

**PROSTRATIONS, PRAISES, AND REQUESTS TO KYABJE
THUBTEN ZOPA RINPOCHE AT THE FPMT LONG-LIFE PUJA AT
AMITABHA BUDDHIST CENTRE, SINGAPORE, SUNDAY
MARCH 13, 2016, EXCERPTED FROM PRAISES OFFERED BY
VARIOUS FPMT CENTERS AND STUDENTS AROUND THE
WORLD**

**We prostrate to You, Beloved Lama,
Whose all-compassionate, all-wise, all-powerful blissful
mind pervades wherever there is existence.**

**We prostrate to You, Beloved Lama,
Whose sublime emanations simultaneously benefit
countless beings.**

**We prostrate to You, Beloved Lama,
Whose perfect words awaken us and countless others from
the nightmare of samsara.**

**Homage to You, extraordinary in three ways:
With Your extraordinary great compassion guiding us,
With Your extraordinary patience leading us,
With Your extraordinary great love supporting us.**

**Homage to You, wise in three ways:
With Your wisdom helping us live in the Dharma,
With Your wisdom helping us free from samsara,
With Your wisdom helping us fully enlighten for others.**

**Homage to You, glorious in three ways:
Whose glorious courage inspires our practice,
Whose glorious speech equals the buddhas,
Whose glorious laughter shatters samsara.**

We offer *everything* to you, Precious Guru, without
any sense of loss,
Including the objects of our attachment, aversion and
ignorance,
Our bodies, wealth and enjoyments.

We cannot fathom Your perfection, Holy Guru,
But our hearts know and thereby glow
In the reflected light of the splendor of Your body,
speech, and mind.

It is said that the human brain has 100 billion neurons.
Well, each and every one of *Your* neurons, Holy Lama,
Is thinking each and every moment
About how to benefit each and every sentient being.

Beloved One, the moment we laid eyes on You,
We knew we had always known You.
We had never seen such compassion in this lifetime,
And Your kindness moves us to tears.

For uncountable eons You have been guiding us.
When we were born in the hells You manifested as
Kshitigarbha,
Pulling us from the flames consuming our bodies.

When we were born as *pretas* You manifested as Chenrezig,
Raining nectar into our scorched throats,
Relieving our torment with Your love.
When we were born as animals You recited mantras into our
ears
And circumambulated our pitiful forms around multitudes of
holy objects.

**Now, due to Your infinite skill and kindness,
A virtuous karmic seed ripened and we have found this most
rare and precious human birth.**

**Yet still we were wandering, lost in a mental sea of
meaningless distraction,
Until You rescued us again, saving us from the perilous
precipice that leads back down to the lower realms.**

**There is no-one in all the three times who has cared for us as
You have.
Your skillful means are inexpressible and incomparable,
Your wisdom, compassion, and love unimaginable.
Without You, Precious Guru, we would still be oneness with
fire,
Unable to hear even the sound of a human voice.**

**No-one has as much love for us as You.
You caught us with Your hook of compassion and saved us
just in time from wasting our lives.
You hear our cry for help and immediately bring us peace
and happiness.
You are the source of our strength and perseverance in
difficult times.
You are the calm ship that navigates the wild waters of our
samsara.
You are our anchor, our one constant in the illusion of this
life.**

**We have You in our hearts *all the time* yet we never want to
miss being in Your holy presence,
Elated at the sound of Your infectious laughter or seeing You
enjoy even a coconut water.**

**We could watch You forever because You fill our being with
love and joy.
Just thinking about You brings ecstasy.**

**Beloved Guru, may we learn to serve others as completely
as You.
For You an ant, a puppy, a man, a woman, a child, the young
and the old are the same:
You love us all equally.
There is not a sentient being who escapes Your vast loving
reach.
You are the savior of all wounded, wandering beings.**

**You spend ages going from the car to the house because You
bless every tiny creature along the way.
You nearly miss Your plane to save a few ants.
You do *powa* for the duckling that was run over on the
Kathmandu ring road, oblivious to the passing trucks.
You stop to bless the fortunate millipede.
You mesmerize the porcupine with Your prayers at the
Singapore Zoo.
You feed Your holy body to the fleas.**

**You, Beloved Lama, for whom sleep is a disgusting waste of
time, never stop giving,
Unceasingly, throughout the day and night.
You give us teachings and initiations to last for eons.
You give advice: at the place where You are staying,
In the car on the way to the teachings,
When entering the teachings, when leaving the teachings;
In emails and cards and letters and phone calls and text
messages,
And even in our dreams.**

