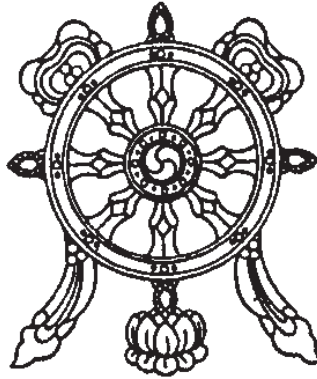


*Abbreviated Long Life Puja  
to Lama Zopa Rinpoche*

*Lama Chopa Combined with Prostrations  
and Offerings to the Sixteen Arhats*



Foundation for the Preservation of the Mahayana Tradition, Inc.  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
[www.fpmt.org](http://www.fpmt.org)

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Set in Calibri 12/15, Century Gothic, Helvetica Light and Lydian BT.

***Practice Requirements:***

When done in a group, anyone can do this practice.

***Note:***

This practice is to be done in conjunction with *Lama Chopal*, which is not included in this booklet.

# *Abbreviated Long Life Puja to Lama Zopa Rinpoche*

## *Lama Chopa Combined with Prostrations and Offerings to the Sixteen Arhats*

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Recite the “Four-Line Migtsema” while waiting for Lama Zopa Rinpoche to arrive and make his way to the throne.

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### *Four-Line Migtsema*

MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG

**Avalokiteshvara, great treasure of nonobjectifying  
compassion;**

DRI ME KHYEN PÄI WANG PO JAM PÄL YANG

**Manjushri, master of stainless wisdom;**

GANG CHÄN KHÄ PÄI TSUG GYÄN TSONG KHA PA

**Tsongkhapa, crown ornament of the sages of the Land of  
Snow:**

LO ZANG DRAG PÄI ZHAB LA SÖL WA DEB

**Losang Dragpa, at your feet I make requests.**

### *Requesting the Guru to Teach and Live Long*

---

As Rinpoche sits down on the throne, chant the following requesting prayer several times while someone (usually the center director) quickly offers Rinpoche the mandala base, statue, text, and stupa. At the end of the recitations play the cymbals.

---

CHHÖ NGA CHHEN PÖI DRA YI NI

**With the sound of the great drum of Dharma,**

SEM CHÄN DUG NGÄL THAR GYI SHOG

**May you set suffering sentient beings free.**

KÄL PA JE WA SAM YÄ SU

**Please teach the Dharma and live**

CHHÖ TÖN DZÄ CHING ZHUG GYUR CHIG

**For inconceivable tens of millions of eons.**

Recite *Lama Chopa* verses **LC 1–34**, then do the “Tsog Offering” **LC 55–69**, followed by verses **LC 35–40**. Then recite **LC 41** three or more times while the presiding lama offers a double vajra together with five khatas of the five colors.

## *Mandala Offering to Request Lama Zopa Rinpoche to Live Long*

### *Mandala Offering of Thirty-Seven Heaps*

At the beginning only the umdze recites:

GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG NGO WO  
YER MA CHI PA /YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU  
TSEN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB WANG DOR JE  
CHANG CHHEN PO *Thubten Zopa Rinpoche* PÄL ZANG PÖI SHÄL  
NGA NÄ / TÄN PA DANG DRO WÄI DÖN DU KU TSHE KÄL PA THRI  
THRAG NÄ THRI THRAG GI BAR DU TÄN PAR ZHUG PÄI YÖN DU / ZHING  
KHAM BÜL WAR ZHU

The group joins in:

OM VAJRA BHŪMI ĀḤ HŪḤ / WANG CHHEN SER GYI SA ZHI / OM VAJRA  
 REKHE ĀḤ HŪḤ / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü SU RII GYÄL  
 PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG  
 CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA YAB DANG  
 NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA MI NYÄN  
 DANG DRA MI NYÄN GYI DA

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ  
 PÄI LO TOG / KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN  
 MO RIN PO CHHE/LÖN PO RIN PO CHHE/LANG PO RIN PO CHHE/TA  
 CHHOG RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHEN PÖI BUM  
 PA

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG  
 PÖ MA / NANG SÄL MA / DRI CHHAB MA / NYI MA / DA WA / RIN PO  
 CHHEI DUG CHHOG LÄ NAM PAR GYÄL WÄI GYÄN TSHÄN / Ü SU LHA  
 DANG MII YI PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME PA  
 TSANG ZHING YI DU ONG WA DI DAG DRIN CHEN TSA WA DANG GYÜ  
 PAR CHE PÄI PÄL DÄN LA MA DAM PA NAM DANG

KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG / DÖN GYI LÄ  
 DU / TSEN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB WANG DOR  
 JE CHANG CHHEN PO *Thubten Zopa Rinpoche* PÄL ZANG PÖI ZHÄL  
 NGA NÄ / TÄN PA DANG DRO WÄI DÖN DU KU TSHE KÄL PA THRI  
 THRAG NÄ THRI THRAG GI BAR DU TÄN PAR ZHUG PÄI YÖN DU ZHING  
 KHAM ÜL WAR GYI WO

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG  
 DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHEN THAM  
 CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

### *Mandala Offering of Seven Heaps*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

**This ground, anointed with perfume, strewn with flowers,**

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, the four continents, the sun  
 and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine it as a buddha land and offer it.**

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all transmigratory beings enjoy this pure land.**

### *Request to the Guru to Live Long*

DÜN GYI NAM KHAR SENG THRI PÄ DÄI TENG

**In the sky before me, on a lion throne, lotus, and moon,**

JE TSÜN LA MA GYE PÄI DZUM KAR CHÄN

**My perfect, pure guru smiles with delight.**

DAG LO DÄ PÄI SÖ NAM ZHING CHHOG TU

**Supreme field of merit for my mind of faith,**

TÄN PA GYÄ CHHIR KÄL GYAR ZHUG SU SÖL

**Please abide for a hundred eons to spread the teachings.**

### *Request to the Guru to Turn the Wheel of Dharma*

LO ZANG DANG PÖI SANG GYÄ DOR JE CHHANG

**All pervading, noble minded, primordial Buddha Vajradhara,**

KÜN KHYAB CHHI NANG SANG WÄI KUR TÄN NÄ

**By manifesting in outer, inner, and secret bodies,**

NAM KHA JI SI DRO LA TSER GONG LA

**Consider transmigratory beings with love as long as space endures,**

CHHI NANG SANG WÄI CHHÖ KHOR KOR DU SÖL

**And turn the wheels of the outer, inner, and secret Dharma.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

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Continue with “Prostrations and Offerings to the Sixteen Arhats” below.

