Dedication and Long Life Prayers

The Dedication of Merit

sönam di yi tamché zikpa nyi

Through this merit, may all beings attain the omniscient state of enlightenment,

tob né nyepé dra nam pamjé shing And conquer the enemy of faults and delusion,

kyé ga na chi balong trukpa yi May they all be liberated from this ocean of saṃsāra

sipé tso lé drowa drolwar shok

And from its pounding waves of birth, old age, sickness and death!

Dedication from 'Samantabhadra's Aspiration to Good Actions'

jampal pawö jitar khyenpa dang

Just as the bodhisattva Mañjuśrī attained omniscience

kuntuzangpö deyang deshyin té

And Samantabhadra too,

dedak kün gyi jesu dak lob ching

All these merits now I dedicate

gewa didak tamché rabtu ngo

To train and follow in their footsteps!

dü sum shekpé gyalwa tamché kyi As all the victorious buddhas of past, present and future ngowa gangla chok tu ngakpa dé Praise dedication as supreme, dak gi gewé tsawa di kün kyang So now I too dedicate all these sources of merit of mine, zangpo chö chir rabtu ngowar gyi For all beings to perfect 'Good Actions'.²⁷

Vajrayāna Dedication

kunzang dorjé chang chen menché né

From the Primordial Buddha Samantabhadra

drinchen tsawé lama yenché kyi

Down through the lineage to my own gracious root master,

drowé döndu mönlam gang tabpa

Whatever their prayers and aspirations for the benefit of beings,

dedak tamché dak gi drubpar shok

May I be the one to accomplish them single-handedly, here and now!

27 These two famous verses come from Samantabhadra's Aspiration to Good Actions—the King of Aspiration Prayers, the Ärya Bhadracarya Praņidhāna Rāja, which is the final part of the Gandavyūha Sūtra, the last section of the Avatamsaka Sūtra.

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The Secret Vajra Knot: An Aspiration Prayer of the Three Yogas

by Minling Terchen Rigdzin Gyurmé Dorjé

lama yidam lhatsok gong su sol

Lamas and hosts of yidam deities, turn your attention towards us!

deng dir tsönpé drubpé gewa dang

These positive actions we have accomplished through our efforts today,

dü sum sak dang yöpé gewa nam

All the merit we accumulate throughout the three times and all the virtue that exists,

dom té lamé changchub chenpor ngo

All gathered together, we now dedicate towards great and unsurpassed awakening!

deng né changchub nyingpor chi kyi bar

From now until we reach the heart of enlightenment,

rik zang losal ngagyal mepa dang

May we be born in a good family, be intelligent and free from pride,

nyingjé ché shying lama la gü den

May we have great compassion, and devotion to the teacher,

palden dorjé tek la ngé né shok

And confidently follow the glorious Vajra Vehicle!

wang gi min ching damtsik dompar den

Matured through empowerment and keeping the commitments of samaya,

rim nyi lam la nyendrub tarchin té

On the path of the two stages 28 may we complete 'approach' and 'accomplishment',

kawa mepar rigdzin gopang drö

May we attain the vidyādhara levels29 without difficulty,

ngödrub nam nyi delak drub gyur chik

And easily achieve the two types of accomplishment!

chir nang gyutrul drawé khorlor dzok

May all appearances be realized as perfect, the mandala of the Net of Magical Illusion,

drakpa tamché jödral ngak kyi dra

All sounds as the inexpressible sound of mantra,

- 28 This could refer to the generation and completion phases, or to the conceptual phase of yogic practices related to the subtle channels, inner air and essences and the non-conceptual phase of the actual nature of clear light. It could also refer to the two stages of Dzogchen practice, *tögal*, the stage with appearances, and *trekchö*, the stage without appearances. See Lagla Sönam Chödrup, *Collected Works*, volume 3, page 366.
- 29 The four levels of a vidyādhara are: fully matured vidyādhara, vidyādhara with power over life, mahāmudrā vidyādhara and spontaneously accomplished vidyādhara. According to Lagla Sönam Chödrup the first two correspond to the path of seeing, the third to the path of meditation and the fourth to the path of no-more-learning.

