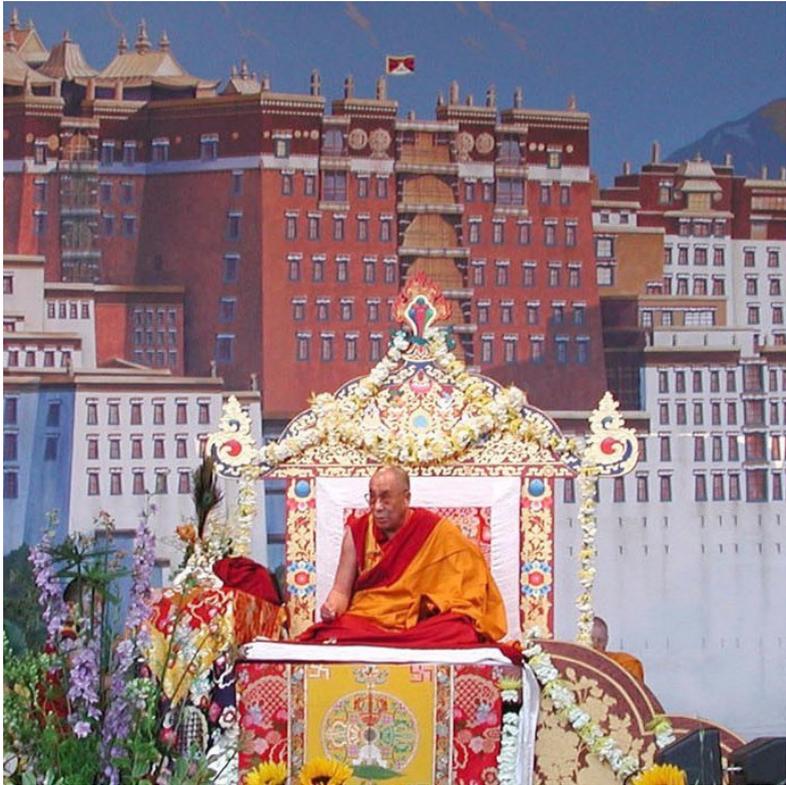


*Prayers for the Long Life of
His Holiness the Dalai Lama
And Tibet*



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Set in Calibri 12/15, Century Gothic, Helvetica Light, Lydian BT, and Monlam Uni OuChan2.

Practice Requirements:

Anyone can do the practices in this book.

Prayers for the Long Life of His Holiness the Dalai Lama And to Be Able to Fulfill All His Advice

Prayer for the Long Life of His Holiness the Dalai Lama

For the extensive long life prayer of His Holiness the Dalai Lama,
Song of Immortality, go to page 6.

JIG TEN KHAM DIR PHÄN DE MA LÜ PA¹

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.

1. Lama Zopa Rinpoche recommends replacing the usual long life prayer for His Holiness as follows with the above.

GANG RII RA WÄ KOR WÄI ZHING KHAM DIR

In the land encircled by snow mountains,

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

You are the source of all happiness and good.

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

Please remain until samsara ends.

Prayer that Spontaneously Fulfills All Wishes

TONG NYI NYING JE ZUNG DU JUG PÄI LAM

Savior of the Land of Snow teachings and transmigratory beings,

CHHE CHHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

Who extensively clarifies the path that unifies emptiness and compassion,

CHHAG NA PÄ MO TÄN DZIN GYA TSHO LA

To the Lotus Holder, Tenzin Gyatso, I beseech:

SÖL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

May all your holy wishes be spontaneously fulfilled.

Remembering the Kindness of His Holiness the Dalai Lama and the Tibetan People

Lama Zopa Rinpoche composed this prayer and requests all FPMT centers, projects, and services to recite it, especially when doing group practices.

The object of refuge of myself
 And of all transmigratory beings,
 In all our lifetimes,
 Is the embodiment of the Three Rare Sublime Ones,
 The all-encompassing three refuges in one:
 The guru, the wish-granting jewel, His Holiness the Dalai Lama.