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# *Prostrations and Offerings to the Sixteen Arhats*

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While reciting this, a procession of disciples can offer Rinpoche the traditional long-life puja offerings, in the correct order, followed by special gifts from centers and individuals in the order of body (statues, thangkas, etc.), speech (texts), and mind (vajra and bell). Then personal offerings can be made beginning with the lamas and then respectively the monks, nuns, and lay people.

If the traditional offerings are not made, offer special gifts followed by personal offerings.

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## *Invocation*

CHHOG DÜ KÜN NÄ KYAB SUM KA DÖ CHÄ

**You who are the three refuges in all times and directions,  
along with your attendants,**

NYÖN MONG DRO LA KHYEN TSE RAB GONG NÄ

**Out of your wisdom and compassion please pay attention to  
us afflicted transmigratory beings.**

PAG ME ZHING NÄ THOG ME DZU THRÜL GYI

**By your magical powers, which are unobstructed  
throughout the immeasurable universes,**

DIR SHEG CHHÖ TRIN GYA TSHÖI Ü ZHUG SÖL

**Please come here and be seated in the midst of an ocean of  
clouds of offerings.**

LAG THIL TAR NYAM RIN CHHEN GYÄN GYI TRÄ

**In the center of this land, as level as the palm of the hand,**

JÖN SHING CHHU TSHÖ GYÄN PÄI SA ZHII Ü

**Decorated with jeweled ornaments,**

RIN CHHEN LÄ DRUB DRU ZHI GO ZHI PA

**And adorned with trees, streams, and lakes,**

PÄ MA NYI DÄ GYÄN PÄI DÄN TENG DU

**Is a square palace made of jewels with four doors.**

THUG JE TSÖ PÄI DÜ KYI DÜL JA NAM

**You, the protectors of transmigratory beings, who  
compassionately place**

NAM DRÖL LAM LA GÖ DZÄ DRO WÄI GÖN

**Those to be subdued of this time of conflict on the path  
to liberation,**

THUB PA CHHOG DANG NÄ TÄN CHHEN PO NAM

**Supreme Muni and the great arhats along with your retinues,**

KHOR DANG CHÄ PA NÄ DIR SHEG SU SÖL

**Please come to this place and be seated on cushions  
adorned with a lotus, sun, and moon.**

CHHOG CHÜI GYÄL WA SÄ CHÄ TAM CHÄ DANG

**All you conquerors of the ten directions along with your  
children,**

SHE RAB ME BAR NYÖN MONG TSHO KEM ZHING

**You who dry up the ocean of delusions with the blazing fire  
of your wisdom,**

NAM DRÖL SÖ NAM ZHING DU KÄ TÖ PÄI

**As well as the sangha of hearers of the ten directions,**

CHHOG CHÜI NYÄN THÖ GEN DÜN ZHUG SO TSHÄL

**You who are praised as a field of merit for liberation,  
I beseech you to abide here.**

YÖN JOR CHHÖ PÄI NÄ SU CHÄN DREN NA

**When I invoke you to this place of offering, please come**

DRO WÄI DÖN CHHIR CHHÖ KYI SHEG SU SÖL

**By virtue of these offerings, for the welfare of  
transmigratory beings.**

DRO WÄI GÖN PO SHA KYA SENG GE YI

**Dharma protectors, great arhats,**



SANG GYÄ TÄN PA GANG GI CHHAG TU ZHAG

**You to whom the protector of transmigratory beings,**

SUNG RAB RIN CHHEN DROM GYI KHA JE PA

**The Lion of the Shakyas, entrusted the teachings of  
the Buddha,**

CHHÖ KYONG DRA CHOM CHHEN PO ZHUG SO TSHÄL

**You who open the chest of the precious teachings,  
I beseech you to abide here.**

DAM CHHÖ PEL WÄI LÄ DU CHÄN DREN NA

**When I invoke you for the purpose of spreading the holy  
Dharma, please come,**

DRO WÄI DÖN CHHIR CHHÖ KYI SHEG SU SÖL

**By virtue of these offerings, for the welfare of  
transmigratory beings.**

THUB PÄ KA GÖ TÄN PÄI GYÄL TSHÄN DZIN

**You who received the precepts of the Muni**

YÄN LAG JUNG DANG MA PHAM NAG NA NÄ

**And bear the victory banner of the teachings,**

DÜ DÄN DOR JE MÖI BU ZANG PO DANG

**Angaja, Ajita, Vanavasin, Kalika, Vajriputra,**

SER BEU BHA RA DO DZA SER CHÄN CHHOG

**Bhadra, Kanakavatsa, Supreme Kanaka Bharadvaja,**

PHAG PA BA KU LA DANG DRA CHÄN DZIN

**Arya Bakula, Rahula, Chudapanthaka,**

LAM THRÄN BHA RA DO DZA SÖ NYOM LEN

**Pindola Bharadvaja, Panthaka,**

LAM TÄN LÜI DE BE CHHE MI JE PA

**Nagasena, Gopaka, and Abhedha,**

KHOR DANG CHÄ PA NÄ DIR SHEG SU SÖL

**Please come to this place along with your retinues.**

PANG DANG YE SHE PHÜN TSHOG SANG GYÄ KYANG

**You who have attained buddhahood, the perfection of  
abandonment and exalted wisdom,**

DÜL JÄI WANG GI NYÄN THÖ TSHÜL DZIN PA

**Yet take the aspect of hearers by the power of those to be subdued,**

KHYÄ PAR CHÄN GYI THRIN LÄ CHHÖ KYONG WÄI

**You sixteen arhats who protect the Dharma with special enlightened activities,**

NÄ TÄN CHU DRUG DIR JÖN DÄN LA ZHUG

**Please come here and be seated on these cushions.**

DE SHEG KA LUNG TSOR DZÄ TÄN PA SUNG

**Guardians of the teachings, you who consider the scriptures of the Sugata to be foremost,**

RANG DÖN DOR NÄ KHOR WÄI NAG TSHÄL DU

**You sixteen arhats who forsook your own welfare**

ZHÄN DÖN LHUR DZÄ NÄ TÄN CHU DRUG PO

**And earnestly work for the welfare of others in the jungle of samsara,**

DAM CHÄ THUG JEI WANG GI NÄ DIR SHEG

**Please come to this place by the power of your promises and compassion.**

GE NYEN KYAB SÖL DEN PÄI TSHIG TÄN PA

**I beseech you, Upasaka, who with your firm words of truth,**

KÖN CHHOG SUM GYI ZHAB DRING CHHI SO TSHÄL

**“Please grant me refuge,” became the servant of the Three Rare Sublime Ones.**

SÖ NAM RIN CHHEN LING DU CHÄN DREN NA

**When I invoke you to this place of precious merit, please come,**

DRO WÄI DÖN CHHIR CHHÖ KYI SHEG SU SÖL

**By virtue of these offerings, for the welfare of transmigratory beings.**

CHOM DÄN DIR NI JÖN PA LEG

**Bhagavans, it is wonderful that you have come here.**

DAG CHAG SÖ NAM KÄL WAR DÄN

**Bhagavans, please remain**

JI SI CHHÖ PA DAG GYI NA  
**As long as we have merit and fortune,**  
 DE SI CHOM DÄN SHUG SU SÖL  
**And as long as we make offerings to you.**