sem kyi gyuwa rangrig dümajé

All movement of mind as uncompounded self-knowing awareness,

dechen dudral mepar ngöngyur shok

And may we realize the great bliss that is beyond union and separation!

nyamchak tok drib mapang né su dak

Without rejecting impairments and breakages, thoughts and obscurations, may they be purified in their own state.

chi nang sangwa yermé tokpé kang

Through realizing outer, inner and secret to be inseparable, may the samaya commitments be fulfilled.

gangshar rangdrol kunzang long yang su

May whatever arises in the mind be liberated by itself in the vast expanse of Kuntuzangpo,

ngensong dongtruk sishyi nyam gyur chik

May the lower realms be emptied from their depths, and may we realize the equality of samsāra and nirvāṇa!

tiklé chenpor ku dang shyingkham dzok

Within the Great Sphere the kāyas and buddha fields are perfectly complete,

damtsik chenpor panglang tsenma dak

Within the Great Samaya the concepts of abandoning and adopting are purified,

khyabdal chenpor redok düpa drol

Within the Great All-Pervasiveness the knot of hope and fear is loosed,

dzogpachenpor chöku ngöngyur shok

Within the Great Perfection may we actualize the dharmakāya!

gyüpa sum gyi jinlab nying la shyuk

May the blessings of the three lineages³⁰ enter our hearts,

gyutrul drawé lam sang sem la dzok

And the secret path of the Net of Magical Illusion be perfected in our minds.

trinlé nam shyi lhün gyi drubpa yi

Through the spontaneous accomplishment of the four activities,

muta mepé drowa drolwar shok

May we liberate the infinity of beings!

shyitro trulpé khorlö lung tön shying

May the mandalas of peaceful and wrathful emanations guide us with predictions,

khandro nam kyi bu shyin kyongwa dang

The dakinis protect us as their own child,

chökyong sungmé barché kün sal né

And the Dharma protectors and guardians dispel all obstacles;

yi la mönpa tadak drub gyur chik

May all our aspirations be fulfilled!

30 The three lineages (Tib. *gyü sum*) are: the mind transmission of the buddhas, the sign transmission of the vidyādharas, and the oral transmission of realized beings.

gyalwé tenpa dar shying gyepa dang

May the teachings of the buddhas flourish and spread far and wide,

tendzin nam kyi shyepé dön kün drub

May the aspirations of all the holders of the teachings be fulfilled,

malü kyegü galkyen kün shyi shying

May each and every being be freed from all adversity,

püntsok tadak yishyin jor gyur chik

And may they receive all that is excellent just as they desire!

By Rigdzin Gyurmé Dorjé.

Long Life Prayer for His Holiness the Dalai Lama

gangri rawé korwé shyingkham su

In the heavenly realm of Tibet, surrounded by a chain of snow mountains,

pen dang dewa malü jungwé né The source of all happiness and help for beings

chenrezik wang *tendzin gyatso* yi Is Tenzin Gyatso—Chenrezik in person—

shyabpé kal gyé bardu ten gyur chik

May his life be secure for hundreds of kalpas!

mönlam lokpé gyalwé tenpa la

May all those negative influences that harm the teaching of the Victorious Ones through their perverted aspirations—

khuwé nakchok zukchen zukmé dé

Those with form and those without form-

samjor ngenpé jukpa malüpa

All those who work with malicious intentions,

chok sum denpé tsené chö gyur chik

Be annihilated through the truth of the Three Jewels!

This verse of prayer, spoken in a vision, invokes the power of truth of the Three Jewels, and is supreme as a means of naturally and effectively pacifying the thoughts and actions of those malevolent forces, both human and non-human, who seek to harm the Dharma teachings and Tibetan society. It is therefore of the utmost importance that it be recited sincerely each day after the dedication of merit in all non-sectarian monasteries and public assemblies, as well as in private.

