
things as real
And our experience of them as absolute will never find release
Like Je Tsongkhapa, with great compassion, you are never separated from
the perfect view—
You are our perfect guide upon the path,

Please carry us within your lotus heart until we reach enlightenment

Embodying the six perfections, manifesting enlightened activities that are
peaceful, increasing, wrathful and extensive, you are in essence the holy
guru Shakyamuni, in essence the holy guru Vajradhara.

Please carry us within your lotus heart until we reach enlightenment

We praise Rinpoche's courage, energy and humour.
We praise your courage in your open support
Of His Holiness the Dalai Lama in all his endeavours,
And in the development of your vast vision for the FPMT.

We praise your energy in the practice and transmission of the Holy Dharma,
Showing us how little sleep you need, and how much more we want,
And how initiations can go on all night.

We praise that wonderful laugh of yours.
The soft water of nectar from Chenrezig that soothes pain,
The shining sword of Manjushri severing the roots of pain,
The vajra laughter of Vajrapani that shatters samsara.

But above all we praise you for looking after us with such love and patience
for so long.

***Please live long Rinpoche, and continue your immeasurable enlightened
activities for the benefit of all sentient beings***

Precious Kyabje Thubten Zopa Rinpoche,
Embodiment of the Buddhas of the Three Times,
Great Wheel Turning King unrivalled
In subduing the deluded minds
Of those sunk in the dizzying vortex of samsara.

We prostrate with reverence at your radiant lotus feet
And sing endless praises to qualities knowing no bounds.

Great Hero whose golden body is adorned with the three vajras,
Though you sit immovable and serene beneath the Bodhi tree,
through the force of infinite compassion and wisdom blazing
you continuously emanate countless perfect form bodies that all beings
can see and enjoy!

Please live long Rinpoche, and continue your immeasurable enlightened activities for the benefit of all sentient beings

Therefore, with hands folded and with voices woven in pure harmony
we sing melodious praises to your radiant mind which thunders with
realization of the perfect union of emptiness and dependent arising.
With utmost devotion we humbly prostrate
and make vast yet intricate aspirations
inspired by those of Samantabhadra.

Just as Lama Tsong Khapa also prayed:
May we never tire of savoring
your nectar-like words, until we too emerge
victorious over the hosts of maras,
to sit in the sweet shade of Enlightenment that alone
shelters from every harm.

Precious Kyabje Thubten Zopa Rinpoche,
You who alone dispel all confusions and doubts,
please hear our heartfelt pleas:

Please, please live long and continue to turn the wheel of Dharma
For the benefit of all whose intolerable cries fill the three realms.
Please bless us so that we too can become perfect spiritual guides
effortlessly and naturally working for those in impure realms.

With your joyous explanations of emptiness, shining like a jewel with rays of
wisdom, you are the embodiment of a virtuoso of voidness.

How fortunate we are! Precious guru, please, please live long!

We pray to be able to purify every single negative karma,
and to be able to do immeasurable Nyung Naes as you always recommend
for the benefit of all mother sentient beings.

We pray to grow as a Buddhist Family,
Surrounded by heart practitioners
Who are able to realize the path,
And work together in harmony for all the mother beings.

We pray to be able to always see you as Buddha,
And follow your perfect example of non craving, love and compassion,
pure view and perfect wisdom.

We request for you, Dear Lama, to have a beautiful long and healthy life,
And to be able to see a smile on your face as a result of our realizations.

Please live long Rinpoche, and continue your immeasurable enlightened activities for the benefit of all sentient beings

We praise you, Kyabje Thubten Zopa Rinpoche, for touching our hearts and minds,
The voidness of your joyful laughter echoes deeply in our hearts
You, whose words are wise and totally full of compassion
You, the light that guides us and brings meaning to our lives.

Praises to you, dearest Rinpoche, for showing us that distance is created by our minds
Although we are far away, constantly, day and night, with never ending love
You manifest Your Holy presence in our hearts eliminating the slightest trace of separation
Infinite praises and gratitude to you, our very kind lama, loving guide and precious saviour.

