



*Long Life  
Prayers for  
His Holiness  
the Dalai Lama*

Song of Immortality  
Prayer for the Long Life of His Holiness  
The Dalai Lama

OM SVASTI

O our gurus, and your line of lamas, for whom we have the deepest gratitude,  
You who are the repository of the three: secret powers of body, speech and mind of  
innumerable Buddhas,  
Who manifest in a miraculous way to each devotee according to his capacity,  
To you, who are the wish-fulfilling gems, the source of all virtues and good qualities,  
We offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

The dharmadhatu, the inexpressible reality, which pervades things like the heavens,  
Immaculate, full of great bliss and transcendental wisdom,  
Manifests like a cloud the numberless abode of the higher divinities,  
The mandalas of the heavenly beings,  
To all the higher forms of the divine ones, the yidams  
We offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

O you numberless Buddhas of the past, present, and future,  
Who are the masters of the ten powers and teachers of the gods,  
Whose attributes of perfection, free from defilements and born of realization,  
Are the source of the Buddha-activity  
Which appears for all time in the ocean of the suffering of the world  
For the sake of all sentient beings,  
We offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

O sacred Dharmas of the three yantras  
That liberate us from the sufferings of the three worlds,  
Supremely calm, the jewel treasure of the fully enlightened ones,  
Without impurities, unchanging, eternally good, the peak of virtues,  
To you we offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

O all you Arya Sangha, awakened and unsullied,  
Oh highest valor in conquering the suffering of the wheel of life,  
With the transcendental wisdom that directly intuits the deeper truth  
Never departing from the indestructible vajra abode of nirvana,  
To you we offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

Oh you dakas and dakinis, heavenly beings of the three worlds,  
Who appear in the highest paradises, the sacred places, the cremation grounds,  
Who have innumerable experiences of the bliss of the void  
Supporting the yogis in their meditation on the excellent path,  
To you we offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

To the ocean of guardians of the teaching, who possess the eye of transcendental  
wisdom,  
Carrying on their matted locks the knot  
Symbolic of the vows they made to the Vajradhara Buddha,  
The powerful ones who protect the teaching and the upholders of the Dharma-  
We offer our prayers with intense devotion  
That our protector of the great land of snows,  
Tenzin Gyatso, upholder of the Dharma, the great ocean,  
May live for a hundred eons,  
Pour on him your blessing  
That his aspirations may be fulfilled.

To all you guileless ones, in whom we take the excellent refuge,  
We pray with intense devotion, humbly, from our very heart  
That by the strength of these verses,  
Ngawang LosangTenzin Gyatso,  
He who has power over speech, the kindly one,  
Upholder of the Dharma, the great ocean,  
He who possess the three secret powers,  
May be indestructible, eternal and without end;  
That, seated on the supreme unconquerable throne of the vajra,  
He may live for a hundred eons,  
Pour on him your blessings  
That his aspiration may be fulfilled.

You who bear the burden of innumerable Buddhas,  
With courage carrying on your shoulders the vast activities of the fully enlightened ones,  
Working for the weak of all beings, like the wish-fulfilling gem, the jewel of jewels,  
May your aspiration be perfectly fulfilled.

By virtue of this, may the golden era be opened  
Like a gate to the great spaces, liberating all sentient beings,  
Coming as the happiness of spring which comforts our sorrows  
And helps the teaching of the Buddhas to spread in all directions and in all ages  
Making it prosper to the summit of samsara and nirva

O you with the lotus in your hand may the nectar stream of your blessing  
Strengthen our mind and bring it to maturity,  
May we be able to please you by practicing the Dharma;  
Through accomplishing at all times the good deeds of the Bodhisattvas  
May we reach nirvana.

By the blessing of the wondrous Buddhas and Bodhisattvas,  
By the unassailable truth of the spiritual laws of cause and effect  
By the unstained power of the pure mind,  
May the aim of my prayers soon be accomplished.

*Composed by the late tutors to His Holiness the Dalai Lama,  
Ling Rinpoche and Trijang Rinpoche.*