Long Life Prayer for Kyabjé Sakya Trizin

ngawang gyutrul lha rik khön gyi dung

Lord of Speech, magical emanation of the noble Khön family,

dro kün gadzé tekchen do ngak lam

You bring happiness to all beings through the sūtra and tantra paths of the great vehicle,

pendé pal du barwé trinlé chen

Your enlightened activity brings tremendous benefit and happiness,

sampel wang gi gyalpo shyabten sol

Wish-granting king of power, may your life be secure and long!

Long Life Prayer for Dzogchen Rinpoche

by Kyabjé Dudjom Rinpoche

lumé kyabné gyatsö tu jin gyi

Through the power of the ocean-like, unfailing sources of refuge

pema rigdzin gyalwé nyugu chok

Supreme son of the buddhas, Padma Rigdzin,

jikmé losal drubpé wangpo yi

Lord of siddhas, who has realized the fearless clarity of mind, Jikmé Losal Wangpo:

shyabpé takten dzetrin dargyé shok

May your life be secure and firm, and may your activity radiate in all directions!

Prayer for the Tradition of the Dzogchen Rinpoches and their Teachings

hrih, ngöntsé deshyin shekpa tsuktorchen

Hrīh! Long ago, you were the sugata, Tsuktorchen,

pakpé yul du drubchen kukuri

In the holy land of India, you were the mahāsiddha Kukkuripa,

khawachen du palden tangpa shyé

In the Land of Snows, you were the glorious Taklung Thangpa:

pema rigdzin shyab la solwa deb

Padma Rigdzin, at your feet I pray!

tenpa yün ring nepé tashi shok

May all be auspicious for your teaching to remain for ages to come!

Long Life Prayer for Dzongsar Jamyang Khyentsé Rinpoche

by Kyabjé Dilgo Khyentsé Rinpoche

om svasti, tubten yongdzok ngadak khyentsé gar

Om svasti!³¹ Dance of wisdom and love, sovereign of the entire Buddhist teaching—

zabgyé lungtok chö kyi gyatso ché

The great Dharma-ocean of the transmission a nd realization of the profound and vast,

sen sam gompé wanggyur choktrul gyi

You have mastered through hearing, reflecting and meditating.

tukkyé kutsé trinlé tarchin shok

Supreme incarnation, may your aspirations be fulfilled, and may your life and activity be infinite.

The humble disciple Mangala Śrī Bhūti (Dilgo Khyentsé Rinpoche) made this prayer in the vajra cave of Kurjé, which bears the imprint of Guru Rinpoche's body, in Bumthang in Bhutan, when presenting an offering cloud of teachings from the Kama transmission of the Ancient Translation tradition.

31 Svasti is the Sanskrit word for peace, happiness and well-being.

Long Life Prayer for Alak Zenkar Rinpoche, the Incarnation of Do Khyentsé Yeshé Dorjé

by Kathok Rigdzin Chenpo

om svasti, tsa sum jinlab tenjung lumé tü

Om svasti! Through the blessings of the Three Roots, and the power of the infallible law of interdependence,

tubten pemö gatsal gyepé nyen

May the secret body, speech and mind of this sun-like incarnation, Thubten Nyima,

choktrul nyima shyönnü sangwa sum

The one who causes the lotus garden of Buddha's teachings to flourish and blossom,

yongdrub takpé ngowor shyuk soldeb

Remain forever secure within the absolute and unchanging nature, we pray!

According to the requests of Sogyal Rinpoche, emanation of Dorjé Dudjom, who was one of the five heart-sons of Guru Rinpoche with purest karmic fortune, and Pewar Rinpoche, who is like a beacon shining out the light of the teachings from a vast treasury of sūtra, mantra and pith instructions, this was written together with prayers of aspiration, on the first day of the waxing phase of the moon in the month of Saga Dawa during the Fire Pig year, by Pema Wangchen Dorjé, the one who holds the name of Kathok Rigdzin Chenpo. May virtue abound!

