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

To the incomparably kind Tenzin Gyatso, I beseech:

**SÖL WA DEB SO THUG ZHE LHÜN DRUB SHÖG**

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 RÄI 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 GYÀ TSHO YI**

All-powerful Chenrezig, Tenzin Gyatso,

**ZHAB PÄ SI THÄI BAR DU TÄN GYÜR CHIG**

Please remain until samsara ends.
Prayer that Spontaneously Fulfills All Wishes

Tong nyi nying je zung du jug pāi lam
Savior of the Land of Snow teachings and transmigratory beings,
Chhe chher sāl dzā gang chān tān drōi gōn
Who extensively clarifies the path that unifies emptiness and compassion,
Chhag na pä mo tān dzin gya tsho la
To the Lotus Holder, Tenzin Gyatso, I beseech:
Sōl wa deb so zhe dōn lhūn 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,
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 cha 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 Hís Holíness the Dalaí Lama and Fulfill All Hís Advice

**Chhag na pä möi jin lab dù 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 chhóg 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 GYÅL WÅI SANG SUM MA LÅ PA
To the assembly of most kind teachers, both present and past—

GÅNG DÜL CHIR YANG CHHÅR WÅI GYU THRÅL GÅR
The miraculous dance of the body, speech, and mind of innumerable buddhas

SI ZHHÌ GE LEG KÙN JUNG YÌ ZHÌN NOR
Manifesting in accord with aspirants’ spiritual capacities,

NGÅ GYÅ DRÅN CHÅN LA MÅI TSHÅG NÅM LA
The wish-granting jewel, the source of all virtue and goodness—

DÅG CHÅG DUNÅ GÅNG PÅ SOL DEB NA
To you, we offer our prayers with fervent devotion:

GÅNG CHÅN GÅN PO TÅN DÅZIN GYÅ TÅSHO YÌ
That Tenzin Gyatso, protector of the Land of Snows, live for a hundred eons.

KÅU TSÅHE MI SHÅG KÅL GÅYÅ RÅB TÅN CHÅNG
Shower on him your blessings

ZÅHÅ DÅN LÅHÅN GYÅ DRÅB PÅR JÅN GYÅ LÅB
So that his aspirations are fulfilled without hindrance.

CHHÅO YÌN GÅN SÅL KÅYÅN DÅN GÅM JÅG PÅI
To the assembly of all meditational deities
Manifesting as countless mandalas and divinities—
The magical clouds of immaculate, transcendent wisdom
Reaching to the farthest expanse of the space of ultimate reality—

To you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.

Shower on him your blessings
So that his aspirations are fulfilled without hindrance.

To all the victorious buddhas of the three times
Endowed with ten powers and who are even masters of the gods,
And whose attributes of perfection are the source of all compassionate deeds
Benefiting the vast ocean-like realm of sentient beings,

To you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.
Shower on him your blessings
So that his aspirations are fulfilled without hindrance.

To the assembly of sacred doctrine embodied in the three vehicles,
Supremely serene, a jewel-treasure of enlightenment,
Stainless, unchanging, eternally good, and the glory of all virtues,
Which actually liberates beings from the sufferings of the three worlds,
To you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows, live for a hundred eons.
Shower on him your blessings
So that his aspirations are fulfilled without hindrance.

To all members of the enlightening, noble spiritual community,
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 pāi gen dün tham chā la
And the highest valor to destroy all machinations of
cyclic existence,

Dag chag dung shug drag pō sōl deb na
To you, we offer our prayers with fervent devotion:
Gang chān gōn 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.

Kha chō zhing dang nā yūl dur thrō du
To the assembly of heroes and dakinis, heavenly beings of
the three worlds,
De tong nyam gyar rōl pāi tse jo yi
Who appear in the highest paradises, in the sacred places,
and in the cremation grounds,
Nāl jor lam zang drub la drog dzā pāi
And who, through creative play in the hundred-fold
experiences of bliss and emptiness,
Nā sum pa wo kha drōi tshog nam la
Support practitioners in their meditation on the excellent
path,

Dag chag dung shug drag pō sōl deb na
To you, we offer our prayers with fervent devotion:
Gang chān gōn po tān dzin gya tsho yi
That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred eons.
Shower on him your blessings
So that his aspirations are fulfilled without hindrance.

To the ocean of protectors endowed with eyes of transcendent wisdom—
The powerful guardians and upholders of the teaching
Who wear inseparably on their matted locks
The knot symbolizing their pledge to the Vajra Holder—

To you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows, live for a hundred eons.

Shower on him your blessings
So that his aspirations are fulfilled without hindrance.

Thus to this congregation of excellent, undeceiving refuge,
We pray that by the power of this prayer
Expressed from a heart filled with fervent devotion and humility,
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,
Kal Pa Gya Tshor Yo Me Tag Tän Shog
Seated on a diamond throne, transcending decay and destruction.

Rab Jam Gyal 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 Gyor 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 pāi chhō pā rab nyen nā
May we please you with offerings of dedicated practice,
Kūn zang chō chhōg gya tsho thar sōn shog
And may we reach beyond the shores of perfect compassionate deeds.

Mā jung sā chā gyāl wāi jin lab dang
Through the blessings of the wondrous buddhas and bodhisattvas,
Ten drel lu wa me pāi den pa dang
By the infallible truth of the laws of dependent origination,
Dag gi lhag sam dag pāi thu tob kyi
And by the purity of our fervent aspirations,
Mōn pāi dön kūn de lag nyur drub shog
May the aims of our prayer be fulfilled without hindrance.

Colophons:


*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.

Holy Name Mantra of His Holiness the Dalai Lama

ॐ ĀḤ GURU VAJRADHARA BHAṬṬĀRAKA MAÑJŪŚHRĪ VĀGINDRA SUMATI JÑĀNA ŚHĀSANA DHARA SAMUDRA ŚHRĪ BHADRA SARVA SIDDHI HŪṂ HŪṂ

His Holiness the XIV Dalai Lama
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 (ཨ) and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OM ĀḤ HŪṂ 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.