

BRIEF LONG-LIFE PRAYER FOR HIS HOLINESS THE 14th DALAI LAMA

GANG RI RA WAY KOR WAY SHING KHAM DIR

In this Pure Land surrounded by the snowy mountains

PHEN DANG DEY WA MA LU JUNG WAY NAY

You are the source of all benefit and happiness, without exception.

CHEN RAY ZIG WANG TEN ZING GYA TSO YI

All powerful Avalokiteshvara, Tenzin Gyatso,

SHAB PED SID THAY BAR DU TEN GYUR CHIG

May you stay immovable until Samsara becomes exhausted.

EXTENSIVE LONG-LIFE PRAYER FOR HIS HOLINESS THE 14th DALAI LAMA

OM SVASTI

To the assembly of most kind teachers, both present and past -
the miraculous dance of the body, speech and mind of innumerable Buddhas
manifesting in accord with aspirants' spiritual capacities,
the wish-granting jewel, the source of all virtue and goodness -
to you, we offer our prayers with fervent devotion:

That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred aeons. Shower on him your blessings
so that his aspirations are fulfilled without hindrance.

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 aeons. 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 aeons. 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 aeons. 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 adamant city,
who possess the wisdom eye that directly sees the profound truth
and the highest valour to destroy all machinations of cyclic existence,
to you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred aeons. Shower on him your blessings
so that his aspirations are fulfilled without hindrance.

To the assembly of heroes and dakinis, heavenly beings of the three worlds,
who appear in the highest paradises, in the sacred places, and in the cremation grounds,
and who, through creative play in the hundred-fold experiences of bliss and emptiness,
support practitioners in their meditation on the excellent path,
to you, we offer our prayers with fervent devotion:
That Tenzin Gyatso, protector of the Land of Snows,
live for a hundred aeons. 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 symbolising 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 aeons. 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 of the Land of Snows,
the supreme Ngawang Lobsang Tenzin Gyatso,
be indestructible, unfluctuating and unceasing;
may he live immutable for a hundred aeons,
seated on a diamond throne, transcending decay and destruction.

You are the jewel-heart embodying all compassionate, beneficial deeds;
O most courageous one, you carry upon your shoulders
the burden of all the Buddhas of the infinite realms.
May all your noble aspirations be fulfilled as intended.

By virtue of this may the heavenly doors of the fortunate era open
eternally as a source of relief and respite for all beings;
And may the auspicious signs reach the apex of existence and release,
as the sacred teachings flourish through all times and in all realms.

May the nectar-stream of the blessings of the 'Lotus Holder'
always enter our hearts and nourish it with strength.
May we please you with our offerings of dedicated practice,
And may we reach beyond the shores of perfect, compassionate deeds.

Through the blessings of the wondrous Buddhas and Bodhisattvas,
by the infallible truth of the laws of dependent origination,
and by the purity of our fervent aspirations,
may the aims of my prayer be fulfilled without hindrance.

English translation by Dr Thupten Jinpa Langri

OTHER LONG-LIFE PRAYER FOR HIS HOLINESS THE 14th DALAI LAMA

Oh 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 you live for a hundred eons;
Pour on Him your blessings
That His aspirations may be fulfilled.

The Dharmadatu, the inexpressible Reality, which pervades all things like the heavens,
Immaculate, full of the 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,
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.

Oh you numberless Buddhas of the past, present and future
Who are the masters of the Ten Powers and the teachers of the gods,
Whose attributes of perfection, free of defilements and born of realization
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.

Oh sacred Dharmas of the three Yanas
Which 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.

Oh all you Aryan 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.

Oh 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 the Guardians of the Teaching,
Who possess the eye of transcendental wisdom
Carrying in 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 Lobsang 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
Working for the good of all beings, like the Wish-Fulfilling Gem, the Jewel of Jewels,
May your aspirations 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.

Oh You with the lotus in your hand, may the nectar stream of your blessings
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 unstained power of the pure mind
May the aim of my prayers soon be accomplished.

*Colophon: This Long Life Prayer is an offering by the students of Thubten Dhargye Ling.
We wish for the Long Life of His Holiness the Fourteenth Dalai Lama by merit of this.*

MANTRAS FOR THE LONG LIFE OF HIS HOLINESS THE 14th DALAI LAMA:

The mantra of the Buddha of Compassion, Chenrezig:

OM MANI PADME HUM

The mantra of Padmasambhava, who established Buddhism in Tibet in the eighth century:

OM AH HUM BENDZE GURU PADMA SIDDHI HUM

Those who have the appropriate initiation can recite the Hayagriva mantra.