

Prayer of the Long Life of His Holiness the Dalai Lama

༄༅། །འདིག་རྟེན་ཁམས་འདིར་ཕན་བདེ་མ་ལུས་པ། །
གང་ལས་འབྱུང་བའི་བསམ་འཕེལ་ཡིད་བཞིན་ལོར། །
བཀའ་བློན་མཚུངས་མེད་བསྟན་འདིན་རྒྱ་མཚོ་ལ། །
གསོལ་བ་འདེབས་སོ་བྱུགས་བཞེད་ལྷན་འགྲུབ་ཤོག །

JIG TEN KHAM DIR PHÄN DE MA LÜ PA

The wish-granting Wish-Fulfilling Jewel,

GANG LÄ JUNG WÄI SAM PHEL YI ZHIN NOR

Source of every single benefit and happiness in this world,

KA DRIN TSHUNG ME TÄN DZIN GYA TSHO LA

To the incomparably kind Tenzin Gyatso, I beseech:

SÖL WA DEB SO THUG ZHE LHÜN DRUB SHOG

May all your holy wishes be spontaneously fulfilled.

Colophon:

Prayer of the Long Life of His Holiness the Dalai Lama (updated to replace GANG RII RA WÄI according to Lama Zopa Rinpoche's instructions, January 2019). Translated by Ven. Thubten Dekyong (Tsenla), January 2019, Root Institute, India. Edited by Ven. Joan Nicell, FPMT Education Services, and checked by Ven. Ailsa Cameron, March 2019. Lama Zopa Rinpoche changed DE KYI in the first line to PHÄN DE, and CHHOG in the third line to LA, and replaced the last line KU TSHE TÄN CHING DZÄ THRIN GYÄ GYUR CHIG, May 2019. Translation amended by Ven. Joan Nicell, May 2019.