Please live long Rinpoche, and continue your immeasurable enlightened activities for the benefit of all sentient beings

Can we bear to recollect that time before we met you,
Rinpoche, and received the teachings of the Buddha from one who is so pure of heart, so imbued with compassion, love and wisdom? Yes, we had many samsaric enjoyments. But our lives were only filled with dissatisfaction, confusion, pain and emptiness, an ache in our hearts that would never go away. Having everything? We may as well have had nothing at all.

We praise you Rinpoche for being conferred the Order of the Polar Star—Mongolia's highest honour given to a foreigner—for your efforts in re-establishing and spreading the Dharma.

Please live long Rinpoche, and continue your immeasurable enlightened activities for the benefit of all sentient beings

Light where there was once only darkness,
Understanding where there was once only confusion,
Wisdom instead of ignorance,
Happiness instead of discontentment,
Fulfilment instead of emptiness.
A heart full of joy and gratitude for the kindness of others,
Instead of self-cherishing, thinking only of I, me and mine.

None of this would have been possible without you, Kyabje Thubten Zopa Rinpoche.

Your patient hours and hours and hours and hours of teachings,

Your perfect advice and instructions,

Your complete and utter devotion to the welfare of all sentient beings.

Buddhahood is very far away, however you show us by your own example what being a Buddha means.

Your enlightened activities merely labelled as vast projects are soooooooooo immeasurable and are benefiting so many sentient beings as follows:

- Starting the incredible Sera Je Food fund – which is offering 3,029,500 meals every year to 2,500 monks and has been doing this for the past 23 years
- Starting the Puja Food, which for the past 15 years has been offer offering continuous pujas for FPMT; as well as offering to 15,650 sangha on every Buddha days (4 x a year); offering white wash and saffron to Boudhanath and Swayambhunath stupas in Nepal; offering robes and gold to Jowa Buddha in Lhasa and the great Buddha statue in Bodhgaya every month
- Starting the Lama Tsong Khapa teacher fund – preserving the Geluk tradition through sponsoring:
 - Supporting the most senior teachers of the Lama Tsong Khapa tradition
 - Supporting the annual Gelukpa exam
 - Supporting the annual winter debate in India and Nepal
- Undertaking to build 100,000 stupas around the world –including one to prevent harm from earthquakes in San Francisco - currently 49 completed
- Undertaking to build 100,000 large prayer wheels around the world including under the ocean and 12 completed to date.
- Sponsoring and inspiring the building of large Padmasambhava statues and 17 completed to date with one 21 meters high
- Sponsoring, guiding and inspiring for 1000 Maitreya statues to be built including the two large ones in Bodhgaya and Kushinagar
- Arranging for the writing the Prajnaparamita sutra in gold for world peace. One monk has been doing this fulltime for twelve years and he is currently

on the 4th volume

- Inspiring others and helping to save and liberate animals. Since 2007 over 2,183,100 animals saved and liberated; established the Animal Liberation Sanctuary in Nepal, ensuring the animals saved from slaughter and also exposed to dharma to gain a better rebirth; giving charity to ants; building Namgyalma mantra boards to bless the sentient beings in the ocean and the Liberation tools that we can use to pick up insects, so they can go under the Namgyalma mantra and be blessed and gain a higher rebirth
- Sponsoring and inspiring large thangkas for many centres and around the world
- Guiding and financially supporting the IMI Sangha by supporting the building of monasteries and nunneries and in so many ways
- Undertaking and sponsoring 100 million Mani retreats (1 so far more than 18 completed) and sponsoring and inspiring 100 x Nyung Nae retreats and many students now undertaking 1000 or more Nyung nas
- Sponsoring the offering of 100,000 tsog offerings to Guru Rinpoche around the world
- Offering extensive support to all the great monasteries in India, to so many individual Khangtsens and in particular to Sera Je Monastery, India for the past 30 years, such as sponsoring the gompa, classrooms and so much more
- Offering support to Kopan Monastery and Nunnery for many years

