

## ***Prayers HE Jhado Rinpoche***

*Taking Refuge and Generating Bodhichitta*

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

**I go for refuge until I am enlightened**

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

**To the Buddha, the Dharma, and the Supreme Assembly.**

DAG GI JIN SOG GYI PÄ SÖ NAM GYI

**By my practice of giving and other perfections,**

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG

**May I become a buddha to benefit all sentient beings. (3x)**

*The Four Immeasurable Thoughts*

**How wonderful it would be if all sentient beings were to abide in equanimity, free of hatred and attachment.**

**May they abide in equanimity.**

**I, myself, will cause them to abide in equanimity.**

**Please, Guru-Deity, grant me blessings to be able to do this.**

**How wonderful it would be if all sentient beings had happiness and the causes of happiness.**

**May they have happiness and its causes.**

**I, myself, will cause them to have happiness and its causes. Please, Guru-Deity, grant me blessings to be able to do this.**

**How wonderful it would be if all sentient beings were free of suffering and its causes.**

**May they be free of suffering and its causes.**

**I, myself, will cause them to be free of suffering and its causes. Please, Guru-Deity, grant me blessings to be able to do this.**

**How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation.**

**May they never be separated from these.**

**I, myself, will cause them never to be separated from these. Please, Guru-Deity, grant me blessings to be able to do this.**

*Seven-Limb Prayer*

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO

**Reverently, I prostrate with my body, speech, and mind;**

NGÖ SHAM YI TRÜL CHHÖ TRIN MA LÜ BÜL

**I present clouds of every type of offering, actual and imagined;**

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

**I declare all my negative actions accumulated since beginningless time**

KYE PHAG GE WA NAM LA JE YI RANG

**And rejoice in the merit of all holy and ordinary beings.**

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

**Please, remain until the end of cyclic existence**

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

**And turn the wheel of Dharma for living beings.**

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

**I dedicate my own merits and those of all others to the great enlightenment.**

*Long Mandala Offering to request the Teachings*

GYÄL WA KHYAB DAG DOR JE CHANG CHEN PO DANG NGO WA YER MA CHI PA  
YONG ZOG TEN PÄI NGA DAG DON GYI LEG THU TSEN NE MÖI TE JE TSÜN [LAMA  
JHADO RINPOCHE] PÄL ZANG PÖI SHÄL NGA

NÄ THEG PA CHEN PÖI SUNG CHO ZAB MO LEG PAR ZHU WÄI YÖN THU ZHING  
KHAM BUL WAR ZHU...

OM VAJRA BHUMI AH HUM / WANG CHHEN SER GYI SA ZHI / OM VAJRA REKHE  
AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü SU RII GYÄL PO RI RAB / SHAR  
LÜ PHAG PO / LHO DZAM BU UNG / NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ  
DANG LÜ PHAG / NGA YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG  
DRO / DRA MI NYÄN DANG DRA MI NYÄN GYI DA

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PÄ'I LO TOG /  
KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO CHHE / LÖN

PO RIN PO CHHE / LANG PO RIN PO CHHE / TA CHOG RIN PO CHHE / MAG PÖN  
RIN PO CHHE / TER CHEN PÖ'I BUM PA

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA / NANG  
SÄL MA / DRI CHHAB MA / NYI MA / DA WA / RIN PO CHHEI DUG CHHOG LÄ NAM  
PAR GYÄL WÄI GYÄN TSHÄN / Ü SU LHA DANG MII YI PÄL JOR PHÜN SUM TSHOG  
PA MA TSHANG WA ME PA /

TSANG ZHING YIDU ONG WA DI DAG DRIN CHEN TSA WA DANG GYÜ PAR CHE  
PÄI PÄL DÄN LA MA DAM PA NAM DANG

KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU TSEN NÄ MÖ  
TE JE TSÜN LAMA JHADO RINPOCHE PÄL ZANG

PÖI ZHÄL NGA NÄ THEG PA CHHEN PÖ SUNG CHÖ ZAB MO LEG PAR ZHU WÄI  
YÖN DU ZHING KHAM ÜL WAR GYI WO

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHENE [KYANG] OAG SOG DRO WA MA  
GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHEN THAM CHÄ LA THUG TSE WA  
CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

**OM vajra ground AH HUM, mighty golden ground. OM vajra fence AH HUM.**

**Outside it is encircled by the surrounding wall, in the center of which are Sumeru, King of Mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Camara and Aparacamara (Chowrie-land and western Chowrie-land), [the western], Satha and Uttaramantrin (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava. [In the four continents are:] [E] the precious mountain, [S] the wish-granting tree, [W] the wish-fulfilling cow, [N] the unploughed harvest.**

