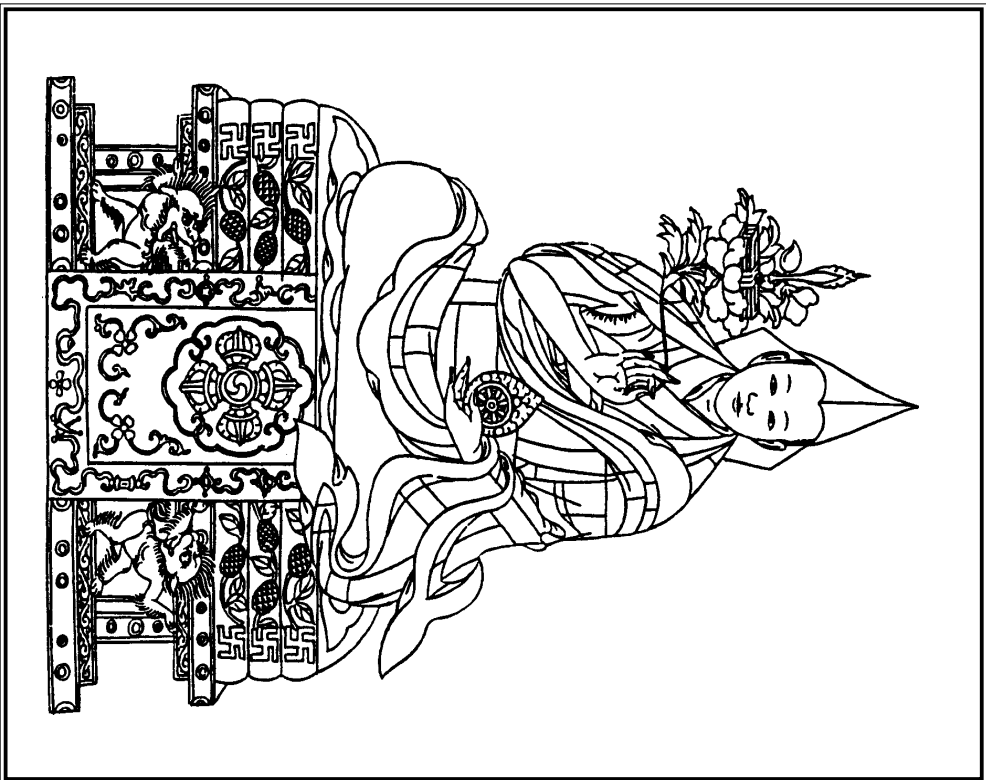


*Long Life Prayers for  
His Holiness  
the Dalai Lama*





*His Holiness the 14th Dalai Lama*  
 Artist unknown

Working for the weal of all beings, like the wish-fulfilling gem, the jewel of jewels,  
 May your aspiration be perfectly fulfilled.

By virtue of this, may the golden era be opened  
 Like a gate to the great spaces, liberating all sentient beings,  
 Coming as the happiness of spring which comforts our sorrows  
 And helps the teaching of the Buddha to spread in all directions and in  
 all ages,  
 Making it prosper to the summit of samsara and nirvana.

O you with the lotus in your hand, may the nectar stream of your  
 blessing  
 Strengthen our mind and bring it to maturity.  
 May we be able to please you by practicing the Dharma;  
 Through accomplishing at all times the good deeds of the bodhisattvas  
 May we reach nirvana.

By the blessings of the wondrous buddhas and bodhisattvas,  
 By the unassailable truth of the spiritual laws of cause and effect,  
 By the unstrained power of the pure mind,  
 May the aim of my prayers soon be accomplished.

### *Short Long Life Prayer for His Holiness the Dalai Lama*

In the land encircled by snow mountains  
 You are the source of all happiness and good;  
 All-powerful Chenrezig, Tenzin Gyatso,  
 Please remain until samsara ends.



#### **Colophon:**

Composed by the late tutors to His Holiness the Dalai Lama, His Holiness Ling Rimpoché and His Holiness Trijang Rimpoché.  
 Translated by Gelongma Khechog Palmo, Rumtek, Sikkim.  
 Booklet designed by FPMT Education Services, Taos, New Mexico, USA.

