

## **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*