

## A Long-Life Prayer for His Holiness the 14th Dalai Lama, Tenzin Gyatso

OM AMARANI JIVANTAYE SVAHA!

For the hosts of beings caught in this prison of projections and hallucinations, you gently show the path of clearing away the imprints resulting from dualistic fixation. Avalokiteshvara, you pour the nectar of cherishing others on the seeds of our innate love and compassion. Lord of Love, the 14th Dalai Lama, may you abide forever, raining down the showers of true bliss.

OM MANI PADME HUM

Declaring peace and waging non-violence in a world beset by the evil forces of fundamentalist ideology and greed, you have made the actual transmission of awakened mind blow across the eight directions of the world. Your example and influence brings tears to the eyes of those with faith, and to recall your face of unimaginable benevolence makes fears scatter like the parting clouds. Lord of Compassion, the 14th Dalai Lama, may you abide for kalpas upon kalpas, raining down the showers of true bliss.

OM MANI PADME HUM

Wish-fulfilling Jewel, when the sprouts of our bodhichitta shoot forth, we must look to you in gratitude. When the suffering of cyclic existence is weakened, we must acknowledge the force of your enlightened intent. When we at last begin to see the inseparable nature of dependent arising and emptiness, we must know that this was after all your real wish. When the essence nakedly dawns as clear light, we shall prostrate to you with bodies as numerous as dust motes. Lord of Joy, the 14th Dalai Lama, may you abide for aeons, raining down the showers of true bliss.

OM MANI PADME HUM

Now a dark age has fallen upon the people of the world. The armies of ignorance have turned the world into a fortress of confusion. The armies of attachment have turned the world into a citadel of avarice. The armies of anger have turned the world in a maelstrom of hatred. The armies of jealousy have turned the world into a machine of competition. The armies of pride have turned the world into a swamp of conceit. For the people of this great Earth, and especially for your subjects of Tibet, summon forth the unexcelled power of your extraordinary dynamic skill. We pray: overwhelm the cold forces of negative emotions with the warm light of your expedient means. The time has come! Help all beings to recognize each other as their mothers and friends. Lord of Equanimity, the 14th Dalai Lama, may you abide for as long as space endures,

raining down the showers of great bliss.

## OM MANI PADME HUM

This prayer of longing for the longevity of the Victorious Precious One, His Holiness Tenzin Gyatso, the Fourteenth Dalai Lama, was written on the occasion of His Holiness' 73rd birthday, a time of much celebration — an auspicious day, at an auspicious place, near the Great Stupa of Jalungkhashor, where all wishes can come true. It was written amongst the playing of Tibetan horns, drums, and other instruments, announcing the presence of victory. It was completed in Darjeeling, where the rain truly showers down (but its bliss is in the eye of the beholder!). May the Dalai Lama live long! May auspiciousness pervade the realms of all beings in all times, and may the nectar of deathlessness wash away the defilements of self-grasping! Sarva Mangalam!

Composed by Erick Sherab Zangpo.