Ttrin lä kün phän nor büi nying po chän  
Zhe pa ji zhin lhün gyi drub gyur chig

De thü dzog dân käl zang nam khäi go  
Lü chän ngäl söi chi du tag dröl zhing  
Thub tän chhog dü kün tu rab dar wäi  
Ge tsän si zhi tse mor gyä gyur chig

sChhag na pä möi jin lab dü tsi gyün  
Dag sog nying gi zung su tag min ching  
Ka zhin drub päi chhö pä räb nyän nä  
Kün zang chö chhog gya tsho thar sön shog

Mä jung sä chä gyäl wäi jin lab dang  
Ten drel lu wa me päi den pa dang  
Dag gi lhag sam dag päi thu tob kyi  
Mön päi dön kün de lag nyur drub shog

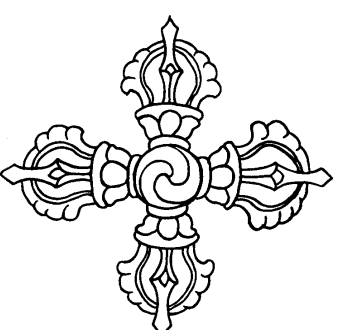
### *Short Long Life Prayer for His Holiness the Dalai Lama*

Gang ri ra wä kor wäi zhing kham dir  
Phän dang de wa ma lü jung wäi nä  
Chän rä zig wang tän dzin gya tsho yi  
Zhab pä si thäi bar du tän gyur chig



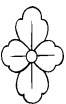
## *Long Life Prayers for*

## *His Holiness the Dalai Lama*



# Song of Immortality

## Prayer for the Long Life of His Holiness the Dalai Lama



OM SVASTI

Rab jam gyäl wäi sang sum ma lü pa  
Gang dül chir yang chhar wäi gyu trül gar  
Si zhit ge leg kün jung yi zhin nor  
Ngö gyü drin chän la mäi tshog nam la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po täin dzin gya tsho yi  
Ku tshé mi shig käl gyar rab täin ching  
Zhe dön llün gyi drub par jin gyi lob

Chhö ying kün säl khyön dang nyann jug päi  
Dül dräl de chhen ye she gyu mäi trin  
Drang me ten dang ten päi kyil khor du  
Shar wäi yi dam lha tshog tham chäl la

O you dakas and dakinis, heavenly beings of the three worlds,  
Who appear in the highest paradises, the sacred places, the cremation  
grounds,

Who have innumerable experiences of the bliss of the void  
Supporting the yogis in their meditation on the excellent path,  
To you all we offer our prayers with intense devotion

That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.

Pour on him your blessings  
That his aspirations may be fulfilled.

To the ocean of guardians of the teaching, who possess the eye of  
transcendental wisdom,

Carrying on their matted locks the knot  
Symbolic of the vows they made to the Vajradhara Buddha,  
The powerful ones who protect the teaching and the upholders of the  
Dharma—

We offer you our prayers with intense devotion

That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.

Pour on him your blessings  
That his aspirations may be fulfilled.

To all you guileless ones, in whom we take the excellent refuge,  
We pray with intense devotion, humbly, from our very heart  
That by the strength of these verses,

Ngawang Losang Tenzin Gyatso,  
He who has power over speech, the kindly one,  
Upholder of the Dharma, the great ocean,

He who possesses the three secret powers,  
May be indestructible, eternal, and without end;

That, seated on the supreme unconquerable throne of the vajra,  
He may live for a hundred eons.

Pour on him your blessings  
That his aspirations may be fulfilled.