### *Prostrations and Requests*

GANG GI DRIN GYI DE CHHEN NYI  
**I bow at your vajra lotus feet,**  
 KÄ CHIG NYI LA CHHAR WA GANG  
**Guru whose body is like a jewel.**  
 LA MA RIN CHHEN TA BÜI KU  
**Due to your kindness, the state of great bliss**  
 DOR JE CHÄN ZHAB PÄ LA DÜ  
**Can be attained in but an instant.**  
 TÄN PA GYÄ PAR JIN GYI LOB  
**Please bless the teachings to flourish.**

GÖN PO THUG JE CHHE DÄN PA  
**The savior having great compassion,**  
 THAM CHÄ KHYEN PÄI TÖN PA PO  
**The teacher having all understanding,**  
 SÖ NAM YÖN TÄN GYA TSHÖI ZHING  
**The field of merit with qualities like a vast ocean—**  
 DE ZHIN SHEG LA CHHAG TSHÄL LO  
**To you, the One Gone to Thusness, I prostrate.**  
 TÄN PA GYÄ PAR JIN GYI LOB  
**Please bless the teachings to flourish.**

DAG PÄI DÖ CHHAG DRÄL WAR GYUR  
**The purity that frees one from attachment,**  
 GE WÄ NGÄN SONG LÄ DRÖL ZHING  
**The virtue that frees one from the lower realms,**  
 CHIG TU DÖN DAM CHHOG GYUR PA  
**The one path, the sublime pure reality—**  
 ZHI GYUR CHHÖ LA CHHAG TSHÄL LO  
**To the Dharma that pacifies, I prostrate.**

TÄN PA GYÄ PAR JIN GYI LOB

**Please bless the teachings to flourish.**

DRÖL NÄ DRÖL WÄI LAM YANG TÖN

**Those who are liberated and who also show the path to liberation,**

LAB PA DAG LA RAB TU NÄ

**The holy field qualified with realizations,**

ZHING GI DAM PA YÖN TÄN DÄN

**Who are devoted to the moral precepts—**

TSHOG CHHOG GEN DÜN LA CHHAG TSHÄL

**To you, the sublime community intending virtue, I prostrate.**

TÄN PA GYÄ PAR JIN GYI LOB

**Please bless the teachings to flourish.**

KHAM SUM PA YI DRO KÜN GYI

**You who purify every unfortunate migration**

NGÄN SONG THAM CHÄ JONG DZÄ PA

**Of all the transmigratory beings**

CHHÖ KYI KHOR LO KOR DZÄ PÄI

**Of the three realms and turn the wheel of Dharma;**

SHA KYA SENG GE DE LA DÜ

**I bow to the Lion of the Shakyas.**

TÄN PA GYÄ PAR JIN GYI LOB

**Please bless the teachings to flourish.**

NYE PA KÜN LÄ NAM DRÖL CHING

**You who completely liberate from all faults**

YÖN TÄN KÜN GYI GYÄN PA PO

**And are adorned with all good qualities,**

SEM CHÄN KÜN GYI NYEN CHIG PU

**You who are the sole friend of all sentient beings;**

THAM CHÄ KHYEN LA CHHAG TSHÄL LO

**I prostrate to the Omniscient One.**

TÄN PA GYÄ PAR JIN GYI LOB

**Please bless the teachings to flourish.**

GANG GI KYE DANG JIG PA DAG  
**You who have abandoned rebirth**

TSHÜL DI YI NI PANG GYUR PA  
**And fear by this method**

TEN CHING DREL WAR JUNG SUNG WÄI  
**And teach dependent and related arising;**

THUB WANG DE LA CHHAG TSHÄL LO  
**I prostrate to Munindra.**

TÄN PA GYÄ PAR JIN GYI LOB  
**Please bless the teachings to flourish.**

TSHUNG ME TA WÄ MI NGOM SHING  
**I prostrate to you whose body is matchless, beautiful,  
 the color of gold,**

SER GYI DOG CHÄN DZE PÄI KU  
**And when gazed at never satiates,**

ZHÄL CHIG CHHAG NYI KYIL TRUNG ZHUG  
**You who have one face, your right hand suppressing  
 the earth and your left in meditative equipoise,**

SA NÖN NYAM ZHAG DZÄ CHHAG TSHÄL  
**You who are seated in the vajra position.**

LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

GANG RI CHHEN PO TI SE LA  
**I prostrate to you, Arya Elder Angaja,**

PHAG PA NÄ TÄN YÄN LAG JUNG  
**Who are surrounded by thirteen hundred arhats**

DRA CHOM TONG DANG SUM GYÄ KOR  
**On great Mount Kailash,**

PÖ PHOR NGA YAB DZIN CHHAG TSHÄL  
**You who hold an incense bowl and a fan.**

LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

DRANG SÖNG RI YI NGÖ SHEL NA  
**I prostrate to you, Arya Elder Ajita,**  
 PHAG PA NÄ TÄN MA PHAM PA  
**Who are surrounded by one hundred arhats**  
 DRA CHOM GYA THRAG CHIG GI KOR  
**On the face of Mount Rishi,**  
 CHHAG NYI NYAM ZHAG DZÄ CHHAG TSHÄL  
**You whose two hands are in meditative equipoise.**  
 LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**  
 TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

LO MA DÜN PÄI RI PHUG NA  
**I prostrate to you, Arya Elder Vanavasin,**  
 PHAG PA NÄ TÄN NAG NA NÄ  
**Who are surrounded by fourteen hundred arhats**  
 DRA CHOM TONG DANG ZHI GYÄ KOR  
**In Seven Leaf Cave,**  
 DIG DZUB NGA YAB DZIN CHHAG TSHÄL  
**You who threaten and hold a fan.**  
 LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**  
 TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