Long Life Supplication of Mindrolling Jetsün Khandro Rinpoche

om svasti, chöying khala nyingjéi ö kar tro

Om svasti! In the sky of dharmadhātu radiates the white light of compassion,

drowé yi tsor zuk kur tsen pé tré

Adorning the ocean-like minds of beings with the major and minor marks of the rūpakāya.

chimé pakma druppé gyalmo ngö

Embodiment of the Immortal Ārya and the Queen of Siddhis,

palden lamé shyap pé tak ten shok

Glorious guru, may your lotus feet ever and unwaveringly remain.

womin kunzang tuk kyi tenpé sok

Life force of the teachings from the heart of Akaniṣṭha Samantabhadra,

palden tsok kyé gyalwé dung dzin ma

Holder of the lineage of the glorious Lake-born victorious one,

mindrol gélek drönméi ö tar khyap

All-pervading light of the lamp of the virtuous goodness of ripening and liberation,

palden lamé shyap pé tak ten shok

Glorious guru, may your lotus feet ever and unwaveringly remain.

orgyen dakii tsomo varahii

Illusory display of the ocean of the three secrets of Varahi-

sang sum gyatsöi gyu trul rol gar ma

The mistress of the dakinis of Oddiyana,

mamo khandro yong kyi gyalmo ché

Great queen of all mamos and dakinis,

palden lamé shyap pé tak ten shok

Glorious guru, may your lotus feet ever and unwaveringly remain.

Thus, on the 8th day of Saga Dawa (Vaishakha) of the Tibetan Year of the Fire Pig, the third Kongtrul, Jigmé Namgyal, with great yearning faith, supplicated in this way. May it be a cause for the sustenance and blossoming of the long life of the glorious guru of Mindrolling, Jetsün Khandro Rinpoche, for an ocean of kalpas.

Maṅgalaṃ!

Long Life Prayer for Khenchen Namdrol Rinpoche

ngotsar medjüng dang sil padmé tsor

Upon the wondrous, superb, pristine Lake Danakosha

ma chak dab tōng nyéma drolwé u

Within the full bloom of a one thousand petaled lotus,

nyer trüng chimé dorjé kur zheng pa

You were born to appear as the immortal Vajra Kaya.

orgyen padmé tsé yi ngödrub tsol

O Lotus Born of Orgyen, bestow the siddhi of immortality!

dzokchen gyud lüng men nak kun la khé

Namdrol Tsering, you are expert in the Great Perfection's tantras, transmissions, and upadeshas

duljé kham zhin namdrol zhiwé lam

And reveal the peaceful path of **perfect liberation** according to the needs of disciples,

zab dang gyacher tönpé pal nga wa

Perfectly illuminating the profound and vast categories of dharma.

tendrö gön du tséring zhabten sol

Please **live long** and remain firm as a protector of the doctrine and all beings.

At the request of Shartrul this was composed by Jigten Wangchuk [Avalokiteshvara] in person on September 16th, 2020. Translated by Light of Berotsana Translation Group

Long Life Prayer for Orgyen Tobgyal Rinpoche

by Gyalchen Tulku

lumé kön chok sum dang tsawa sum

Through the blessings of the unfailing Buddha, Dharma and Sangha, and lama, yidam and khandro,

bima pejung yabyum tuk jin gyi

Together with Vimalamitra, Guru Padmākara and consort,

orgyen tobgyal kutsé lo gyar ten

May the life of Orgyen Tobgyal remain secure for a hundred years,

lab chen ten drö dön chen tarchin shok

And may vast waves of benefit for the teachings and beings be accomplished!

Although several great masters have already composed many poetic prayers for my long life with the kind of pure vision that sees even dirt as gold, when these are recited in the assembly of monks, they become a source of embarrassment, as I don't possess any of the praiseworthy qualities mentioned. I therefore wrote this verse of aspiration for my own longevity so that it could be recited during group practice.