As well as supporting:

- Continuous light offering to self-emanating Chenrezig in Gasha Khandroling, India
- Supporting the Nepal Buddhist Federation which supports the four Buddhist traditions in Nepal
- Extensive offering to the pores of the guru (His Holiness the Dalai Lama) and the tens of thousands of monks!
- Making so many offerings to FPMT centres/projects/services and building of holy objects

- Sponsored the building of the kitchen at the Central School of Tibetans in Bylakuppe, India and offered food for 12 months
- Offering all food to children at Ngari Institute, Ladakh and helping to build a Ngari Khamtsen in Sera Je Monastery
- Sponsoring ongoing extensive offerings for the benefit of the organization going all night and day in America, Malaysia, Nepal, Singapore and India and inspiring others to do the same
- Offering sponsorship to many young tulku's of the Geluk tradition
- Offering robes to all FPMT Geshe's and Non Tibetan resident teachers annually
- Sponsored a prayer wheel and statues for a small Tibetan settlement gompa in Kullu, Manali
- Assisted in sponsoring a new residence for His Holiness the Dalai Lama in Bylakuppe, India
- Sponsoring important oral transmission from His Holiness Sakya Trinzin and Dakpa Rinpoche as well as other high Lamas
- Supporting Tibetan communities by building hospitals in Tibet and helping those in India
- Supporting Buddhism in Tsum and Mongolia, including offering towards charitable work in Mongolia

There are so many more projects that Kyabje Thubten Zopa Rinpoche supports from his own side creating vast amounts of merit for the FPMT organisation. So many that it is hard to fathom and these projects are the only ones that we can see. Who knows what you are doing Rinpoche in all the other universes???

Guiding the students immaculately with exact instructions on how to achieve enlightenment quickly, taking care of so many sentient beings by advising what they can do to overcome life and health obstacles.

Guiding the centers faultlessly so they can be of most benefit to innumerable sentient beings and helping always in so, so, so, so, so many ways.

Perfectly guiding the FPMT organization so we can be of MOST BENEFIT to all sentient beings. Inspiring and guiding the sangha and teachers so they can be of most benefit.

So please, please, please remain to guide us
For, Rinpoche, we only want to become like you and please your holy mind
by fulfilling your sublime wishes.

But no matter how many expressions of gratitude and love we may offer to
you, in your very own words, you said in the Heart of the Path:

Even if we were to offer our gurus the three thousand
galaxies of the universe filled with wish-granting jewels for
eons, we couldn't repay their kindness in teaching us one
word of Dharma.²

And Rinpoche, no matter how we may extol your qualities, just as it is said in
the Golden Light Sutra:

There is none among beings, even among gods,
Who in many thousands of millions of eons
Can fully explain merely one drop of virtue
From the ocean of your supreme qualities.³

Countless diverse voices. Students of every conceivable disposition and
inclination. From every continent on this planet. A manifestation of the extent
of Rinpoche's all pervasive compassion and love and holy enlightened
activities. Each and every one of us making the same supplication and plea
to Rinpoche, on this occasion of the twenty fifth CPMT meeting.

For as long as space remains,
For as long as sentient beings remain,
Until then may our most precious heart guru, Kyabje Thubten Zopa
Rinpoche, remain to dispel the miseries of the world.

***Rinpoche, please live long, please live long, please live long and continue to
guide us, who are lost in this darkness of samsara***

Rinpoche, please, please, please remain always until all sentient beings are
led to enlightenment and the lower realms are empty forever.

Rinpoche, and all sentient beings and ALLLLLLLLLLLLLLL the FPMT organisations
in ALLLLLLLLLLLLLLL the universes.

Rinpoche, please do not pass into nirvana, and with your great compassion,
do not abandon us, keep us close to you and remain in the world for a billion,
million, trillion, zillion, gazillion eons.

² Page 264, *The Heart of the Path*.

³ Page 140, Chapter 19, *Golden Light Sutra*.