DZAM BÜ LING GI ZANG LING NA  
**I prostrate to you, Arya Elder Kalika,**  
 PHAG PA NÄ TÄN DÜ DÄN NI  
**Who are surrounded by eleven hundred arhats**  
 DRA CHOM TONG DANG CHHIG GYÄ KOR  
**In Copper Country of Rose-Apple Land,**  
 SER GYI NA KOR DZIN CHHAG TSHÄL  
**You who hold a pair of gold earrings.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

SENG GA LA YI LING NA NI

**I prostrate to you, Arya Elder Vajriputra,**

NÄ TÄN DOR JE MO YI BU

**Who are surrounded by one thousand arhats**

DRA CHOM TONG THRAG CHIG GI KOR

**On the island of Sri Lanka,**

DIG DZUB NGA YAB DZIN CHHAG TSHÄL

**You who threaten and hold a fan.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

CHHU WO YA MU NÄI LING NA

**I prostrate to you, Arya Elder Bhadra,**

PHAG PA NÄ TÄN ZANG PO NI

**Who are surrounded by twelve hundred arhats**

DRA CHOM TONG DANG NYI GYÄ KOR

**In Yamuna River Land,**

CHHÖ CHHÄ NYAM ZHAG DZÄ CHHAG TSHÄL

**You whose hands are in the Dharma-explaining mudra  
and meditative equipoise.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

NÄ CHHOG DAM PA KHA CHHE NA

**I prostrate to you, Arya Elder Kanakavatsa,**

PHAG PA NÄ TÄN SER BE U

**Who are surrounded by five hundred great arhats**

DRA CHOM CHHEN PO NGA GYÄ KOR

**In the supreme holy place of Kashmir,**

RIN CHEN ZHAG PA DZIN CHHAG TSHÄL

**You who hold a jeweled noose.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

NUB KYI BA LANG CHÖ LING NA

**I prostrate to you, Arya Elder Kanaka Bharadvaja,**

BHA RA DO DZA SER CHÄN NI

**Who are surrounded by seven hundred great arhats**

DRA CHOM CHHEN PO DÜN GYÄ KOR

**In the western land of Enjoying Cattle,**

CHHAG NYI NYAM ZHAG DZÄ CHHAG TSHÄL

**You whose two hands are in meditative equipoise.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

JANG GI DRA MI NYÄN NA NI

**I prostrate to you, Arya Elder Bakula,**

PHAG PA NÄ TÄN BA KU LA

**Who are surrounded by nine hundred great arhats**

DRA CHOM CHHEN PO GU GYÄ KOR

**In the northern land of Unpleasant Sound,**

CHHAG NYI NEU LE DZIN CHHAG TSHÄL

**You whose two hands hold a mongoose.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**



TRI YANG KU YI LING NA NI

**I prostrate to you, Arya Elder Rahula,**

PHAG PA NÄ TÄN DRA CHHÄN DZIN

**Who are surrounded by eleven hundred arhats**

DRA CHOM TONG DANG CHHIG GYÄ KOR

**In the land of Priyangku,**

RIN CHHEN TROG ZHU DZIN CHHAG TSHÄL

**You who hold a jeweled crown.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

JA GÖ PHUNG PÖI RI WO LA

**I prostrate to you, Arya Elder Chudapanthaka,**

PHAG PA NÄ TÄN LAM THRÄN TÄN

**Who are surrounded by sixteen hundred arhats**

DRA CHOM TONG DANG DRUG GYÄ KOR

**On Vulture Peak Mountain,**

CHHAG NYI NYAM ZHAG DZÄ CHHAG TSHÄL

**You whose two hands are in meditative equipoise.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

SHAR GYI LÜ PHAG LING NA NI

**I prostrate to you, Arya Elder Pindola Bharadvaja,**

BHA RA DO DZA SÖ NYOM LEN

**Who are surrounded by one thousand arhats**

DRA CHOM TONG THRAG CHIG GI KOR

**In the eastern land of Noble Bodied,**

LEG BAM LHUNG ZE DZIN CHHAG TSHÄL

**You who hold a text and an alms bowl.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

LHA NÄ SUM CHU TSA SUM NA

**I prostrate to you, Arya Elder Panthaka,**

PHAG PA NÄ TÄN LAM TÄN NI

**Who are surrounded by nine hundred great arhats**

DRA CHOM CHHEN PO GU GYÄ KOR

**In the Abode of the Thirty-Three Gods,**

LEG BAM CHHÖ CHHÄ DZÄ CHHAG TSHÄL

**You who hold a text and have the Dharma-explaining  
mudra.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

RI YI GYÄL PO NGÖ YANG LA

**I prostrate to you, Arya Elder Nagasena,**

PHAG PA NÄ TÄN LU YI DE

**Who are surrounded by twelve hundred arhats**

DRA CHOM TONG DANG NYI GYÄ KOR

**On the broad face of King of Mountains,**

BUM PA KHAR SIL DZIN CHHAG TSHÄL

**You who hold a vase and a mendicant's staff.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

RI YI GYÄL PO BI HU LA

**I prostrate to you, Arya Elder Gopaka,**

PHAG PA NÄ TÄN BE JE NI

**Who are surrounded by fourteen hundred arhats**

DRA CHOM TONG DANG ZHI GYÄ KOR

**On Bihula, king of mountains,**

CHHAG NYI LEG BAM DZIN CHHAG TSHÄL  
**You who hold a text in each of your hands.**

LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

GANG CHÄN RI YI GYÄL PO LA  
**I prostrate to you, Arya Elder Abhedha,**  
 PHAG PA NÄ TÄN MI CHHE PA  
**Who are surrounded by one thousand arhats**

DRA CHOM TONG THRAG CHIG GI KOR  
**On King of Snow Mountains,**  
 JANG CHHUB CHHÖ TEN DZIN CHHAG TSHÄL  
**You who hold a stupa of enlightenment.**

LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

GE NYEN DHAR MA TA LA NI  
**I prostrate to you, Upasaka Dharmatala,**

RÄL PÄI THÖ CHING LEG BAM KHUR  
**Whose hair is tied up in a top knot,**

NANG WA THA YÄ DÜN NÄ SHING  
**You who carry a text and abide in front of Amitabha,**

NGA YAB BUM PA DZIN CHHAG TSHÄL  
**Holding a fan and a vase.**

LA MÄI KU TSHE TÄN PA DANG  
**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB  
**And the teachings to flourish.**

