

**REQUEST TO REMAIN FIRM**

**PHEN DE JUNG WAI NEI CHIG PU**

*As the single source of benefit and bliss,*

**TEN PA YUN RING NEI PA DANG**

*May the Doctrine remain in this world indefinitely and*

**TEN PA DZIN PAI KYE BU NAM**

*May those of supreme birth who uphold the precious Doctrine.*

**KU TSEI GYALTSEN TEN GYUR CHIG**

*Live long firm lives like Banners of Victory!*

**PALDEN LAMAI KU TSE TEN PA DANG**

*May the lives of the glorious Spiritual Teachers be firm and*

**KHA NYAM YONG LA DE KYID JUNG WA DANG**

*May all sentient beings, who are equal in number to space, be well and happy.*

**DAG SHEN MA LU TSOG SAG DRIB JANG NEI**

*Through myself and all others, accumulating merit and cleansing obscurations,*

**NYUR DU SANGYE SA LA GOD PAR SHOG**

*May we quickly be placed on the stage of Buddhahood.*

**LAMA KU KHAM ZANG WAR SOL WA DEB**

*I pray that the Spiritual Teachers may enjoy excellent health.*

**CHOG TO KU TSEI RING WAR SOL WA DEB**

*I pray for their supreme long life as well.*

**THRINLEY DAR SHING GYEI PAR SOL WA DEB**

*I pray that their enlightened activities may spread forth and expand.*

**LAMA DANG DRAL WA MED PAR CHIN GYI LOB**

*Grant blessings to never be separated from my Spiritual Teachers.*

**DAG DANG THAYEI DRI WA MA LU PA**

*May myself and limitless beings without exception,*

**GEWAI TSA WA DI LA TEN NEI NI**

*By the root of this very virtue,*

**TSERAB LEI GYI DIG DRIB YONG JANG NEI**

*Completely cleanse the karmic negativities and obscurations of all lifetimes,*

**ZAB YANG CHÖ DZÖD LONG DU DROL WAR SHOG**

*And be liberated in the expanse of the profound Dharma Treasury.*