**[On the first level are:] The precious wheel, the precious jewel, the precious queen, the precious minister, the precious elephant, the precious horse, the precious general, and the great treasure vase. [On the second level, the eight goddesses:] Lady of grace, lady of garlands, lady of song, lady of dance, lady of flowers, lady of incense, lady of lamps, lady of perfume. [On the third level:] The sun and the moon; the precious parasol, and the banner of victory in all quarters. In the center, the most perfect riches of gods and human beings, with nothing missing, pure and delightful.**

**To my glorious, holy and most kind root and lineage gurus, and in particular to the deity host of Lama Tsongkhapa, King of Sages, Maha-Vajradhara, and their divine retinue, I shall offer these as a buddha-field.**

**... and in particular to the venerable, gloriously good (Thubten Zopa Rinpoche) as a thanks offering for your kindness in that we have received a profound discourse on the great profound Mahayana teachings from you ...**

**Please accept them with compassion for the sake of migrating beings. Having accepted them, to me and all migrating mother sentient beings as far as the limits of space, out of your great com- passion, please grant your inspiration!**

*Short Mandala Offering*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

**This ground, anointed with perfume, strewn with flowers,**

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, four continents, the sun and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine this as a buddha-field and offer it.**

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all living beings enjoy this pure land!**

*Request to Turn the Wheel of Dharma*

JE TSÜN LA MA DAM PA KHYE NAM KYI

**O holy and perfect, pure lama, from the clouds of compassion**

CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG

**That form in the skies of your dharmakaya wisdom,**

JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA

**Please release a rain of vast and profound Dharma,**

ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL

**Precisely in accordance with the needs of those to be trained.**

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

**End of the Teachings:**

*Long Mandala Offering:*

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From FPMT-PRAYERBOOK

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**May all living beings enjoy this pure land!**

*Request for the Lama to Remain Long*

JE TSÜN LA MÄI KU TSHE RAB TÄN CHING

**May my venerable lama's life be firm,**

NAM KAR THRIN LÄ CHHOG CHUR GYÄ PA DANG

**His white divine actions spread in the ten directions.**

LO ZANG TÄN PÄI DRÖN ME SA SUM GYI

**May the torch of the teachings of Losang always remain,**

DRO WÄI MÜN SEL TAG TU NÄ GYUR CHIG

**Dispelling the darkness of all beings in the three realms.**

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

*Dedication Prayers*

GE WA DI YI NYUR DU DAG

**Due to the merits of these virtuous actions**

LA MA SANG GYÄ DRUB GYUR NÄ

**May I quickly attain the state of a Guru-Buddha**

DRO WA CHIG KYANG MA LÜ PA

**And lead all living beings, without exception,**

DE YI SA LA GÖ PAR SHOG

**Into that enlightened state.**

JANG CHHUB SEM CHHOG RIN PO CHHE

**May the supreme jewel bodhichitta**

MA KYE PA NAM KYE GYUR CHIG

**That has not arisen, arise and grow;**

KYE WA NYAM PA ME PA YANG

**And may that which has arisen not diminish**

GONG NÄ GONG DU PHEL WAR SHOG

**But increase more and more.**

TO NY DA WA RIN PO TSCHE

**May the precious view of emptiness**

MA KYE PA NAM KYE KYUR TSCHIG

**That has not arisen, arise and grow;**

KYE WA NYAM PA ME PA YANG

**And may that which has arisen not diminish**

GONG NÄ GONG DU PHEL WAR SHOG

**But increase more and more.**

JAM PÄL PA WÖ JI TAR KHYEN PA DANG

**Just as the brave Manjushri and Samantabhadra, too,**

KÜN TU ZANG PO DE YANG DE ZHIN TE

**Realized things as they are,**

DE DAG KÜN GYI JE SU DAG LOB CHHIR

**I, too, dedicate all these merits in the best way,**

GE WA DI DAG THAM CHÄ RAB TU NGO

**That I may follow their perfect example.**

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI

**I dedicate all these roots of virtue**

NGO WA GANG LA CHHOG TU NGAG PA DE

**With the dedication praised as the best**

DAG GI GE WÄI TSA WA DI KÜN KYANG

**By the victorious ones thus gone of the three times,**

ZANG PO CHÖ CHHIR RAB TU NGO WAR GYI

**So I might perform good works.**

*Short Long Life Prayers*

***For His Holiness the Dalai Lama***

GANG RI RA WÄ KOR WÄI ZHING KHAM DIR

**In the land encircled by snow mountains**

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ



**You are the source of all happiness and good;**

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

**All-powerful Chenrezig, Tenzin Gyatso,**

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

**Please remain until samsara ends.**

***Langlebensgebet für Seine Eminenz Jhado Tulku Rinpoche - Tenzin Junge***

*sang-gyä TÄN-pa dar-wa dang tän-ZIN kye-bu zhab-pä tän dro- kün de-kyi JUNG-wa  
dang NÄ-kab thar-thug dön-drub-shog*