YÜL KHOR SUNG DANG PHAG KYE PO  
**I prostrate to you, the four great kings,**

CHÄN MI ZANG DANG NAM THÖ SÄ  
**Dhritarashtra, Virudhaka,**

RANG RANG KHOR DÜL GO ZHI SUNG

**Virupaksha, and Vaishravana,**

GYÄL CHHEN ZHI LA CHHAG TSHÄL LO

**Who subdue your own retinues and guard the four doors.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

CHHAG JAR Ö PA THAM CHÄ LA

**I prostrate with supreme faith in every way**

ZHING DÜL KÜN GYI DRANG NYE KYI

**To all of you, who are worthy of veneration,**

LÜ TÜ PA YI NAM KÜN TU

**Bowing as many bodies as the number of**

CHHOG TU DÄ PÄ CHHAG TSHÄL LO

**All the atoms in the universe.**

LA MÄI KU TSHE TÄN PA DANG

**Please bless the guru's life to be stable**

TÄN PA GYÄ PAR JIN GYI LOB

**And the teachings to flourish.**

## *Seven-Limb Prayer from “King of Prayers”*

### *Prostration*

JI NYE SU DAG CHHOG CHÜI JIG TEN NA

**You lions among humans,**

DÜ SUM SHEG PA MI YI SENG GE KÜN

**Gone to freedom in the present, past and future**

DAG GI MA LÜ DE DAG THAM CHÄ LA

**In the worlds of ten directions,**

LÜ DANG NGAG YI DANG WÄ CHHAG GYI O

**To all of you, with body, speech, and sincere mind,**

**I bow down.**

ZANG PO CHÖ PÄI MÖN LAM TOB DAG GI  
**With the energy of aspiration for the bodhisattva way,**  
 GYÄL WA THAM CHÄ YI KYI NGÖN SUM DU  
**With a sense of deep respect,**  
 ZHING GI DÜL NYE LÜ RAB TÛ PA YI  
**And with as many bodies as atoms of the world,**  
 GYÄL WA KÜN LA RAB TU CHHAG TSHÄL LO  
**To all you buddhas visualized as real, I bow down.**

DÜL CHIG TENG NA DÜL NYE SANG GYÄ NAM  
**On every atom are buddhas numberless as atoms,**  
 SANG GYÄ SÄ KYI Ü NA ZHUG PA DAG  
**Each amidst a host of bodhisattvas,**  
 DE TAR CHHÖ KYI YING NAM MA LÜ PA  
**And I am confident the sphere of all phenomena**  
 THAM CHÄ GYÄL WA DAG GI GANG WAR MÖ  
**Is entirely filled with buddhas in this way.**

DE DAG NGAG PA MI ZÄ GYA TSHO NAM  
**With infinite oceans of praise for you,**  
 YANG KYI YÄN LAG GYA TSHÖI DRA KÜN GYI  
**And oceans of sound from the aspects of my voice,**  
 GYÄL WA KÜN GYI YÖN TÄN RAB JÖ CHING  
**I sing the breathtaking excellence of buddhas,**  
 DE WAR SHEG PA THAM CHÄ DAG GI TÖ  
**And celebrate all of you gone to bliss.**

### *Offerings*

ME TOG DAM PA THRENG WA DAM PA DANG  
**Beautiful flowers and regal garlands,**  
 SIL NYÄN NAM DANG JUG PA DUG CHHOG DANG  
**Sweet music, scented oils, and parasols,**  
 MAR ME CHHOG DANG DUG PÖ DAM PA YI  
**Sparkling lights and sublime incense,**  
 GYÄL WA DE DAG LA NI CHHÖ PAR GYI  
**I offer to you victorious ones.**

NA ZA DAM PA NAM DANG DRI CHHOG DANG

**Fine dress and fragrant perfumes,**

CHHE MA PHUR MA RI RAB NYAM PA DANG

**Sandalwood powder heaped high as Mount Meru,**

KÖ PÄI KHYÄ PAR PHAG PÄI CHHOG KÜN GYI

**All wondrous offerings in spectacular array,**

GYÄL WA DE DAG LA NI CHHÖ PAR GYI

**I offer to you victorious ones.**

CHHÖ PA GANG NAM LA ME GYA CHHE WA

**With transcendent offerings peerless and vast,**

DE DAG GYÄL WA THAM CHÄ LA YANG MÖ

**With profound admiration for all the buddhas,**

ZANG PO CHÖ LA DÄ PÄI TOB DAG GI

**With strength of conviction in the bodhisattva way,**

GYÄL WA KÜN LA CHHAG TSHÄL CHHÖ PAR GYI

**I offer and bow down to all victorious ones.**

### *Confession*

DÖ CHHAG ZHE DANG TI MUG WANG GI NI

**Every harmful action I have done**

LÜ DANG NGAG DANG DE ZHIN YI KYI KYANG

**With my body, speech, and mind**

DIG PA DAG GI GYI PA CHI CHHI PA

**Overwhelmed by attachment, anger, and confusion,**

DE DAG THAM CHÄ DAG GI SO SOR SHAG

**All these I openly lay bare before you.**

### *Rejoicing*

CHHOG CHÜI GYÄL WA KÜN DANG SANG GYÄ SÄ

**I lift up my heart and rejoice in all positive potential**

RANG GYÄL NAM DANG LOB DANG MI LOB DANG

**Of the buddhas and bodhisattvas in ten directions,**

DRO WA KÜN GYI SÖ NAM GANG LA YANG

**Of solitary realizers, hearers still training, and those beyond,**

DE DAG KÜN GYI JE SU DAG YI RANG  
**And of all ordinary beings.**

### *Exhortation*

GANG NAM CHHOG CHÜI JIG TEN DRÖN MA DAG  
**You who are the bright lights of worlds in ten directions,**  
 JANG CHHUB RIM PAR SANG GYÄ MA CHHAG NYE  
**Who have attained a buddha's omniscience through  
 the stages of awakening,**  
 GÖN PO DE DAG DAG GI THAM CHÄ LA  
**All you who are my guides,**  
 KHOR LO LA NA ME PAR KOR WAR KÜL  
**Please turn the supreme wheel of Dharma.**

### *Request*

NYA NGÄN DA TÖN GANG ZHE DE DAG LA  
**With palms together I earnestly request:**  
 DRO WA KÜN LA PHÄN ZHING DE WÄI CHHIR  
**You who may actualize parinirvana,**  
 KÄL PA ZHING GI DÜL NYE ZHUG PAR YANG  
**Please stay with us for eons numberless as atoms of  
 the world,**  
 DAG GI THÄL MO RAB JAR SÖL WAR GYI  
**For the happiness and well-being of all wanderers in  
 samsara.**

