



His Holiness Dalai Lama Long Life Prayer

This long life prayer of His Holiness is a very common prayer used when dedicating merits from dharma teachings or other virtuous events. The wish is that by the good deed may HH Dalai Lama stay around us for as long as possible, have a long life, and may we always be blessed of being in the presence of HH Dalai Lama.

1: གངས་རི་རྩ་བས་བསྐྱོར་བའི་ཞིང་ཁམས་འདིར།

GANG RI RA WE KOR-WAY SHING KAM DIR

2: ཕན་དང་བདེ་བ་མ་ལུས་འབྱུང་བའི་གནས།

PEN DANG DE-WA MA LU JUNG-WAY NE

3: ལྷན་རས་གཟིགས་དབང་བསྟན་འཛིན་རྒྱ་མཚོ་ཡི།

CHEN-RE-SIK WANG TEN-ZIN GYA-TSO YI

4: འབས་བད་སྲིད་མཐའི་བར་དུ་བརྟན་གྱུར་ཅིག།

SHAB PE SI TAY BAR-DU TEN GYUR CHIK

In the lands surrounded by walls of snow mountains
The source of benefit and happiness
Tenzin Gyatso, embodiment of Avalokiteshvara, resides
May his lotus feet stand firm until the end of Samsara

Lozang Jampal, Phd.

First Line

གངས GANG means *snowy mountain*, and རི RI also means *mountain*, so all together this is referring to the snowy mountains, in this case Himalaya. There's another famous place called གངས་རི་ལྗོངས་, or གངས་རི་ལྗོངས་ལྗོངས་, GANG RIN PO CHE, *Mount Kailash*. ར་བ་ RA WA is a strange word; it has the small triangle at the bottom called *vasur*. This letter is used as a way to separate words that are spelled the same way in order to avoid misunderstandings. ར་ is *fence*, so this corresponds in this case to walls (of snow). It has an agent particle at the end, ར་བས RA-WE, so this is indicating that the walls are operating on something, in other words on the mountains.

བསྐོར་བ KOR-WA in this case means *surround*, or *circle*. It could also mean to go around such as *circumambulate a place*. This word again has a particle, the genitive particle, as it ends as བསྐོར་བའི. The next word is ཞིང SHING, here it means *field* or *land*. However, this word continues as ཞིང་ཁམས SHING KAM, this is usually defined as a *pure buddha field*, or a *pure realm*. འདིར DIR means *here*.

Exercise: Do a rough translation of the first line.

Second Line

ཕན PEN means *benefit*. དང is the binding word *and*. དབེ་བ DE-WA is *bliss, happiness*. མ་ལུས MA-LU is *without exception*. This is a common qualification word in statements. འབྱུང་བ JUNG-WA in this case is *source*. It could also mean *element*, or *to appear, come into existence*. It has an ending genitive particle འབྱུང་བའི so we need to see the next word to see what is connected together. གནས NE means *place, abode*.

Exercise: Do a rough translation of the second line.

Third Line

སྤྱན་རས་གཟིགས CHEN-RE-ZIK is the Tibetan word for the Buddha *Avalokiteshvara*. སྤྱན CHEN is the honorific word for *eyes*, གཟིགས ZIK is *to gaze*, and the whole expression translated is *Loving Eyes*. དབང WANG in this case is translated as *Lord*, as a qualifier. It usually means *power*, or *empowerment*.

The next is the honorary word for the current His Holiness Dalai Lama XIV, བསྟན་འཛིན་གྱི་མཚོ། TENZIN GYATSO. The Dalai Lama's names end with གྱི་མཚོ།, and this is DALAI in Mongolian, and it means *Ocean*. མཚོ། is lake, so this is a big or vast, གྱི། lake. བསྟན་འཛིན། is usually the definition for a *doctrine holder*. Also, all the HH Dalai Lamas have the first honorific name གྱལ་བ། GYAL-WA, the *Victorious One*. In this case, this is referring to the current HH Dalai Lama. བསྟན་འཛིན། is also a very common name for a monk or nun ordained in the Tibetan tradition. When ordaining, the vow giver provides part of the name. The current HH Dalai Lama has ordained many monks and nuns.

The sentence ends with ཡི། YI, is a very old-fashioned word for the *of-particle*, used in verses.

Exercise: Do a rough translation of the third line.

Fourth Line

ཞབས། SHAB is another example of a honorific word for body parts, in this case *feet*. The other non-honorific word used is ཀང། KANG. པད། PE is short for པད་མ། PAD-MA, *Lotus*. This is a direct loan word from Sanskrit.

སྲིད། SI in this case is *existence*. མཐའ། TA is *end of* and this ends with the genitive particle as in མཐའི། བར་དུ། BAR-DU means *until*. བརྟན། TEN is *solid*.

གྱུར་ཅིག། GYUR CHIK is a very common way to end prayers, *May it be so!*

Exercise: Do a rough translation of the fourth line.