**May the Buddha Dharma flourish,**

**And its upholders have long lives.**

**May all sentient beings arise into happiness,**

**And their temporal and ultimate goals be fulfilled.**

ཞབས་བཅུ་རྒྱ་ལྡི་མེད་-བ་པའི་བདེན་ཚུགས་བཟོ་སྒྲོལ།།

Words of Truth for Accomplishing Immortality: A Prayer for Stable Abiding (*zhabs brtan  
'chi med grub pa'i bden tshig bzhugs so*)

A Long Life Prayer for Jhado Tulku Rinpoche (*ja do sprul sku rin po che*) [1954-]  
Composed by Chobgyé Trichen Rinpoche, Lobzang T'upten Rinch'en Lekshay Gyatsoi  
Dé (*bco brgyad khri 'chen [khri 'dzin] rin po che blo bzang thub bstan rin chen legs  
bshad rgya mtsho'i sde*) [1920-2007]

Translated from the Tibetan by Erick Tsiknopoulos and the Sugatagarbha Translation  
Group

P'ÜN-TS'OK LEK-DZAY BUM GYI CH'U-TER LAY

**From the oceanic treasury of an auspicious gathering of a hundred-thousand  
good deeds,**

LEK-T'ÖN TS'É YI DRÄ-WA TONG BAR KU

**Well-formed is the Awakened Body which blazes with a thousand webs of life;**

DREN-PAY CH'I-MEY TS'É YI CH'OK JIN-PAE

**By bringing it to mind, may we be sustained by he who grants supreme immortal life:**

P'AK-MEY DÉ-CH'EN ZHING GI GÖN-PO KYONG **The Protector of the unquantifiable Land of Great Bliss.**

GYËL KÜN YÉ-SHEY CH'Ö P'UNG CHIK DÜ-PAE

**Sovereign of those in which the wisdom of all Victors is condensed within one mass of Dharma,**

DÖN NYIY SAM P'ËL KYILN-KHOR GYA-TS'OI DAK

**The ocean of Maṇḍalas which fulfill the wishes of the Two Aims,**

CH'OK GI TRÜL-PAY DÖ-GAR NGEY NYEY-PAY

**To the great one of three wonders, who is found to definitely be**

NGO-TS'AR SUM-DEN CH'EN-POR SÖL-WA-DEP A dance of

**Supreme Emanation, I supplicate.**

KËL-ZANG NAM-DREN T'UP-PAY WANG-PO YI

**So that you may uphold in its entirety the teaching of the Great Guide of this Good Eon,**

TEN-PA YONG-DZOK DZIN CH'IR SAM-ZHIN DU

**That of the Lord of Sages, in accordance with your aspiration,**

JAM-PËL NYUR-MIK NAM-RÖL CH'Ö KYI JÉ

**You are Mañjuśrī in the guise of saffron robes, O Lord of Dharma:**

P'EN-DÉ JUNG-NAY WANG-CH'UK ZHAP-TEN SÖL

**Mighty master over the source of benefit and happiness, I pray your life remain firm.**

MANG-T'Ö CH'U-LUNG DRANG-MEY LEK-DÜ SHING **Gathering well the innumerable rivers of much study,**

