

PRAYERS OF REFUGE AND BODHICITTA

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA/

JANG CHUB BAR DU DAG NI KYAB SU CHI /

DAG GI JIN SOG GYI PE SÖ NAM KYI /

DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG // (3x)

In the Buddha, Dharma and supreme assembly I take refuge until enlightenment. By the merit of my generosity and the like, may buddhahood be achieved for the sake of wayfarers. (3x)

MA NAM KHA DANG NYAM PE SEM CHEN THAM CHE DE WA

DANG DE WE GYU DANG DEN PAR GYUR CHIG /DUG NGAL

DANG DUG NGAL GYI GYU DANG DREL WAR GYUR CHIG /

DUG NGAL ME PE DE WA DANG MI DRAL WAR GYUR CHIG /

NYE RING CHAG DANG NYI DANG DREL WE TANG NYOM LA NE PAR GYUR CHIG // (3x)

May every sentient being—my mothers coextensive with space —have happiness and its causes. May they be free from suffering and its causes.

May they never lack the ease that is free from suffering.

May they abide in equanimity, free from both attachment and aversion. (3x)

CHENREZIK MEDITATION

Praise

KYON GYI MA GÖ KU DOK KAR

DZOK SANG GYE KYI U LA GYEN

T'HUK JEY CHEN GYI DRO LA ZIK

CHEN RE ZIG LA CHAK TSHAL LO

You, unmarred by imperfection, body white in color,
whose head is ornamented with a perfect Buddha,
gazing on beings with the eye of compassion, to
Chenrezik I reverently prostrate.

Chenrezig (Skt. Avalokiteshvara) Mantra & Aspiration:

OM MANI PADME HUM / HRIH



Dedication

GE WA DI YI NYUR DU DAG /

CHEN RE ZIG WANG DRUB GYUR NE /

DRO WA CHIG KYANG MA LÜ PA /

DE YI SA LA GÖ PAR SHOG //

Through this virtue may I soon / accomplish
Lord Chenrezig / and place, with no exception, /
all transient beings in that state.

PRAYERS OF DEDICATION & ASPIRATION

*SÖ NAM DI YI THAM CHE ZIG PA NYI /
THOB NE NYE PE DRA NAM PHAM JE TE /
KYE GA NA CHI BA LONG TRUG PA YI /
SI PE TSO LE DRO WA DRÖL WAR SHOG //*

By this merit may I attain the all-seeing state and, having conquered negative emotions, may wayfarers be freed from the ocean of existence, which is agitated by the waves of birth, aging, illness and death.

*DAG DANG KHOR DE THAM CHE KYI / DÜ SUM DU SAG PA
DANG / YÖ PE GE WE TSA WA DI / DAG DANG SEM CHEN
THAM CHE / NYUR DU LA NA ME PA / YANG DAG PAR DZOG
PE JANG CHUB RIN PO CHE THOB PAR GYUR CHIG //*

Through the [virtuous] accumulations in the past, present and future by myself and all [beings] in samsara and nirvana, and through this intrinsic basis of virtue,

May all sentient beings and I swiftly attain precious, perfectly complete enlightenment.

Long Life Prayer for H.H. Tenzin Gyatso, the XIV Dalai Lama

*GANG RI RA WÄ KOR WÄ SCHING K'AM SU/
P'ÄN DANG DE WA MA LÜ DSCHUNG WÄ NÄ/
TSCHÄN RÄ SIG WANG TÄN DSIN GJA TS'O JI/
SCHAB PÄ SI T'Ä BAR DU TÄN GJUR TSCHIG//*

For this realm encircled by snow-covered mountains
You are the source of every benefit and bliss without exception.
Tenzin Gyatso, you who are one with Avalokiteshvara,
May you remain steadfast until samsara's end!

*JANG CHUB SEM CHOG RIN PO CHE /
MA KYE PA NAM KYE GYUR CHIG /
KYE PA NYAM PA ME PAR YANG /
GONG NE GONG DU PHEL WAR SHOG // (3x)*

May precious, supreme bodhicitta arise in whom it has not been generated.
May that which has been generated not decline, but ever further increase.

Long Life Prayer for His Eminence Garchen Rinpoche

PHAK PÉ YÜL NA ARYA DÉ WA ZHÉ /

DO KHAM CHOK SU GAR GYI RIK SU TRÜL /

JIK TEN GÖN PÖ THUK SÉ CHÖ DING PA /

PAL DEN GAR CHEN KU TSÉ KAL GYAR TEN /

The one known in the Noble Land as Āryadeva,
emanated into the Gar clan of Eastern Tibet as Chödingpa,
the heart son of Jigten Gönpo—may the life of glorious Garchen remain steadfast for a
hundred aeons!

The Long Life Prayer for His Eminence Garchen Rinpoche

composed by His Holiness the Dalai Lama

MA DRI DRO WÉ TSA LAK SHAKYÉ TOK /

PEN DRUP CHU DÜN TI LO NA RO ZHAP /

MAR MI DAK SUM JIK TEN SUM GÖN SOK /

GYÜ PA RIM JÖN NAM KYI GÉ LEK TSÖL

Crown of the Śhākyas, kind friend to strangers; the seventeen Great Panditas; Tilopa;
Naropa; Marpa; Milarepa; Gampopa; Jigten Sumgön; and their lineage heirs—please
bestow good fortune And auspiciousness!

GANG GI TSEN NYEN YI LA TEN PÉ MÖ /

DÜ MIN NGA PÉ LAM NÉ DRANG DZÉ DÉ /

TAK TEN MIN GYUR TSÉ YI CHOK JIN PÉ /

CHOM DEN Ö TSEN GÖN PÖ GÉ LEK TSÖL

Protector Amitayus, Transcendent Lord who grants supreme life everlasting, stable,
and unchanging, and who diverts from untimely death anyone who merely hears your
name or thinks of you—please bestow good fortune and auspiciousness!

NAM DAK TRIM KYI LAP PÉ DÜL WAR CHÖ /

THUK KYÉ ZANG PO DÜL JÉ PAL DU SHAR /

DZIN MÉ CHAK CHEN NYUK MÉ RANG NGO KYONG /

NGÉ DÖN TEN PÉ NYI MÉ ZHAP TEN SHOK

Living austerely in the higher training of discipline, full of compassion that is the glory
of those to be tamed, devoid of all grasping, never parting from Mahāmudrā's natural
state—Ngedön Tenpé Nyima, Sun of the Teachings, may your life remain firm!

*In accordance with the requests of various communities of the Upper Kham Nangchen region,
and, in particular, of the followers of the Drikung Kagyü lineage at Gar Monastery and its
nearby communities, the Buddhist monk and expounder of the Dharma, Tenzin Gyatso, the
Dalai Lama, composed these words of prayer for the long life of the 8th Garchen Rinpoche,
Könchog Ngedön Tenpé Nyima, on the 6th day of the 9th month in the Fire Monkey Year in the
Tibetan 17th Rabjung Cycle, or November 5, 2016, according to the Western calendar.*