Long Life Mantra of His Holiness the Dalai Lama

CHAG TONG KHOR LOE GUR WE GYAL PO TONG/
CHEN TONG KEL WA ZANG PO SAN GYE TONG
GANG LA GANG DUL DE LA DER TON PA
TON PA CHEN RE SIG LA CHAK TSAL LO

The thousand arms serving as the thousand universe ruling emperors. The thousand eyes manifesting as the thousand Buddha of our times Who teach and show the way to whatever others desire. To you Chenrezi, the Buddha of compassion, I pay homage.

TONG NYI NYING JE ZUNG DU JUG PÄI LAM
CHE CHER SÄL DZÄ GANG CHÄN TÄN DRÖI GON
CHAG NA PE MO TEN ZIN GYA TSO LA
SOL WA DEB SO ZHE DON LHÜN DRUB SHOG

Saviour of the Snow Land Teachings and transmigratory beings, who makes extremely clear the path that is unification of emptiness and compassion, to the Lotus Holder, Tenzin Gyatso,
I beseech may all your holy wishes be spontaneously fulfilled.

OM MANI PEDME HUM

OM AH GURU BENZA DHARA BHA-TRA RAM MANJUSHRI VANGEN-DRA SUMATI JHANA SHASANA DHARA SAMUDRA SHRI BHADRA SARVA SIDDHI HUM HUM

GANG RI RA WAI KOR WAI ZHING KAM DIR/
PANG DANG DE WA MA LU JUNG WAI NEE/
CHEN REN ZIG WANG TEN ZIN GYA TSO YI/
ZHA PAI SI TAI BAR DU TAN GYUR CHIG

O Avalokiteshvara, Tenzin Gyatso,
the source of benefit and bliss in the snow land of Tibet
please live until the end of cyclic existence.

DOR NE GON PO CHEN RE ZIG WANG GI/
SE CHE GYAL WAI CHEN NGAR GANG CHEN SHING/
YONG ZUNG GYA CHEN MON LAM GANG DZE PAI/
DRE ZANG DENG DIR NYUR DU CHAR BAR SOL

May the good fruit of any extensive prayer to fully protect the Land of Snows, made by the Powerful Protector Chenrezig, in the presence of the Buddhas and their children, appear soon here and now.

GE WA DI YI NYUR DU DAG.
LA MA SANG GYA DRUB GYUR NA.
DRO WA CHIG KYANG MA LU PA.
DE YI SA LA GOA PA SHOG.

May I quickly become Guru, Lord Buddha, and lead each and every sentient being into his enlightened realm because of these merits.