The master, Padmasambhava;
 The Dharma kings, Songtsen Gampo and Trisong Detsen;
 The abbot, Shantarakshita;
 And the numberless holy beings
 Who preserved and spread the Buddhadharma in Tibet;

And the Tibetan people who practiced
 And served Buddhism so faithfully for a thousand years,
 As well as those who, along with many others,²
 Died sacrificing their lives for Tibet and His Holiness—
 May all their positive wishes be fulfilled immediately.

Due to their limitless kindness,
 The sun of Tibetan Buddhism has now risen in the west,
 Which is a dark land.
 But now that I have met with the Dharma,
 I have received the perfect human body
 Enabling me to lead a meaningful life.³

Our refuge and savior, the supreme one, His Holiness
 the Dalai Lama,
 And the Tibetan people have been so kind to us.
 Remembering this, we make the following dedication prayers:

May all His Holiness the Dalai Lama's wishes be successful
 immediately,
 May the Snow Land of Tibet achieve pure freedom,
 May the Buddhadharma develop even more than before in Tibet,
 And may all mother transmigratory beings achieve enlightenment
 quickly!

2 This includes Westerners, Chinese, Indians, and so forth.

3 The perfect human body is beneficial temporarily (for achieving the happiness of future lives), ultimately (for achieving the happiness of liberation and full enlightenment), and in every second (by enabling you to use every moment to achieve these happinesses).

Prayer for Tibet

DOR NA GÖN PO CHÄN RÄ ZIG WANG GI

In short, may the good fruit of any extensive prayer to

SÄ CHÄ GYÄL WÄI CHÄN NGAR GANG CHÄN ZHING

Fully protect the Land of Snow made by the Powerful Savior

Chenrezig

YONG ZUNG GYA CHHEN MÖN LAM GANG DZÄ PÄI

In the presence of the buddhas and their sons,

DRÄ ZANG DENG DIR NYUR DU CHHAR WAR SÖL

Appear soon here and now.

Prayer to Be Able to Correctly Devote to His Holiness the Dalai Lama and Fulfill All His Advice

CHHAG NA PÄ MÖI JIN LAB DÜ TSII GYÜN

May the nectar stream of the blessings of the Lotus Holder

DAG SOG NYING GI ZUNG SU TAG MIN CHING

Always enter our hearts and nourish them with strength.

KA ZHIN DRUB PÄI CHHÖ PÄI RAB NYEN NÄ

May we please you with offerings of dedicated practice,

KÜN ZANG CHÖ CHHOG GYA TSHO THAR SÖN SHOG

**And may we reach beyond the shores of perfect
compassionate deeds.**

Song of Immortality

The Extensive Prayer for the Long Life of His Holiness the Dalai Lama

OM SVĀSTI

RAB JAM GYĀL WĀI SANG SUM MA LÜ PA

**To the assembly of most kind teachers, both present and
past—**

GANG DÜL CHIR YANG CHHAR WĀI GYU THRÜL GAR

**The miraculous dance of the body, speech, and mind of
innumerable buddhas**

SĪ ZHĪ GE LEG KÜN JUNG YI ZHIN NOR

Manifesting in accord with aspirants' spiritual capacities,

NGÖ GYÜ DRIN CHĀN LA MĀI TSHOG NAM LA

**The wish-granting jewel, the source of all virtue and
goodness—**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHĀN GÖN PO TĀN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KĀL GYAR RAB TĀN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