SAM-JUNG RIN-CH'EN SER GYI CH'UR-BUR TAM

**And filled so as to swell with the precious gold of contemplation's results,**

GOMP-PAE TING-ZAP POP-PAY LAP-T'RENG YO

**Your profound depths of meditation sway with ever-rolling waves of confidence:**

NAM-DREN CH'Ö KYI GYA-TS'O ZHAP-TEN SÖL

**Best guide who is an ocean of Dharma, I pray your life remain firm.**

KHAY-TSÜN DRUP-PAY CH'AR-TRIN KHA-LONG TRIK

**Rainclouds made from your learning and righteousness gather in the sky's  
expanse,**

CH'AY-TSÖ-TSOM-PAE DRUP-CHAR ZANG-PO YIY

**With the excellent soft rain of your explanation, debate and composition,**

TEN-DROI P'EN-DÉ DZOK-DEN SAR-PAY ZHING

**A fresh field replete with benefit and happiness for the Teachings and beings**

GYAY-DZAY DREN CH'OK WANG-PO ZHAP-TEN SÖL

**Do you cause to flourish: Master who is guide supreme, I pray your life remain  
firm.**

KHYEN-PAY SHEY-JA KÜN ZIK PANDITA

**Through understanding, you are a Paṇḍita who sees all knowable objects,**

TSÉ-WAY DRO KHAM JEY-DZIN T'UK-JÉ CHEN

**Through love, you are a Compassionate One who takes care of the realms of  
beings with affection,**

NÜ-PAY DÖN NYIY KÜN-JUNG DRUP-PAY WANG

**Through ability, you are a Master who accomplishes the source of the Two Aims:**

TS'UNG-MEY PĒL-DEN LA-MA ZHAP-TEN SÖL

**Incomparable glorious Guru, I pray your life remain firm.**

NAM-CHÖ KÉ-LA-SHA RII PÖ-T'O ZHING

**The mountain of your discernment approaches the heights of Mount Kailāsh,**

NYING-JÉI BA-DEN KAR-PO KÜN-TU YO

**And you wave the white flag of compassion everywhere;**

DZAY-TRIN LUNG GIY JIK-TEN KÜN GAR-JEY

**With the wind of your heroic activities, the whole world is made joyous:**

DA-MEY TÖN-PAY WANG-CH'UK ZHAP-TEN SÖL

**Unrivaled mighty king of teachers, I pray your life remain firm.**

P'ÜL-JUNG T'SÜL-T'RIM DAM-PAY PĚL-YÖN TEN

**May your exquisite ethical discipline, the glorious wealth of the holy, be stable,**

P'ÜL-JUNG KHOR-LO SUM GYI DZAY-T'RIN GYAY

**May your exquisite altruistic deeds of the Three Spheres flourish,**

P'ÜL-JUNG KU-TS'É ZHAP-PAY YÜN TEN-PAE

**May your exquisite life and lotus feet remain firm for a long time:**

P'ÜL-JUNG T'RIN-LAY CH'OK SUM S'UNG-MAY DRUP

**May such exquisite awakened activity be accomplished by the Triple Gem and its Guardians.**

PAK-YAY GYĚL-WA GYA-TS'OI JIN-LAP DANG

**By the blessings of the ocean of Victors beyond measure,**

SAM-YAY GYUN-DRAY TEN-DRĚL LU-MEY T'Ü

**And the infallible power of causality and interdependence beyond imagination,**

DRANG-YAY YIY-CHEN GÖN DI ZHAP-TEN-PAY

**May there be stable life for this Protector of conscious beings beyond numeration:**

T'A-YAY JIN-LAP TRA-SHI YÜN BAR SHOK

**And thus may blessings and good fortune blaze for a long time, beyond limit!**

***And so it is that this present long life prayer for the precious one who is the supreme emanation of Jhado [Jhado Choktrul Rinpoche, ja do mchog sprul rin po che], such as it is here, is in accordance with the honorable wishes of the current staff of the Lama's Estate, of whom the treasurer, Mr. Këlgyen, came in person and, presenting an excellent precious ivory drinking vessel***

***as a token of offering, formally requested it. It was composed by the throne holder [Trizin, khri 'dzin] of the Eighteenth [Cho(bgyé), bco(brgyad)] Lama of Nälendra, Lobzang T'upten Rinch'en Lekshay Gyatsoi Dé, who set it down in handwriting within the small chamber called 'Spontaneous Auspiciousness' [Trashī Lhündrup, bkra shis lhun grup] within the royal palace of Garland Castle [T'rengkhar, phreng mkhar] in Mustang [in northern Nepal]. Virtue!***

Translated by Erick Tsiknopoulos and the Sugatagarbha Translation Group. This translation was done in the month of January 2015 in McLeod Ganj, Dharamsala, India. Special thanks goes to Babette Teich-Visco for sponsoring the translation. You can also view this translation on the Sugatagarbha Translations website, Buddha-Nature.com (<http://www.Buddha-Nature.com>).

**Notes:**

This prayer was written in 1959, after Chobyé Trichen Rinpoche and Jhado Tulku Rinpoche had left Tibet together in the same company.

**“The Protector of the unquantifiable Land of Great Bliss”:** This verse refers to Amitāyus, the Buddha of Infinite Life, associated with long life and its attainment.

**The Three Spheres ('khor lo gsum):** These are: 1) *klog pa thos bsam gyi 'khor lo*, the 'study sphere' of reading, studying and contemplation, 2) *pong ba bsam gtan gyi 'khor lo*, the 'practice sphere' of abandonment (of counterproductive actions) and meditation, and 3) *bya ba las kyi 'khor lo*, the 'action sphere' of activities and endeavors. They refer to the three types of a Buddhist teacher's necessary or ideal training, activity and influence. They are sometimes also referred to as 1) exegesis (or explanation of Buddhism, *bshad pa*), 2) practice (or spiritual accomplishment, *sgrub pa*) and 3) activity (or work for benefiting others, *las*).