

*Prayers for the Long Life of  
His Holiness the Dalai Lama  
and Tibet*

**FPMT**



Lama Zopa Rinpoche  
Practice Series

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# *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*

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For the extensive long life prayer of His Holiness the Dalai Lama,  
*Song of Immortality*, go to page 6.

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JIG TEN KHAM DIR PHÄN DE MA LÜ PA<sup>1</sup>

**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 GYA TSHO LA

**To the incomparably kind Tenzin Gyatso, I beseech.**

SÖL WA DEB SO THUG ZHE LHÜN DRUB SHOG

**May all your holy wishes be spontaneously fulfilled.**

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1. Lama Zopa Rinpoche recommends replacing the usual long life prayer for His Holiness as follows with the above.

GANG RII 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 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 PÄI LAM

**Savior of the Land of Snow teachings and transmigratory beings,**

CHHE CHHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

**Who extensively clarifies the path that unifies emptiness and compassion,**

CHHAG NA PÄ MO TÄN DZIN GYA TSHO LA

**To the Lotus Holder, Tenzin Gyatso, I beseech.**

SÖL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

**May all your holy wishes be spontaneously fulfilled.**

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

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Lama Zopa Rinpoche composed this prayer and requests all FPMT centers, projects, and services to recite it, especially when doing group practices.

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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,<sup>2</sup>  
 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.<sup>3</sup>

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!

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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 CHÄ 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 His Holiness the Dalai Lama and Fulfill All His Advice*

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 PÄI CHHÖ PÄI RAB NYEN NÄ

**May we please you with offerings of dedicated practice,**

KÜN ZANG CHÖ CHHOG 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 GYĀL WĀI SANG SUM MA LÜ PA

**To the assembly of most kind teachers, both present and  
past—**

GANG DÜL CHIR YANG CHHAR WĀI GYU THRÜL GAR

**The miraculous dance of the body, speech, and mind of  
innumerable buddhas**

SĪ ZHĪ GE LEG KÜN JUNG YI ZHIN NOR

**Manifesting in accord with aspirants' spiritual capacities,**

NGÖ GYÜ DRIN CHĀN LA MĀI TSHOG NAM LA

**The wish-granting jewel, the source of all virtue and  
goodness—**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHĀN GÖN 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.**

CHHÖ YING KÜN SĀL KHYÖN DANG NYAM JUG PĀI

**To the assembly of all meditational deities**

DÜL DRÄL DE CHHEN YE SHE GYU MÄI TRIN

**Manifesting as countless mandalas and divinities—**

DRANG ME TEN DANG TÄN PÄI KYIL KHOR DU

**The magical clouds of immaculate, transcendent wisdom**

SHAR WÄI YI DAM LHA TSHOG THAM CHÄ LA

**Reaching to the farthest expanse of the space of ultimate reality—**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

PANG TOG YÖN TÄN LHÜN DZOG THRIN LÄ KYI

**To all the victorious buddhas of the three times**

NANG WA DRO KHAM GYA TSHOR TAG TSEN PÄ

**Endowed with ten powers and who are even masters of  
the gods,**

PHÄN DZÄ TOB CHU NGA WA LHA YI LHA

**And whose attributes of perfection are the source of all  
compassionate deeds**

RAB JAM DÜ SUM GYÄL WA THAM CHÄ LA

**Benefiting the vast ocean-like realm of sentient beings,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**



KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

JIG TEN SUM LÄ GANG GI NGE DRÖL ZHING

**To the assembly of sacred doctrine embodied in the three  
vehicles,**

CHHOG TU ZHI WA NAM JANG NOR BÜI TER

**Supremely serene, a jewel-treasure of enlightenment,**

ZAG ME MI YO KÜN ZANG GE WÄI PÄL

**Stainless, unchanging, eternally good, and the glory of  
all virtues,**

THEG SUM DAM PÄI CHHÖ KYI TSHOG NAM LA

**Which actually liberates beings from the sufferings of  
the three worlds,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

SI PÄI THRÜL KHOR JOM LA CHHE PA WÄI

**To all members of the enlightening, noble spiritual  
community,**

DEN DÖN NGÖN SUM JÄL WÄI YE SHE CHÄN

**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 PÄI GEN DÜN THAM CHÄ LA

**And the highest valor to destroy all machinations of  
cyclic existence,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

KHA CHÖ ZHING DANG NÄ YÜL DUR THRÖ DU

**To the assembly of heroes and dakinis, heavenly beings of  
the three worlds,**

DE TONG NYAM GYAR RÖL PÄI TSE JO YI

**Who appear in the highest paradises, in the sacred places,  
and in the cremation grounds,**

NÄL JOR LAM ZANG DRUB LA DROG DZÄ PÄI

**And who, through creative play in the hundred-fold  
experiences of bliss and emptiness,**

NÄ SUM PA WO KHA DRÖI TSHOG NAM LA

**Support practitioners in their meditation on the excellent  
path,**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

