

How to Offer an Abbreviated Long Life Puja to Lama Zopa Rinpoche Based on “Lama Chopa Combined with Prostrations and Offerings to the Sixteen Arhats”

PREPARATION

- Arrange offering bowls as for *Lama Chopa* (there is no need to set out special offerings for the *Prostrations and Offerings to the Sixteen Arhats*, however this can be done if wished)
- Arrange the tsog offering as usual
- Prepare two mandala offerings (requesting and thanksgiving)
- Acquire and arrange a double vajra throne brocade that is offered together with five katas of the five colors. This is the minimum of the traditional long-life offerings to present. If a new double vajra brocade is not available, a used one can be offered symbolically, with a monetary offering equal to the value of the double vajra brocade that is being offered to the lama.
- *Optional*: Prepare the remaining traditional long-life offerings (see the extensive long-life puja for the list).
- Organize a procession to lead Lama Zopa Rinpoche into the gompa (if possible with horns, incense, yellow umbrella, and auspicious signs on the ground). The lay people in the procession come first, followed respectively by nuns, monks, lamas, and then Lama Zopa Rinpoche, who is followed only by the person holding the umbrella.

ACTUAL PUJA

Go to the booklet: “Abbreviated Long Life Puja to Lama Zopa Rinpoche: Lama Chopa Combined with Prostrations and Offerings to the Sixteen Arhats”

- Recite “**Four Line Migtsema**” while waiting for the guru to arrive
- As the guru sits on the throne recite “**Requesting the Guru to Teach and Live Long**” several times while a mandala with body, speech, and mind representations is offered (the mandala offering verse is not chanted).

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- ***Calling the Guru from Afar*** (either the abbreviated version (p. 75) or the long version (p. 67). Do the verse to not give rise to heresy but omit the verse of absorbing the guru into one’s heart.
- ***Lama Chopa*** (p. 81)
 - Do LC 2–6
 - Do LC1
 - Do LC 7–LC 34 (only do the verses marked **LC**, plus “Mandala Offering” p. 108)

- **Tsog Offering** (p. 201)
 - *Optional*: Bless the tsog offerings with “Six Mantras, Mudras, and Concentrations”
 - Do LC 55–LC 67 (including “Additional Offering Verse to Vajrayogini”)
 - *Optional*: Do “Outer and Inner Offerings” and “Praise in Eight Lines to Heruka Father and Mother”
 - Do LC 68 (only chanted by the people actually presenting the tsog)
 - Do LC 69 (chant led by Lama Zopa Rinpoche and then everyone joins in after the first line)
 - Offer the bala and mandana only to the lamas, geshe, and Rinpoche’s attendants.
 - Do not give out the tsog bags to the assembly.
- **Continue Lama Chopa** (p. 111)
 - LC 35–LC 37
 - Do “Renewing the Bodhisattva and Tantric Vows”
 - Do LC 38–40
 - Recite LC 41 three times (p. 122)
 - The umdze should describe the visualization to be done with this verse and ask puja participants to generate a strong and heartfelt wish for the guru to remain forever while reciting the verse
 - The verse is chanted slowly in Tibetan the first time while the presiding lama offers a double vajra with five katas of five different colors to the throne of the guru
 - The next two times the verse is chanted quickly in Tibetan or recited in English or another language

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- **"Mandala Offering to Request the Guru to Live Long,"** pp. 3–5 (it can be offered by one to five people)
- **"Prostrations and Offerings to the Sixteen Arhats,"** pp. 6–27
 - *Optional*: Students holding the traditional and special offerings can start to line up when "Mandala Offering to Request the Guru to Live Long" is being done and they can present them while “Prostrations and Offering to the Sixteen Arhats,” long-life prayers, and so forth are being recited. Then the center representatives and individual students can offer the special gifts. Then the rest of the students can make offerings. At the end, a center representative offers an envelope with the money offerings, followed by the long-life man presenting the scroll.
- **Recite long-life prayers, mantras, and so forth**
 - While the procession is continuing, recite long-life prayers for Lama Zopa Rinpoche, including “A Long Life Prayer for Lama Zopa Rinpoche, Spontaneously composed by Neljorma Khadro Namsel Dronme,” as many times as you like, sometimes in Tibetan and sometimes in the local language.
 - *Optional*: Recite the extensive long-life prayer for His Holiness the Dalai Lama “Song of Immortality”

- Recite long-life mantras (White Tara, Namgyalma, Amitayus), Lama Zopa Rinpoche’s name mantra, and other prayers, such as “Praises to the Twenty-One Taras” until everyone has finished making their offerings and the long-life man has presented the scroll.
- **“Mandala Offering of Thanksgiving to the Guru,”** pp. 27–29 (it can be offered by one to five people)
- Read the specially composed praise and request to the guru to live long and continue to turn the wheel of Dharma
- **“Praise to Amitayus,”** pp. 30–32

Go to the Retreat Prayer Book

- Continue ***Lama Chopa***, verses LC 42–54
- Recite **“Song of Spring Queen,”** verses LC 70–75 with or without the two additional verses
 - Offer the bala and mandana to the rest of the sangha and the assembly
 - Distribute the tsog bags to the assembly
- Continue ***Lama Chopa***,
 - Do LC 84
 - Do “Practicing Guru Devotion with the Nine Attitudes”
 - Do LC 85
 - Do “Ten Innermost Jewels of the Kadampa Geshes”¹
 - Do LC 86–94
 - Do “Eight Verses of Thought Transformation”
 - Do LC 95–100
- Do **“Blessing and Offering the Leftover Tsog,”** verses LC 76– 83
- Continue with ***Lama Chopa***
 - Do LC 101-114
 - Omit LC 115 (it is considered inauspicious to absorb the guru to one’s heart during a long-life puja)
 - Do “Mantra of Maitreya Buddha’s Promise,” p. 172
 - Do LC 116–122
- Recite **“Final Lamrim Dedication”**
- Recite **“Prayer for the Flourishing of Lama Tsongkhapa’s Teachings”**

Compiled by Vens. Joan Nicell and Tenzin Tsomo on the basis of abbreviated long-life pujas offered to Lama Zopa Rinpoche during Light of the Path 2016 and 2017 and the 100 Million Mani Retreat at Istituto Lama Tzong Khapa, Pomaia, Italy, November 2017. FPMT Education Services, January 2018.

¹ During the long-life puja at the Mani Retreat in ILTK, Italy, 2017, Rinpoche asked that “Ten Innermost Jewels of the Kadampa Geshes” and “Eight Verses of Thought Transformation” be done, so it seems it would be good to do them when offering a long-life puja to Rinpoche.