Prayer for the Long Life of His Holiness the Dalai Lama

GANG RI RA WÄI KHIR WA 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 DŽIN GYA TŠHO YI
All-powerful Chenrezig, Tenzin Gyatso,
ZHAB PÄ SI THÄI BAR DU Tän GYUR CHIG
Please remain until samsara ends.

According to the advice of Lama Zopa Rinpoche, after the long life prayer for His Holiness the Dalai Lama, recite the Prayer That Spontaneously Fulfills All Wishes on the next page.