Prayer for the Swift Reincarnation of Kyabje Dodrupchen Rinpoche

This was adapted from Kyabje Dudjom Rinpoche's long life prayer for Dodrupchen Rinpoche by Ven. Tulku Thondup Rinpoche.



lumé kyabné gyatsö jin tu yi By the power of the ocean-like infallible refuges,



jikme tubten trinlé palbar gyi May Jigme Thubten Thrinle Palbar



chok gi tulkü nyinjé nangwa yi Through the brilliance of the sun of excellent Tulkus,

क्षनभ केव नक्षव र र्योर्व न वे र र्ने ब खुर र र युन र र्वे न

lab chen ten drö zhedön nyur drub shok Swiftly accomplish all his wishes for the Dharma and beings.

Excerpt from a Deorali Chorten Gonpa and Maha Siddha Nyingmapa Center publication.

Swift Rebirth Prayer for Khandro Tsering Chödrön

by Sogyal Rinpoche

yeshe daki dechen tsogyal gyi

With the blessings of Tsogyal, wisdom dākinī of great bliss,

jinlab shelkar za yi nampar trul

Emanation of the lady of Shelkar,³²

ayu dharma dipam la solwa dep

Ayu Dharma Dīpaṃ, 'Long Life, Lamp of the Dharma', to you I pray—

yangtrul shyönnü zukku nyur char sol

Appear again swiftly as a youthful rūpakāya emanation!

The one who holds the name of Sogyal Tulku made this prayer by adapting the blessed words of Dorjé Chang Khyentsé Chökyi Lodrö himself.

32 Shelkar Dorjé Tso was a disciple of Guru Rinpoche who attained realization and miraculous abilities, such as the power to fly through the sky. Long Life Prayer for Patrick Gaffney (Yeshé Wangyal)

by Alak Zenkar Rinpoche

pa tayepé tsé dang yeshe kyi

May the assembly of powerful and victorious wish-fulfilling deities,

chok jin yishyin wanggyal lhatsok kyi

Who grant the supreme gifts of boundless life and wisdom,

chimé tsé yi ngödrub malüpa

Bestow all the attainments of longevity and immortality,

trikchak gyün michepar tsal du sol

In a continuous and everlasting stream, we pray!

In response to the persistent requests of my kindly neighbour Nina-la, who asked me to write a prayer for the long life of the esteemed Patrick Gaffney (Yeshé Wangyal-la), this was composed by Thubten Nyima (Alak Zenkar Rinpoche). May Lord Amitāyus grant his blessings so that circumstances are favourable for this prayer of ours to be fulfilled.

A Great Drum to Invoke Compassion A Prayer for Sogyal Rinpoche's Swift Rebirth

by His Holiness Sakya Gongma Trichen Rinpoche

wangchuk gyeden drukpa dorjé chang

Vajradhāra,¹ sixth lord endowed with eight special powers,²

chak na pemo pakma drolmé shyab

Avalokiteśvara and Tārā sublime,

tsokyé gyalwa terchen sé ché la

Lotus-born Buddha, great treasure-revealers and your heirs-

solwa dep so dengdir yütsam gong

To you all we pray: think of us this very instant!

lek jé sönam pemö dang sal shying

The merit you gathered so completely is like a brilliant lotus flower

mindrol gyüpé gesar gyi pü dé

Its heart adorned with a lineage that matures and liberates,

- 1 Vajradhāra is often described as the sixth lord, or lord of the sixth family, since he embodies and encompasses the five buddha families: tathāgata, vajra, ratna, padma and karma.
- 2 The eight special powers (or forms of mastery) relate to:
 1) enlightened body, 2) enlightened speech, 3) enlightened mind,
 4) miraculous abilities, 5) omnipresence, 6) wish-fulfillment,
 7) enlightened activity, and 8) enlightened qualities.

dampa gyatsö ü na lham mewa

And resplendent on a vast ocean of instructions-

tenpé gyaltsen dreng la solwa dep

You that raised the victory banner of Buddha's teachings, to you we pray!

natsok chö tsul tönpé tuden kyang

Though you have the power to teach Dharma in all kinds of ways,

kyema dü dir penpar ma zik né

You saw no way to bring further benefit at a time such as this.

tingdzin shyiwé ro la shyol dö shyin

You chose instead to seek the tranquillity of samādhi, and let

yowé tuk ni chöying nak su shyü

Your vibrant wisdom mind enter the still forest of the dharmadhātu.

