

Long Life Prayers

འཆི་མེད་ཚོ་ཡི་ཨར་ཡ་ཏ་རེ་མ་ར་
རིག་འཛིན་རྣམ་རྒྱལ་བ་དང་མ་མཐའ་འགོ་ཡི་
ཚོན་བསགས་ལས་ཀྱི་འབྲས་བུ་སྐྱེན་བ་ཡི་
བད་མ་མཐའ་འགོ་འབས་བད་བརྟན་གྱུར་ཅིག་

Chimetseyi Arya Tarema
Rigdzin Namgyal Pema Khandro yi
Ngon sag leh kyi drehbu min pa yi
Pema Khandro shab pe ten gyur chig

To deathless, precious Tara
Victorious Awareness Holder's Pema Khandro

After having accomplished benefit to many beings in her previous life,
Pema Khandro has returned,

Pema Khandro, may your lotus feet ever remain,
may there long life for you and may all your teachings flourish.

Pema Khandro is an epithet of Red Tara, also known as Vajrayogini in Tibetan Buddhism. Pema Khandro was a Dzogchen teacher in the early twentieth century in Eastern Tibet who was known both as an emanation of Vajrayogini and White Tara. Local villagers report having seen her manifest herself in the form of a Dakini with three eyes. Ngakma Troma Rinpoche was recognized and enthroned as the tulku (reincarnation) of Pema Khandro, who taught and practiced in the Nyingma and Kagyu lineages in Eastern Tibet. Rinpoche continues the legacy of Pema Khandro's teachings focusing on Dzogchen, Chod and the Six Yogas. This long-life prayer was written by Gyaldak Rinpoche in 2013.

རིག་སྟོང་ཡེ་ཤེས་ཀ་དག་དབྱིངས་ཀྱི་སྟོང་།
མཁྱེན་བཟེ་རུས་བའི་འོད་སྣང་ཕྱོགས་ཐར་ཁྱལ་།
ཟབ་གསལ་མི་ཤགས་རྗེ་རྩ་བུའི་ངང་།
ཁྲོ་མ་རིག་ཚལ་མི་འགྱུར་རྟག་རེན་ཤོག།

Rigtong Yeshe kadag ying kyilong
Khyentse nubai o nang chog tar kyab
Zabsel mi shig Dorje Tabui ngang
Troma Rigtsal Mingyur tagten shog

Nondual awareness is the beginningless wisdom which is a primordially pure dimension.
The light of wisdom and appreciative empathy radiate pervasively
Profound manifestation – you are an indestructible vajra
Tröma Rigtsal may the signs of your sojourn endure

This long-life wish-path was written at Aro sTag Tshang in Penarth, Wales, by the inconsequential eccentric yogi and yogini—sNgags 'chang Chos dBying rGya mTsho O rGyan lTogs Idan and mKha' 'gro bDe chen tshe grub rol pa'i yes shes—at the request of the devoted disciple Navina Roberts for her Lama Tröma Rigtsal in 2008.