### *Dedication*

CHHAG TSHÄL WA DANG CHHÖ CHING SHAG PA DANG  
**I dedicate each and every small virtue**  
 JE SU YI RANG KÜL ZHING SÖL WA YI  
**I have accumulated by prostrating, offering, confessing,**  
 GE WA CHUNG ZÄ DAG GI CHI SAG PA  
**Rejoicing, exhorting, and requesting**  
 THAM CHÄ DAG GI JANG CHHUB CHHIR NGO O  
**For the sake of enlightenment.**

## Requests

SANG GYÄ TRÜL PA DRA CHOM PHAG PÄI TSHOG

**Assembly of arya arhats, emanations of buddhas,**

DRO WÄI DÖN DU TÄN PA KYONG DZÄ PA

**You who protect the teachings for the welfare of  
transmigratory beings,**

KÖN CHHOG SUM NGÖ NÄ TÄN CHU DRUG GI

**You sixteen arhats who are the actual Three Rare Sublime  
Ones,**

TÄN PA YÜN RING NÄ PAR JIN GYI LOB

**Please bless the teachings to remain forever.**

THUG JEI DAG NYI NÄ TÄN CHU DRUG GI

**You, the host of sixteen thousand four hundred**

KHOR TSHOG SI TSHO LÄ GÄL NYÖN MONG ME

**Who are the nature of compassion, the host of retinues of  
the sixteen arhats**

THRI DANG DRUG TONG ZHI GYÄI TSHOG NAM KYI

**Who crossed the ocean of existence and are without  
afflictions,**

TÄN PA YÜN RING NÄ PAR JIN GYI LOB

**Please bless the teachings to remain forever.**

SEM CHÄN KÜN GYI SÖ GYUR DRA CHOM PA

**You who are healers of all sentient beings, arhats,**

RIG DANG ZHAB DÄN KYE GÜI JIN NÄ CHHE

**Possessors of knowledge and magical emanation,**

PHAG PÄI GANG ZAG CHHEN PO KHYE NAM KYI

**Great bases of the generosity of all beings, supreme arya  
beings,**

TÄN PA YÜN RING NÄ PAR JIN GYI LOB

**Please bless the teachings to remain forever.**



## *Dedications*

DAG ZHÄN GE WÄI TSA WA DI YI THÜ

**By the power of my own and others' roots of virtue,**

PHÄN DEI JUNG NÄ TÄN PA PHEL GYUR CHIG

**May the teachings, the source of benefit and happiness,  
flourish.**

DUG NGÄL KÜN JUNG MA LÜ RAB PANG NÄ

**May we completely abandon all sufferings and their origins**

SI PÄI GYA TSHO NYUR DU KEM PAR SHOG

**That the ocean of existence might quickly dry up.**

SÖ NAM GYA TSHO YONG SU DZOG GYUR CHING

**May the ocean of merit be thoroughly completed**

YE SHE GYA TSHO NAM PAR DAG GYUR TE

**And the ocean of exalted wisdom be pure**

YÖN TÄN GYA TSHO MA LÜ KÜN DZOG NÄ

**That we may complete the entire ocean of good qualities,**

JIG TEN KÜN LÄ KHYÄ PAR PHAG PAR SHOG

**Without exception, and become exalted in all worlds.**

## *Verses of Auspiciousness*

TSHOG NYI THAR CHHIN DÜ SUM GYÄL WA YI

**May there be the auspiciousness of the supreme peerless  
guru**

THRIN LÄ DRUB CHING YÖN TÄN NAM YER ME

**Who is undifferentiable from good qualities,**

KÄL PA NYAM PÄI DÜL JA MIN DZÄ PA

**Accomplishes the enlightened activities of the three times'  
conquerors who have culminated the two collections,**

NYAM ME LA MA CHHOG GI TRA SHI SHOG

**And ripens those to be subdued of equal fortune.**

DÜ SUM GYÄL WA GYÄ SÄ THUG JE YI

**May there be the auspiciousness of the great arhats who  
protect the teachings**

NYÄN THÖ TSHÜL DZIN SI PA JI SI BAR

**And enact the welfare of transmigratory beings through  
compassionately taking**

TÄN PA KYONG ZHING DRO WÄI DÖN DZÄ PÄI

**The aspect of hearers as long as existence lasts,**

NÄ TÄN CHHEN PO NAM KYI TRA SHI SHOG

**Although they are the conquerors and the conquerors’  
children of the three times.**

NYIN MO DE LEG TSHÄN DE LEG

**For there to be happiness and excellence during the day,**

NYI MÄI GUNG YANG DE LEG SHING

**Happiness and excellence during the night, happiness  
and excellence at mid-day,**

NYIN TSHÄN TAG TU DE LEG PÄI

**And continual happiness and excellence day and night,**

KÖN CHHOG SUM GYI TRA SHI SHOG

**May there be the auspiciousness of the Three Rare Sublime  
Ones.**

Continue with long-life prayers for Lama Zopa Rinpoche, including “A Long Life Prayer for Lama Zopa Rinpoche, Spontaneously composed by Neljorma Khadro Namsel Dronme” (next page). These prayers can be recited many times.

If offerings are still being presented, recite long-life mantras and other prayers, such as “Praises to the Twenty-One Taras,” until everyone has finished making their offerings. Continue with “Mandala Offering of Thanksgiving to the Guru” on page 29.