CHHÖ YING KÜN SĀL KHYÖN DANG NYAM JUG PĀI

To the assembly of all meditational deities

DÜL DRÄL DE CHHEN YE SHE GYU MÄI TRIN

Manifesting as countless mandalas and divinities—

DRANG ME TEN DANG TÄN PÄI KYIL KHOR DU

The magical clouds of immaculate, transcendent wisdom

SHAR WÄI YI DAM LHA TSHOG THAM CHÄ LA

Reaching to the farthest expanse of the space of ultimate reality—

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

PANG TOG YÖN TÄN LHÜN DZOG THRIN LÄ KYI

To all the victorious buddhas of the three times

NANG WA DRO KHAM GYA TSHOR TAG TSEN PÄ

**Endowed with ten powers and who are even masters of
the gods,**

PHÄN DZÄ TOB CHU NGA WA LHA YI LHA

**And whose attributes of perfection are the source of all
compassionate deeds**

RAB JAM DÜ SUM GYÄL WA THAM CHÄ LA

Benefiting the vast ocean-like realm of sentient beings,

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

JIG TEN SUM LÄ GANG GI NGE DRÖL ZHING

**To the assembly of sacred doctrine embodied in the three
vehicles,**

CHHOG TU ZHI WA NAM JANG NOR BÜI TER

Supremely serene, a jewel-treasure of enlightenment,

ZAG ME MI YO KÜN ZANG GE WÄI PÄL

**Stainless, unchanging, eternally good, and the glory of
all virtues,**

THEG SUM DAM PÄI CHHÖ KYI TSHOG NAM LA

**Which actually liberates beings from the sufferings of
the three worlds,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

SI PÄI THRÜL KHOR JOM LA CHHE PA WÄI

**To all members of the enlightening, noble spiritual
community,**

DEN DÖN NGÖN SUM JÄL WÄI YE SHE CHÄN

**Who never stray from the thoroughly liberating
adamantine city,**

NAM THAR DOR JEI DRONG LÄ MI CHHE PA

**Who possess the wisdom eye that directly sees
the profound truth**

RIG DRÖL PHAG PÄI GEN DÜN THAM CHÄ LA

**And the highest valor to destroy all machinations of
cyclic existence,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

KHA CHÖ ZHING DANG NÄ YÜL DUR THRÖ DU

**To the assembly of heroes and dakinis, heavenly beings of
the three worlds,**

DE TONG NYAM GYAR RÖL PÄI TSE JO YI

**Who appear in the highest paradises, in the sacred places,
and in the cremation grounds,**

NÄL JOR LAM ZANG DRUB LA DROG DZÄ PÄI

**And who, through creative play in the hundred-fold
experiences of bliss and emptiness,**

NÄ SUM PA WO KHA DRÖI TSHOG NAM LA

**Support practitioners in their meditation on the excellent
path,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

DOR JE CHHANG GI KA TAG CHHAG GYÄI DÜ

**To the ocean of protectors endowed with eyes of
transcendent wisdom—**

MI DRÄL RÄL PÄI THÖ DU NYER KÖ NÄ

The powerful guardians and upholders of the teaching

TÄN DANG TÄN DZIN KYONG WÄI THU TSÄL CHÄN

Who wear inseparably on their matted locks

YE SHE CHÄN DÄN TÄN SUNG GYA TSHO LA

The knot symbolizing their pledge to the Vajra Holder—

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

To you, we offer our prayers with fervent devotion:

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

Shower on him your blessings

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

So that his aspirations are fulfilled without hindrance.

DE TAR LU ME KYAB KYI CHHOG NAM LA

Thus to this congregation of excellent, undecieving refuge,

SHUG DRAG NYING NÄ GÜ PÄ SÖL TAB THÜ

We pray that by the power of this prayer

MI ZÄ NYIG MÄI ZUG NGÜ RAB NAR WÄI

**Expressed from a heart filled with fervent devotion and
humility,**

DAG SOG GANG JONG DRO WÄI GÖN CHIG PU

**May the body, speech and mind of the sole savior of
the Land of Snows,**

NGAG WANG LO ZANG TÄN DZIN GYA TSHO CHHOG

The supreme Ngawang Lozang Tenzin Gyatso,

SANG SUM MI SHIG MI GYUR MI NUB PAR

Be indestructible, unfluctuating and unceasing;