zab dang gyacher möpé gangzak la

For all those who are drawn to what is profound and vast,

gyé tri shyi tong dampa lha yi chö

We pray that you return swiftly, a youthful sun, a supreme emanation,

dü su dom dzé özer tong denpé

With a thousand rays of light bringing teachings for this time—

choktrul nyinjé shyönnu nyur jön sol

The divine and sacred eighty-four thousand teachings of Dharma!

jön né tertön drubwang gongmé lü

And when you return, in a form to match your predecessor, tertön and lord of siddhas,

namtar tsangmé gyen gyi rab gyen té

Adorned with all the beauty of a perfect life of liberation,

chokdral kalden dulja tongtrak gi

May you ripen into a splendour to behold, a vision for the eyes

dren jé zung gi pal du min gyur chik

Of thousands of receptive and fortunate disciples!

This was composed by the Sakya Trichen in response to a request from those with eager aspiration. May it prove meaningful!

Verse from Barché Lamsel

a terma revealed by Orgyen Chokgyur Dechen Lingpa tukjé dak la jingyi lob 🖁 With your compassion, inspire us with your blessing! tsewé dak sok lam na drong § With your love, guide us and others along the path! gongpé dak la ngödrub tsol § With your realization, grant us siddhis! nüpé dak sok barché sol § With your power, dispel the obstacles facing us all! chi vi barché chiru sol § Outer obstacles-dispel them externally, nang gi barché nangdu sol § Inner obstacles-dispel them internally, sangwé barché yingsu sol § Secret obstacles-dispel them into space! güpé chaktsal kyab su chi § In devotion, I pay homage and take refuge in you!

om ah hung benza guru pema siddhi hung 🖇

Prayer to Guru Rinpoche

by Sogyal Rinpoche

gyal kün dü shyal orgyen rinpocher

Of all the buddhas, you are their very face and their embodiment, Precious Guru of Oḍḍiyāna,

nying khong rüpé tingné soldeb na

From the depths of my heart, the core of my being, I pray to you:

chi nang sangwé barché ying su sol

Outer, inner and secret obstacles-dispel them into space,

samdön lhün gyi drubpar jingyi lob

And through your blessings, let all my aims and wishes be spontaneously fulfilled.

Composed spontaneously by Sogyal Rinpoche at Lerab Ling on the night of 13 May 2007, during the Three Year Retreat.

The Prayer in Six Vajra Lines

a revelation of Chokgyur Dechen Lingpa

dü sum sangye guru rinpoche \$ Embodiment of buddhas of past, present and future, Guru Rinpoche; ngödrub kün dak dewa chenpö shyab \$ Master of all siddhis, Guru of Great Bliss; barché kün sel düdul drakpo tsal \$ Dispeller of all obstacles, Wrathful Subjugator of Māras; solwa deb so jingyi lab tu sol \$ To you I pray: inspire me with your blessing, chi nang sangwé barché shyiwa dang \$ So that outer, inner and secret obstacles are dispelled

And all my aspirations are spontaneously fulfilled.

Discovered by the great terma-revealer Chokgyur Dechen Lingpa, from the right-hand side of the Sengchen Namdrak rock on Mount Rinchen Tsekpa, 'The Pile of Jewels'. Because the blessing of this prayer, one intended for this present time, is so immense, it should be treasured by all as their daily practice.

The Vajra Guru Mantra

om ah hung benza guru pema siddhi hung 🖁

Prayer for the Tradition of Guru Padmasambhava

by Jňāna (Kyabjé Dudjom Rinpoche)

khen lob chö sum ringluk ché

May the living tradition of Guru Padmasambhava, Bodhisattva Sāntarakṣita and the Dharma-king Trisong Detsen,

dzamling sa sum khyabpar pel

Spread throughout the world in all directions!

dro gyü chok sum nangwa dang

May the Buddha, Dharma and Saṅgha be present in the minds of all,

mindral dü sum gelek shok

Inseparably, at all times, bringing peace, happiness and well-being!