# *A Long Life Prayer for Lama Zopa Rinpoche*

*Spontaneously Composed by Rangjung  
Neljorma Khadro Namsel Drönme*

KÜN TU NANG WÄ MÜN PA Ö SÄL WA

**Through illuminating all, your appearance dispels  
the darkness;**

NYON MONG GYÄ THRI ZHI TONG NYEN PÖI TOB

**Your clear mind knows the 84,000 heaps of Dharma,**

CHHÖ PHUNG GYÄ THRI ZHI TONG LO SÄL RIG

**The power of the remedy to the 84,000 delusions;**

TEN JUNG MA WÄ DE NYI YÜL LÄ GYÄL

**Your proclaiming dependent arising itself is victorious  
in battle [with the maras]:**

DRIN CHHEN DOR JE CHHANG CHHEN CHI WOR CHHÖ

**I worship the supremely kind, great Vajradhara on my  
crown.**

THUB PÄI TÄN PA LUNG TOG SÄL DZÄ NÄ

**Clarifying the scriptures and realizations, the teachings  
of the Muni,**

TÄN PA MA KHYAB KHYAB SÄL DZAM BÜI LING

**You spread and illuminate those teachings wherever they  
have not yet spread in the world.**

ZÖ PÄ KA THUB GYÄL SÄ NGÖ GYUR NÄ

**Having become an actual son of the conquerors, you bear  
hardships with patience.**

PA RA TEN JUNG THRA MO GYÜ TOG PA

**In your continuum is realization of the perfection of wisdom,  
subtle dependent arising.**

RIN CHHEN NOR BU JAM NYING THONG DRÖL JE

**Precious jewel, lord possessing love and compassion, who  
liberates upon seeing,**

PO TI DRANG NGE KÜN JUNG OB CHHUB DZÖ

**Treasury of mastery of the all-arising interpretative  
and definitive scriptures,**

CHHE WÄI CHHE CHHOG TONG NYI NYING JEI DÖN

**Supremely great among the great, fully comprehending  
and clarifying the meaning of emptiness and compassion,**

RANG CHHUB SÄL DZÄ KYE GU THAR LAM DREN

**You guide all beings in the path to liberation.**

TSHE DÄN SHE NYEN LA MAR ZHAB TÄN SÖL

**Perfectly qualified spiritual friend, my guru, please remain  
forever.**

DÜ SUM JIG KYOB PHAG MA DRÖL MA YI

**She who protects from the fears of the three times,  
Arya Tara,**

TÄN DZIN KYE BU KU TSHE DZÄ THRIN PEL

**Please increase the life spans and activities of the beings  
who preserve the holy Dharma,**

MI DRÄL THRIN LÄ LHÜN DRUB DÜ KÜN KYONG

**And always, without separation, develop their spontaneous  
actions.**

LU ME TSA SUM LHA YI TRA SHI SHOG

**By the infallible deities of the three roots, may all be  
auspicious.**

# Mandala Offering of Thanksgiving to Lama Zopa Rinpoche

## Mandala Offering of Thirty-Seven Heaps

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At the beginning only the umdze recites:

---

GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG NGO WO  
YER MA CHI PA / YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU  
TSEN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB WANG DOR JE  
CHANG CHHEN PO *Thubten Zopa Rinpoche* PÄL ZANG PÖI SHÄL  
NGA NÄ / TÄN PA DANG DRO WÄI DÖN DU / KU TSHE KÄL PA / THRI  
THRAG NÄ THRI THRAG GI BAR DU / TÄN PAR ZHUG PÄI ZHÄL ZHE  
ZANG PO LEG PAR THOB PÄI KA DRIN TANG RAG GI YÖN DU / ZHING  
KHAM BÜL WAR ZHU

---

The group joins in:

---

OM VAJRA BHÜMI ÄḤ HÜM / WANG CHHEN SER GYI SA ZHI / OM VAJRA  
REKHE ÄḤ HÜM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü SU RII GYÄL  
PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG  
CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA YAB DANG  
NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA MI NYÄN  
DANG DRA MI NYÄN GYI DA

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ  
PÄI LO TOG / KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN  
MO RIN PO CHHE / LÖN PO RIN PO CHHE / LANG PO RIN PO CHHE /  
TA CHHOG RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHEN PÖI  
BUM PA

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG  
 PÖ MA / NANG SÄL MA / DRI CHHAB MA / NYI MA / DA WA / RIN PO  
 CHHEI DUG CHHOG LÄ NAM PAR GYÄL WÄI GYÄN TSHÄN / Ü SU LHA  
 DANG MII YI PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME PA  
 TSANG ZHING YI DU ONG WA DI DAG DRIN CHEN TSA WA DANG GYÜ  
 PAR CHE PÄI PÄL DÄN LA MA DAM PA NAM DANG

KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG / DÖN GYI LÄ  
 DU / TSEN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB WANG DOR  
 JE CHANG CHHEN PO *Thubten Zopa Rinpoche* PÄL ZANG PÖI ZHÄL  
 NGA NÄ / TÄN PA DANG DRO WÄI DÖN DU KU TSHE KÄL PA / THRI  
 THRAG NÄ THRI THRAG GI BAR DU / TÄN PÄI ZHÄL ZHE ZANG PO LEG  
 PAR THOB PÄI KA DRIN TANG RAG GI YÖN DU ZHING KHAM ÜL WAR  
 GYI WO

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG  
 DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHEN THAM  
 CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

### *Mandala Offering of Seven Heaps*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

**This ground, anointed with perfume, strewn with flowers,**

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, the four continents, the sun  
 and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine it as a buddha land and offer it.**

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all transmigratory beings enjoy this pure land.**

### *Request to the Guru to Turn the Wheel of Dharma*

JE TSÜN LA MA DAM PA KHYE NAM KYI

**Perfect, pure, holy gurus, from the billowing clouds of**

CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG

**Wisdom and compassion in the sky of the dharmakaya,**

JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA

**Please let fall a rain of profound and extensive Dharma**

ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL

**Upon the receptacle of those to be subdued, exactly  
as they need.**

### *Request to the Guru to Live Long*

JE TSÜN LA MÄI KU TSHE RAB TÄN CHING

**May my perfect, pure guru's life be long**

NAM KAR THRIN LÄ CHHOG CHUR GYÄ PA DANG

**And his white actions flourish in the ten directions.**

LO ZANG TÄN PÄI DRÖN ME SA SUM GYI

**May the torch of the teachings of Losang Dragpa always  
remain,**

DRO WÄI MÜN SEL TAG TU NÄ GYUR CHIG

**Dispelling the darkness of the transmigratory beings of  
the three levels.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

---

Read the specially composed praise and request to the guru to live long and continue to turn the wheel of Dharma.

Then continue with “Prayer to Amitayus” below.