ZHOM ZHIG YONG DRÄL DOR JE NYING PÖI THRIR

May he live for a hundred eons,

KÄL PA GYA TSHOR YO ME TAG TÄN SHOG

**Seated on a diamond throne, transcending decay and
destruction.**

RAB JAM GYÄL WA KÜN GYI DZÄ PÄI KHUR

**You are the jewel-heart embodying all compassionate,
beneficial deeds;**

NYING TOB THRAG PAR ZUNG WÄI LAB CHHEN GYI

O most courageous one, you carry on your shoulders

THRIN LÄ KÜN PHÄN NOR BÜI NYING PO CHÄN

The burden of all the buddhas of the infinite realms.

ZHE PA JI ZHIN LHÜN GYI DRUB GYUR CHIG

May all your noble aspirations be fulfilled as intended.

DE THÜ DZOG DÄN KÄL ZANG NAM KHÄI GO

**By virtue of this may the heavenly doors of the fortunate
era open**

LÜ CHÄN NGÄL SÖI CHI DU TAG DRÖL ZHING

Eternally as a source of relief and respite for all beings;

THUB TÄN CHHOG DÜ KÜN TU RAB DAR WÄI

**And may the auspicious signs reach the apex of existence
and release,**

GE TSHÄN SI ZHII TSE MOR GYÄ GYUR CHIG

**As the sacred teachings flourish through all times and
in all realms.**

CHHAG NA PÄ MÖI JIN LAB DÜ TSII GYÜN

May the nectar-stream of the blessings of the Lotus Holder

DAG SOG NYING GI ZUNG SU TAG MIN CHING

Always enter our hearts and nourish them with strength.

KA ZHIN DRUB PÄI CHHÖ PÄ RAB NYEN NÄ

May we please you with offerings of dedicated practice,

KÜN ZANG CHÖ CHHOG GYA TSHO THAR SÖN SHOG

**And may we reach beyond the shores of perfect
compassionate deeds.**

MÄ JUNG SÄ CHÄ GYÄL WÄI JIN LAB DANG

**Through the blessings of the wondrous buddhas and
bodhisattvas,**

TEN DREL LU WA ME PÄI DEN PA DANG

By the infallible truth of the laws of dependent origination,

DAG GI LHAG SAM DAG PÄI THU TOB KYI

And by the purity of our fervent aspirations,

MÖN PÄI DÖN KÜN DE LAG NYUR DRUB SHOG

May the aims of our prayer be fulfilled without hindrance.

Colophons:

Prayers excerpted from *FPMT Retreat Prayer Book*, Portland: FPMT Education Services, 2016.

Song of Immortality, Prayer for the Long Life of His Holiness the Dalai Lama (gong sa skyabs mgon chen po'i zhabs brtan gsol 'debs 'chi med grub pa'i dbyangs snyan): Composed by the two tutors of His Holiness the Dalai Lama, Trijang Rinpoche and Ling Rinpoche. Translated by Geshe Thupten Jinpa, 2002.

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.

Holy Name Mantra of His Holiness the Dalai Lama

ཨོཾ་ཨཱ་གུ་རུ་བཱ་རྩ་ར་བླ་ར་ཀ་མཉུ་ཤི་ལྷ་གི་རྩ་སུ་མ་ཉི་
རྩ་ཅན་འུ་ས་ཅན་ར་ས་སུ་བྱ་བྱ་བྱ་བྱ་ས་ཅན་སྐྱེ་ཉི་ཉི་ཉི་ཉི་

OM ĀḤ GURU VAJRADHARA BHATṬĀRAKA MAÑJŪŚHRĪ
VĀGINDRA SUMATI JÑĀNA ŚHĀSANA DHARA SAMUDRA
ŚHRĪ BHADRA SARVA SIDDHI HŪM HŪM



His Holiness the XIV Dalai Lama

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 buttocks 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, and so forth, 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 (ॐ) 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, if undamaged, 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.



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