You who bear the burdens of innumerable buddhas,  
With courage carrying on your shoulders the vast activities of the fully  
enlightened ones,

Kha chö zhing dang nä yül dur thro' du  
De tong nyam gyar röl päi tse jo yi  
Näl jor lam zang drub la drog dzä päi  
Nä sum pa wo kha droi tshog nam la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tsho mi shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

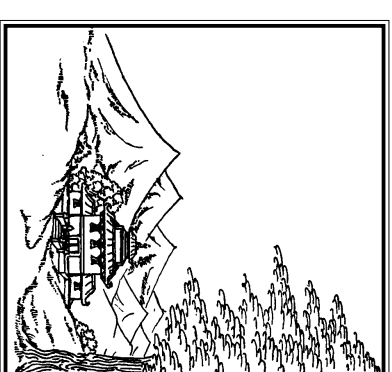
Dor je chhang gi ka tag chhag gyäi dü  
Mi dräl räi päi thö du nyer kö nä  
Tän dang tän dzin kyong wäi thu tsäl chän  
Ye she chän dân tän sung gya tsho la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tsho mi shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

De tar lu me kyab kyi chhog nam la  
Shug drag nying nä gü pä söi tab thü  
Mi zä nyig näi zug ngü rab nar wäi  
Dag sog gang jong dro wäi gön chig pu

Ngag wang lo zang tän dzin gya tsho chhog  
Sang sum mi shig mi gyur mi nub par  
Zhom zhig yong dräl dor je nying pöi thir  
Käl pa gya tshor yo me tag tän shog

Rab jam gyäl wa kün gyi dzä päi khur  
Nying tob thrag par zung wäi lab chhen gyi



#### OM SVASTI

○ our gurus, and your line of lamas, for whom we have the deepest  
gratitude,

You who are the repository of the three: secret powers of body, speech,  
and mind of innumerable buddhas,

Who manifest in a miraculous way to each devotee according to his  
capacity,

To you, who are the wish-fulfilling gems, the source of all virtues and  
good qualities,

We offer our prayers with intense devotion  
That our protector of the great land of snows,

Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons.

Pour on him your blessings  
That his aspirations may be fulfilled.

The dharmadhātu, the inexpressible reality, which pervades all things  
like the heavens,

Immaculate, full of great bliss and transcendental wisdom,

Manifests like a cloud the numberless abodes of the higher divinities,

The mandalas of the heavenly beings.

To all the higher forms of the divine ones, the yidams,

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tshé ni shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

Pang tog yön tän lhün dzog thrin lä kyi  
Nang wa dro kham gya tshor tag tsen päi  
Phän dzä tob chu nga wa lha yi lla  
Rab jam dü sum gyäl wa tham chä la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tshé ni shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

Jig ten sum lä gang gi nge dröl zhing  
Chhog tu zhi wa nam jang nor büi ter  
Zag me ni yo kün zang ge wäi päi  
Theg sum dam päi chhö kyi tshog nam la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tshé ni shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

Si päi thrül khor jon la chhe pa wäi  
Den dön ngön sum jäl wäi ye she chän  
Nam thar dor jei drong lä mi chhe pa  
Rig dröl phag päi ge dün tham chä la

Dag chag dung shug drag pö söi deb na  
Gang chän gön po tän dzin gya tsho yi  
Ku tshé ni shig käl gyar rab tän ching  
Zhe dön lhün gyi drub par jin gyi lob

We offer our prayers with intense devotion  
That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.  
Pour on him your blessings  
That his aspirations may be fulfilled.

O you numberless buddhas of the past, present, and future,  
Who are the masters of the ten powers and teachers of the gods,  
Whose attributes of perfection, free from defilements and born of  
realization,  
Are the source of the buddha-activity  
Which appears for all time in the ocean of the suffering of the world  
For the sake of all sentient beings.  
To you we offer our prayers with intense devotion  
That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.  
Pour on him your blessings  
That his aspirations may be fulfilled.

O sacred Dharmas of the three yanas  
That liberate us from the sufferings of the three worlds,  
Supremely calm, the jewel treasure of the fully enlightened ones,  
Without impurities, unchanging, eternally good, the peak of virtues,  
To you we offer our prayers with intense devotion  
That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.  
Pour on him your blessings  
That his aspirations may be fulfilled.

O all you arya Sangha, awakened and unsullied,  
Of highest valor in conquering the suffering of the wheel of life,  
With the transcendental wisdom that directly intuits the deeper truth  
Never departing from the indestructible vajra abode of nirvana,  
To you we offer our prayers with intense devotion  
That Tenzin Gyatso, protector of the great land of snows,  
May live for a hundred eons.  
Pour on him your blessings  
That his aspirations may be fulfilled.