Body formed from the immeasurable two collections of excellent virtue;
Speech fulfilling the hopes of all the countless transmigratory beings;
Mind seeing however many phenomena exist without exception:
Giver of life, Wish-Fulfilling Wheel, please grant auspiciousness.

The lords of sages, who spontaneously accomplish the two aims,
Appear in the form of virtuous friends in these degenerate times
And benefit others with the activities of the victorious ones and their spiritual sons:
May the glorious guru live long.

With a mind of love and compassion benefiting all beings
And supreme exalted deeds forever fulfilling others’ aims,
You bestow the happiness of the Dharma teachings in whatever way is needed:
May you live long as an ornament upholding the Buddha’s teachings.

In this and other lives, may I and everyone else
Enter the doorway of the path to sublime liberation
Together with the savior, the glorious holy guru,
And uphold the kingdom of the supreme vehicle.
By the blessings of the Three Jewels and the oceans of victorious ones, 
And by the power of the completely pure and infallible sphere of phenomena, 
May all be auspicious for the aims desired by those with stainless minds 
To be spontaneously accomplished without obstacle.

This long life prayer *Granting the Supreme Gift of Life* was composed by Phensur Chenpa on October 16th, 2018 
at the request of Gomo Tulku, Tenzin Lhundrub, for the students of Buddhist Congregation Dharmaling 
connected with Lama Thubten Shenphen—who expressed a need for a long life prayer—in order to exhort Lama 
Thubten Shenphen to engage in the activities and appearances that are beneficial to the teachings and 
transmigratory beings.