



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

JIG TEN KHAM DIR PHÄN DE ME LÜ PA  
**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.**



## A Prayer for the Swift Return of Lama Zopa Rinpoche

*By His Holiness the 14th Dalai Lama, Tenzin Gyatso*

DA ME TÖN PA GYÄL SÄ NYÄN RANG TSHOG  
LO ZANG GYÄL WA YAB SÄ GYÜ PAR CHÄ  
RAB JAM ZHING GI KYAB YÜL MA LÜ PÄ  
DENG DIR MÖN PA DRUB PÄI GE LEG TSÖL

**Peerless Teacher and assembly of the children of the  
victorious ones, sravakas, and pratyekabuddhas;  
Victorious Lozang father and sons, along with the  
lineage masters;  
All the objects of refuge of infinite lands—  
Please bestow the virtue and goodness of  
accomplishing this prayer here and now.**

YONG SU DZOG PÄI THUB TÄN RIN PO CHHE  
SHÄ DANG DRUB PÄ DZIN CHING PEL WA LA  
NAM YANG MI ZHUM ZÖ PÄI GO CHHA CHÄN  
TSUNG ME JE TSÜN LA MAR SÖL WA DEB

**Holding and spreading the Muni's (thub) precious  
and complete teachings (ten)  
Through explanation and practice,  
You wore the armor of patience (zopa) that is never  
discouraged—  
Incomparable venerable guru, to you I make request.**



PHÄN DE MA LÜ JUNG WÄI GO CHIG PU  
GYÄL WÄI TÄN DANG MA GYUR DRO WA YI  
DÖN LA CHIG TU TSÖN PA DZÄ PÄI MUR  
LO BUR ZHI WAR SHEG DIR YI RE PHANG

**While striving single-pointedly for the sake of the  
Victorious One's teachings,  
The sole gateway through which all benefit and  
happiness emerge,  
And for mother living beings,  
You suddenly departed to peace—what a great loss!**

ÖN TANG CHHOG SUM GYA TSHÖI JIN LAB DANG  
GYÄL SÄ NAM KYI THUG KYE LAB PO CHHE  
LU ME DEN PÄ YANG TRÜL SAR PÄI DZUM  
KÄL ZANG DÜL JÄI PÄL DU NYUR ZHÄ SHOG

**Nevertheless, through the undecieving truth  
Of the blessings of the ocean of the Three Jewels  
And the great waves of bodhicitta of the children of  
the victorious ones,  
May the smile of a reincarnation swiftly beam in  
glory for fortunate disciples!**