Tencho (Long Life) offering prayer

By this tendrel of a Buddha's form
Offered to the Lama from our hearts
May your body stay here in this world.
Please live long in health and energy.

By this tendrel of a Dharma text
Offered to the Lama from our hearts
May your speech proclaim Dharma in this world.
Please live long and spread the teachings far.

By this tendrel of a crystal sphere
Offered to the Lama from our hearts
May your Bodhichitta grow in power.
Please live long and merge your mind with ours.

By this tendrel of a long life vase
Offered to the Lama from our hearts
May your qualities grow vast and deep
Please live long and let your splendour blaze.

By this tendrel of a Double Vajra
Offered to the Lama from our hearts
May your actions grow in skilful means.
Please live long and liberate all beings.

Composed by Lama Shenpen Hookham 23-9-15 to be sung to the tune of Khenpo Rinpoche's long life prayer in Tibetan