

*Prayers for His Holiness the
Dalaí Lama and Tíbet*





His Holiness the XIV Dalai Lama

Prayer for the Long Life of His Holiness the Dalai Lama

GANG RI RA WÄI KHOR WÄ 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 PAI LAM
Savior of the Snow Land Teachings and transmigratory beings,
CHE CHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN
**Who extensively clarifies the path that unifies emptiness
and compassion,**
CHAG NA PÄ MO TÄN DZIN GYA TSO LA
To the Lotus in the Hand, Lord Tenzin Gyatso, I beseech—
SOL WA DEB SO ZHE DÖN LHÜN DRUB SHO G
May all your holy wishes be fulfilled!

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

The object of refuge of myself
And of all transmigratory beings
In all our lifetimes
Is the embodiment of the Three Jewels,
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 Buddha Dharma 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,¹
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.²

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 dedicating prayers:

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

Prayer for Tibet

DOR NÄ GÖN PO CHÄN RE ZIG WANG GI

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

SE CHE GYÄL WÄI CHEN NGAR GANG CHEN SHING

Fully protect the Land of Snows, made by the Powerful Protector Chenrezig

YONG ZUNG GYA CHEN MON LAM GANG DZE PÄI

In the presence of the buddhas and their children,

DRE ZANG DENG DIR NYUR DU CHAR BAR SOL

Appear soon here and now.

Prayer for the Long Life of His Holiness the Dalai Lama

CHAG NA PÄ MÖ JIN LAM DU TSI GYÜN

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

DAG SOG NYING GI ZUNG SU TAG MIN CHING

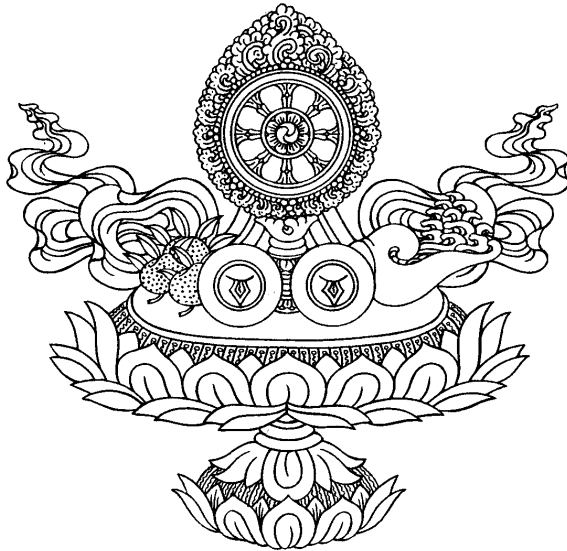
Always enter our hearts and nourish them with strength.

KA ZHIN DRUB PÄ CHHÖ PÄ RAB NYEN NÄ

May we please you with offerings of dedicated practice,

KUN ZANG CHHÖ GYA TSHO THAR SÖN SHOG

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



Colophons:

Prayer That Spontaneously Fulfills All Wishes:

Original Colophon:

This verse came spontaneously from the holy mind of His Holiness the Dalai Lama when requested by the late head of the Nyingma School, His Holiness Dilgo Khyentse Rinpoche, for a prayer that he could recite every day so that all His Holiness' holy wishes could be fulfilled.

Translator's Colophon:

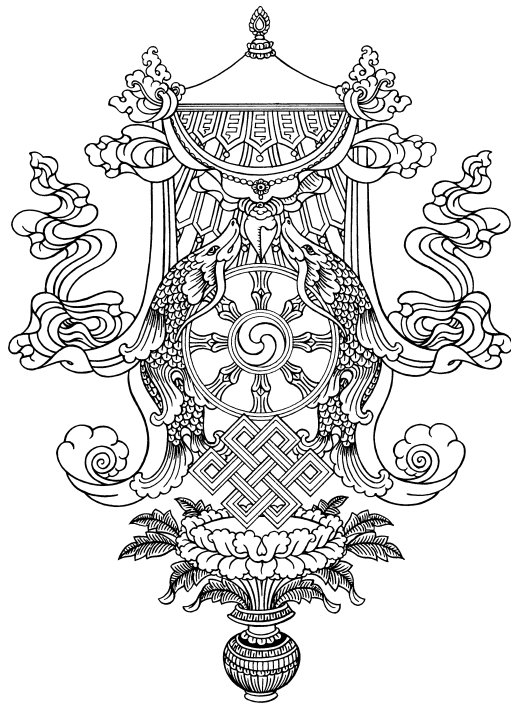
Draft translation by Kyabje Zopa Rinpoche on the auspicious occasion of extensive dedications for the White Tara retreat at Shakyamuni Center, Taichung, Taiwan, Losar 2007. Lightly edited by Ven. Sarah Thresher. Phonetics provided by Ven. Tenzin Dekyong and lightly edited by Ven. Gyalten Mindrol, July 2007.

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

George Farley, who for many years served on the FPMT Board, requested me a number of years ago to write a prayer for Tibet. At that time I thought there was no need to do so, because there already was a prayer for Tibet that His Holiness the Dalai Lama himself had written, as well as the short and long prayers for the fulfillment of His Holiness's wishes. Therefore I suggested to George that he make his request to His Holiness the Dalai Lama instead.

When I recently arrived in Eaglehawk, Australia to visit Thubten Shedrup Ling Monastery and Atisha Center, where they are building the Gyantse Stupa³, I remembered George's request. I thought that it would be important especially for Western people who had become Buddhist to remember the great kindness they had received from His Holiness the Dalai Lama, Padmasambhava, the Dharma Kings, Shantarakshita and the Tibetan people as a whole. While thinking how important it is, in addition to providing whatever help to Tibet that they can give, for these Westerners to at least direct their thoughts and wishes to the welfare of the Tibetan people, this prayer came to my mind. I composed it especially for the success of His Holiness the Dalai Lama's wishes, and in particular for the Tibetan people, and for there to be perfect peace and happiness in the world and for all sentient beings to achieve enlightenment.

Composed and translated by Lama Zopa Rinpoche on 4 June 2011 in Eaglehawk, Victoria, Australia. Transcribed by Holly Ansett and edited by Jon Landaw.



Notes

1. This includes Westerners, Chinese and Indian people, and so forth
2. 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 just even one second (by enabling you to use every moment to achieve these happinesses)
3. The Great Stupa of Universal Compassion



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