

# ཞབས་བརྟན་འཆི་མེད་གྲུབ་པའི་བདེན་ཆོག་བརྒྱགས་སོ།།

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 DRĀ-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.

GYĚL 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'ĚL 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.

KĚL-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-PĚL 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 PĚL-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

Unrivalled 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 Nālendra, 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, *sgrup pa*) and 3) activity (or work for benefiting others, *las*).