**You give us stupas and statues and texts and *tsha-tshas*
And soft toys and jewels and food and bras and money and
crystal goblets for our altars.
And You give right back to us the very offerings the center
made to You.**

**You give us, Precious Lama, exactly what we need,
Including *not* giving us the initiation or teaching that we
expected.**

**You spend ages blessing our mala but You're actually
secretly blessing us.
You heal our sickness. You show us how to die. You release
us from the lower realms.**

**Wherever You are, Precious One, Your radiant being fills
that space.
It is impossible to comprehend how we have the
immeasurable good fortune
To be within Your enlightened mandala.**

**Our centers exist only because of Your depthless kindness
and compassion, Rinpoche.
Your inspiration and example energize us in countless ways
To continue on the path and to enthusiastically complete all
Your precious advice.**

**Because of Your blessings, there are seven-story Dharma
centers,
Twelve-foot tall Thousand-armed Chenrezig statues,
Huge enlightenment stupas with gompas below,
Astonishingly beautiful Padmasambhava statues in the
center of ponds,**

**Countless prayer wheels containing trillions of mantras,
And the countless Maitreya statues yet to come.**

**Because of Your blessings, Lord Buddha's teachings are
translated and published;
There are monasteries, where the Dharma can be kept alive
by the relative sangha,
And retreat centers, whose purpose, You told us, is for
students to get "correct realizations," thus becoming the
absolute sangha.**

**And this is the just the tip of the iceberg.
"So many projects You have!" one student declared.
"Yes," You answered. "But You know only five percent of
them!"**

Wow wow wow wow wow wow wow!

**Without You, Beloved One, we are completely lost.
We owe You our lives.
We used to cry, feeling abandoned,
But now we can smile in Your light.
We used to question our existence, but now we have solid
ground.
You are saving our minds from the dark.**

**Now we hold pratimoksha, bodhisattva, and tantric vows.
We study and meditate on the path, liberate animals, and
serve sentient beings.
With faith and heartfelt devotion we create the causes for
spiritual and material growth and harmony at the centers.
Because of You, Holy Guru, we have the chance to attain
enlightenment in this very life.**

How wonderful! How amazing!

**When we follow Your perfect instructions, Holy Lama,
everything works.
Every advice that is followed, like a wish-fulfilling gem,
never fails to manifest unbelievably happy outcomes.**

**The process of acquiring one of the centers was simply
flawless – like some magical transaction with not one
single obstacle.
The cost of purchasing and restructuring another matched
exactly our budget.**

**At a practice of Kshitigarbha, a seriously sick man we
included in dedications recovered.
As we gathered to welcome a Maitreya statue, one mother
who'd had a stroke recovered her ability to walk and
circumambulated it unassisted.
And as someone merely thought deeply about You,
They saw a rainbow in the sky above.**

**All this is completely due to the unfathomable kindness of
You, Precious Guru,
A source of inspiration for us for lifetimes to come.
We simply cannot find the words to extoll Your endless
qualities, most Precious Rinpoche.
Our gratitude knows no bounds.**

**Therefore, Holy Guru, we pray from the depths of our
hearts
That we may be reborn throughout numberless
reincarnations as Your heart disciples;**

**That You shower us and all others with the precious
jewels of Your immense compassion;
And that You will ultimately lead us to full awakening
and everlasting bliss.**

Taking You deep into our hearts, dear Lord of Light,
We implore You to fill us with the inspiration to *never give up* helping all sentient beings for as long as space remains, just like You.

May all the love for You, our Perfect Guru, that flows
from our hearts
Be dedicated to the fulfillment of Your most
cherished, holy wishes
And to the dissolving of all obstacles to Your well-
being
Like snow melting away when kissed by the sun.

Precious One, source of all realizations,
Embodiment of infinite pure love for all of us,
We, Your disciples, prostrating at Your lotus feet and
clinging to the hem of Your robes, beg You:
Please, please never stop turning the wheel of Dharma.
Please, please remain until every one of us is freed
From our self-made prison of samsara.

You are the Guru, You are the Yidam,
You are the dakinis and Dharma protectors.
From now until enlightenment we will seek no refuge other
than You.
In this life, the bardo, and all future lives,
Hold us with Your hook of compassion;
Free us from samsara and nirvana's fears,
Grant all attainments,
Be our constant friend and guard us from interferences.