DOR JE CHHANG GI KA TAG CHHAG GYÄI DÜ

**To the ocean of protectors endowed with eyes of  
transcendent wisdom—**

MI DRÄL RÄL PÄI THÖ DU NYER KÖ NÄ

**The powerful guardians and upholders of the teaching**

TÄN DANG TÄN DZIN KYONG WÄI THU TSÄL CHÄN

**Who wear inseparably on their matted locks**

YE SHE CHÄN DÄN TÄN SUNG GYA TSHO LA

**The knot symbolizing their pledge to the Vajra Holder—**

DAG CHAG DUNG SHUG DRAG PÖ SÖL DEB NA

**To you, we offer our prayers with fervent devotion:**

GANG CHÄN GÖN PO TÄN DZIN GYA TSHO YI

**That Tenzin Gyatso, protector of the Land of Snows,  
live for a hundred eons.**

KU TSHE MI SHIG KÄL GYAR RAB TÄN CHING

**Shower on him your blessings**

ZHE DÖN LHÜN GYI DRUB PAR JIN GYI LOB

**So that his aspirations are fulfilled without hindrance.**

DE TAR LU ME KYAB KYI CHHOG NAM LA

**Thus to this congregation of excellent, undecieving refuge,**

SHUG DRAG NYING NÄ GÜ PÄ SÖL TAB THÜ

**We pray that by the power of this prayer**

MI ZÄ NYIG MÄI ZUG NGÜ RAB NAR WÄI

**Expressed from a heart filled with fervent devotion and  
humility,**

DAG SOG GANG JONG DRO WÄI GÖN CHIG PU

**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,**

KÄL PA GYA TSHOR YO ME TAG TÄN SHOG

**Seated on a diamond throne, transcending decay and  
destruction.**

RAB JAM GYÄL 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 GYUR 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 PÄI CHHÖ PÄ RAB NYEN NÄ

**May we please you with offerings of dedicated practice,**

KÜN ZANG CHÖ CHHOG GYA TSHO THAR SÖN SHOG

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

MÄ JUNG SÄ CHÄ GYÄL WÄI JIN LAB DANG

**Through the blessings of the wondrous buddhas and  
bodhisattvas,**

TEN DREL LU WA ME PÄI DEN PA DANG

**By the infallible truth of the laws of dependent origination,**

DAG GI LHAG SAM DAG PÄI THU TOB KYI

**And by the purity of our fervent aspirations,**

MÖN PÄI DÖN KÜN DE LAG NYUR DRUB SHOG

**May the aims of our prayer be fulfilled without hindrance.**

*Colophons:*

Prayers excerpted from *FPMT Retreat Prayer Book*, Portland: FPMT Education Services, 2016.

*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.

*Prayer of the Long Life of His Holiness the Dalai Lama* (updated to replace GANG RII RA WÄI according to Lama Zopa Rinpoche's instructions, January 2019). Translated by Ven. Thubten Dekyong (Tsenla), January 2019, Root Institute, India. Edited by Ven. Joan Nicell, FPMT Education Services, and checked by Ven. Ailsa Cameron, March 2019. Lama Zopa Rinpoche changed DE KYI in the first line to PHÄN DE, and CHHOG in the third line to LA, and replaced the last line KU TSHE TÄN CHING DZÄ THRIN GYÄ GYUR CHIG, May 2019. Translation amended by Ven. Joan Nicell, May 2019.

# Holy Name Mantra of His Holiness the Dalai Lama

ཨོཾ་ཨཱི་གུ་རུ་བཟླ་བ་རྣམ་ལྷན་ལྷོ་ག་མཚུ་བྱི་མུ་གེ་རྩ་སུ་མ་ཏི་  
རྣམ་ལྷོ་ས་ལ་རྣམ་ལྷོ་ས་ལྷོ་བྱི་རྣམ་ལྷོ་ས་ལ་སྐྱེ་འོ་འོ།

OM ĀḤ GURU VAJRADHARA BHATṬĀRAKA MAÑJŪŚHRĪ  
VĀGINDRA SUMATI JÑĀNA ŚHĀSANA DHARA SAMUDRA  
ŚHRĪ BHADRA SARVA SIDDHI HŪM HŪM



*His Holiness the XIV Dalai Lama*

# Care of Dharma Materials



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 (ॐ) and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OM ĀḤ HŪḤ 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.



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