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## *Prayer to Amítayus*

NYI ZHÖN CHHAR KÄI DANG DÄN LI THRI TAR

**With the radiance of a youthful, sindura-like rising sun,**

YI ONG MAR SER DRA WÄ KHEB PA YI

**Covered with delightful red-yellow webs,**

DAB TONG GE SAR TSE NA DA DÄN LA

**Above a thousand-petalled corolla, on a moon disc,**

HRĪḤ LÄ JUNG WÄI GÖN PO TSHE PAG ME

**From HRĪḤ arises the protector Amítayus.**

PÄ MA RA GÄI LHÜN PO WANG PÖ ZHÜ

**To your body, well-adorned on all sides**

KÜN NÄ LUB PA JI ZHIN KHYÖ KYI KU

**With various clothes and many precious ornaments;**

NA TSHOG GÖ DANG NOR BÜI GYÄN MANG GI

**A powerful bow of heaps of rubies,**

KÜN NÄ DZE PAR JÄ LA CHHAG TSHÄL LO

**Adorned beautifully on all sides, I prostrate.**

THRI SHING ZHÖN NÜI YÄL DAB TAR NYEN PÄI

**Between two hands, supple like the stem of a young vine,**

CHHAG NYI Ü NA CHHI ME DÜ TSI YI

**You perfectly hold a bowl**

LEG PAR GANG WÄI LHUNG ZE RAB NAM NÄ

**Well-filled with the nectar of immortality.**

TSHE YI NGÖ DRUB TSÖL LA CHHAG TSHÄL LO

**To you who bestows the attainment of life, I prostrate.**

BUNG WA TAR NAG RÄL PÄI THOR CHOG NI

**Your knotted hair, jet black like a bee,**

CHI WOR DZE PÄI LÄN BU RING DU CHHANG

**Adorns your crown and hangs in long plaits.**



JAM NYEN NA TSHOG DAR GYI MÄ YOG CHÄN

**With a lower garment of various soft and elegant silks,**

TSHÄN PEI ZI JI BAR LA CHHAG TSHÄL LO

**To you, blazing with the splendor of marks and  
exemplifications, I prostrate.**

SHUG DRAG DANG PÄ KYÖ PÄI THAL JAR ZHING

**With hands folded by the great power of faith,**

YI THROG SHIN TU NYÄN PÄI NGA RO YI

**Proclaiming your excellent virtuous knowledge**

KHYÖ KYI YÖN TÄN LEG PAR JÖ PA LA

**With charming and very sweet melody,**

LEG TSHOG THAM CHÄ TSÖL LA CHHAG TSHÄL LO

**To you who bestow the accumulation of all goodness,  
I prostrate.**

YE SHE TSHÖN GYI MI SHE DRA WA CHÄ

**Cutting the web of ignorance with the weapon of wisdom,**

SEM CHÄN KÜN LA THUG JE GYÜN CHHÄ ME

**Having unceasing compassion for all sentient beings,**

DRO KÜN DREN PÄI KHUR GYI MI NGÄL WA

**Untired by the burden of liberating all migrators,**

TÄN GYI KYAB NÄ KHYÖ LA CHHAG TSHÄL LO

**To you, the ultimate refuge object, I prostrate.**

TSHÄN TSAM ZUNG WÄ DÜ MIN CHHI WA JOM

**Merely holding your name destroys untimely death;**

YI LA DRÄN PÄ SI PÄI JIG LÄ KYOB

**The mere memory of you protects from samsaric fears;**

KYAB SU TEN NA TÄN GYI DE TER WA

**Taking refuge in you bestows permanent bliss;**

KHYÖ LA NAM PA KÜN TU CHHAG TSHÄL LO

**To you, I forever prostrate.**

KYÖN DRÄL KHYÖ LA GÜ PÄI TEN PA DAG

**By my devotion to you, the faultless one,**

NÄ KAB MI DÖ NYER TSHE ZHI WA DANG

**May all undesired sufferings be pacified now,**

ṬHAR THUG DE WA CHÄN DU PÄ MO LÄ

**And finally, may you cause us to be born**

DZÜ TE KYE NÄ KHYÖ NYE GYI PAR SHOG

**From a lotus in the Land of Bliss.**

Continue with *Lama Chöpa*, verse **LC 42**.

### Colophons:

Compiled by Vens. Joan Nicell and Tenzin Tsomo, FPMT Education Services, December 2017, on the basis of abbreviated long life pujas offered to Lama Zopa Rinpoche at the end of Light of the Path 2016 and 2017 and the 100 Million Mani Retreat at Istituto Lama Tzong Khapa, Pomaia, Italy, November 2017.

*Prostrations and Offerings to the Sixteen Arhats (gnas brtan phyag mchod)*: Translated by Ven. Joan Nicell (Getsulma Tenzin Choden) with the help of Geshe Jampa Gyatso at Istituto Lama Tzong Khapa, Pomaia, Italy, 1996. Lightly edited, versified, and phonetics adjusted to match FPMT standard phonetics by Ven. Joan Nicell, March 2016. Phonetics checked and amended by Ven. Tenzin Tsomo, FPMT Education Services, December 2017.

The translations of the first four lines of the second, third, and fourth verses of “Prostration and Requests” (p. 11) are from *FPMT Retreat Prayer Book*, 2016.

*Seven-Limb Prayer from “King of Prayers”*: Translated by Jesse Fenton (*FPMT Retreat Prayer Book*, 2016).

*A Long Life Prayer for Lama Zopa Rinpoche, Spontaneously Composed by Rangjung Neljorma Khadro Namsel Drönme*:

*Original Colophon*: This was written by the devotee Khadro Nam Drön as a re-requesting prayer for the stable life of Lama Zopa Rinpoche on March 12, 2016.

*Publisher’s Colophon*: Lama Zopa Rinpoche completed this revised translation at Kopan Monastery in March 2017, based on a translation by Vens. Gyalten Lekden and Jampa Khedrub. It was dictated to and edited by Ven. Ailsa Cameron, with the kind help of Ven. Joan Nicell. Phonetics prepared by Vens. Joan Nicell and Tenzin Tsomo, FPMT Education Services, August 2016. Checked against the Tibetan by Joona Repo, FPMT Translation Services, April 2017.

# Care of Dharma Materials



Dharma materials contain the teachings of the Buddha and thus protect against lower rebirth and reveal the path to enlightenment. Therefore, they should be treated with respect.

Printed Dharma materials, as well as phones, tablets, laptops, and hard drives containing Dharma, should be kept off the floor, beds, chairs, meditation cushions, and all other places where people sit or walk. Dharma materials should not be stepped over or put in places where the feet or bum will point at them. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects, including statues, stupas, ritual implements, malas, reading glasses, etc., should not be placed on top of Dharma books and devices containing Dharma materials. Avoid licking the fingers to turn the pages of Dharma texts.

If it is necessary to dispose of printed Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, visualize that the letters transform into an A (ཨ) and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OM ĀḤ HŪḤ or the *Heart Sutra*, while meditating on emptiness.

Lama Zopa Rinpoche recommends that images of holy beings, deities, and holy objects not be burned. Ideally, they should be put in a stupa. Otherwise, put them high up in a tree inside a well-sealed structure, something like a bird house, so that the images are protected from the weather and do not end up on the ground.



*Foundation for the Preservation of the Mahayana Tradition*