

Long Life Prayer for

*H.H. Sakya Trizin
H.E. Jetsun Kushok
Lama Kunga Rinpoche*

All joyful Lord of stainless being,
Primordial purity embodied,
To you we pray;

Look with compassion.
Upon all beings, and
Grant them the blessing
of the Dharma:

H.H. Sakya Trizin,
H.E. Jetsun Kusho and
Lama Kunga Rinpoche,
The manifestations of
Supreme bodhicitta,
We supplicate you to live long.

SARVA MANGALAM



OM MANI PADME HUM

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OM AMI DEWA HRI

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Refuge

SANG GYEH CHO TANG TSO KI CHO NAM LA
In the Supreme Buddha, Dharma, and Sangha,
CHANG CHUB BAR DU DA NI GYEB SU CHI
Until enlightenment, I take refuge.
DA KI CHIN SOK GYI BA DI TA KI
Through perfected wisdom may I attain Buddhahood
DRO LA PEN CHIR SANG GYEH DRU BAR SHO
For the sake of all sentient beings.

The Four Boundless Minds

SEM CHEN TAM CHEH DEWA TANG DEWEH
May all beings have happiness
GYU TANG DEN: BAR GYUR CHICK
And the cause of happiness
SEM CHEN TAM CHEH DUNGEH TANG DUNGEH
May all beings be free from suffering
KI GYU TANG DRALWAR GYUR CHICK
And the causes of suffering.
SEM CHEN TAM CHEH DUNG EH MEBEH
May all beings know the supreme happiness
DEWA TANG MI DRAWLWAR GYUR CHICK
Which is beyond suffering.
SEM CHEN TAM CHEH NYEH RING CHA DANG
May all beings rest in the immeasurable equanimity,
TANG- DRALWEH DANG, NYOM LA
Which is free from duality, attachments and hatreds,
NEHBAR GYUR CHICK
Both near and far.

Mantra

OM MANI PADME HUM
OM AMI DEWA HRI

Sharing Merits and Dedication

KYE NAM TOO CHING SOL WA TAB BE THU
Through the power of my practice, respect and praise
DA SOK KANG DU NEH BEH SA CHOK SU
May all sentient beings benefit; where ever they may be,
NEH DUN OO PONG THAP TSU SHI WA TANG
Causing sickness, violence, and poverty to subside,
CHOO TANG DRA SHI PEL WA TZA DU SOL
And may Dharma and good omens ever increase.
DA NI KYE SHING KYE WA TRAM CHEH DU
During this: life and in all times,
RIK SANG LO SAL NGA GYAL ME BA TANG
May I have a clear mind, and good traits without pride.
NYNG JE CHE SHING LA MA LA GU NE
Respecting the teachings: and having great compassion,
PAL DEN LA MEH TAM TSIK LA NE SHO
May my bond with the glorious Lama continue:
KYE WA KUN DU YANG DHA LA MA TANG
During all lifetimes, may I not be separated from the Lama,
DREL ME CHOO KYI PAL LA LONG CHOO CHING
And may I enjoy the glory of the Dharma,
SA TANG LAM GYI YON TEN RAB TZOK NE,
Having completed the path and- stages of wisdom,
DOR JE CHANG KI GO PANG NYUR THOP SHO
May I quickly attain the stage of Dorjechang.