

*Long Life Sūtra*  
*Tse do*

*Here is the Sūtra of the Great Vehicle Called*  
***Unfathomable Exalted Life and***  
***Transcendental Wisdom***

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ཞེས་བྱ་བ་ཐེག་པ་ཆེན་པོའི་མངོ་བོ་ཞུགས་སོ། །

*Translated by Lama Zopa Rinpoche*

**FPMT**



Lama Zopa Rinpoche  
Practice Series

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The *Lama Zopa Rinpoche Practice Series* is a special collection of practice materials that serves to present and preserve Rinpoche's lineage of practice, oral instructions, and translations.

## A Guide to Pronouncing Sanskrit

The following points will enable you to easily learn the pronunciation of most transliterated Sanskrit terms and mantras:

1. Ś and Ṣ produce sounds similar to the English “sh” in “shoe.” The difference between the two is where the tongue is positioned in the mouth.
2. C is pronounced similarly to the “ch” in “chap.” CH is similar but is more heavily aspirated.
3. Ṭ, ṬH, Ḍ, ḌH, Ṇ are retroflex letters and have no exact equivalent in English. These sounds are made by curling the tongue towards the front section of the palate. They correspond roughly to the sounds “tra” (Ṭ), aspirated “tra” (ṬH), “dra” (Ḍ), aspirated “dra” (ḌH), and “nra” (Ṇ).
4. All consonants followed by an H are aspirated: KH, GH, CH, JH, TH, DH, PH, BH. Note that TH and ṬH are pronounced like the “t” in “target” and “tr” in “trap” respectively, not like the “th” in “the.” The PH is pronounced like the “p” in “partial,” not like the “ph” in “pharaoh.”
5. Long vowels with a dash above them (Ā, Ī, Ū, Ṛ, and Ṝ) take approximately double the amount of time to pronounce versus their short counterparts (A, I, U, R, and Ṙ).
6. Ṃ indicates a nasal sound. At the end of a word it is generally pronounced as an “m.” Ḥ indicates an “h”-sounding aspiration. Ṛ is pronounced similar to the “ri” in “cringe.” Ṇ is pronounced similar to the “ng” in “king.”

For more information, please consult the FPMT Translation Services’ *A Guide to Sanskrit Transliteration and Pronunciation*, available online: [https://fpmt.org/wp-content/uploads/education/translation/guide\\_to\\_sanskrit\\_transliteration\\_and\\_pronunciation.pdf](https://fpmt.org/wp-content/uploads/education/translation/guide_to_sanskrit_transliteration_and_pronunciation.pdf)



*Tathāgata Limitless Light, Buddha Amitāyus*

**Mantra to Increase the Power of Recitation**

TADYATHĀ / OM DHARE DHARE BHANDHARE SVĀHĀ (7x)

## Long Life Sūtra

# Here is the Sūtra of the Great Vehicle Called Unfathomable Exalted Life and Transcendental Wisdom

In the language of India: *Āryāparimitāyurjñāna-nāma-mahāyāna-sūtra*

In the English: *Sūtra of the Great Vehicle Called Unfathomable Exalted Life and Transcendental Wisdom*

I prostrate to all the buddhas and bodhisattvas.

Thus I have heard at one time, the Destroyer Qualified Gone-Beyond One<sup>1</sup> was in Śrāvastī at the temple of the Guideless Benefactor<sup>2</sup> of food in Jetavana Park, seated in one method with 1,250 great intending-virtue<sup>3</sup> and virtue-beggars,<sup>4</sup> and multitudes of bodhisattva great *sattvas*.<sup>5</sup>

Then the Destroyer Qualified Gone-Beyond One granted discourse to the youthful Mañjuśrī.

“Mañjuśrī, there is a world above called ‘Unfathomable Qualities.’ There the tathāgata,<sup>6</sup> having destroyed the enemy, the fully completed buddha called Unfathomable Life and Transcendental Wisdom, Extremely Discerning Aspect Victorious Glorification, is abiding, revealing Dharma to sentient beings while holding and completing the life.

“Listen, Youthful Mañjuśrī, the human beings of Dzambuling have a short life, living only to the age of 100.<sup>7</sup> From those, almost all experience untimely death.

“Mañjuśrī, any sentient being who writes or lets others write, listens to just the mere name, reads or keeps in the house this class of teachings called *Completely Expressing Praise of the Qualities of the Tathāgata, the Unfathomable Life and Transcendental Wisdom*, and also those who have completely finished their life, if they offer flowers, incense, garlands, ornaments, and incense powder, they will be able to live another hundred years.

“Mañjuśrī, the life will be increased of any sentient being who hears the 108 names of the Unfathomable Life and Transcendental Wisdom, Extremely Discerning Aspect Victorious Glorification. Those sentient beings whose life is nearly complete, by keeping this holy name their life will be increased. Mañjuśrī, because it is like that, the good qualities of any son or daughter of the race who, desiring a long life, either hears the name of the Tathāgata Unfathomable Life and Transcendental Wisdom 108 times, who writes it, causes others to write it, or recites it, will be enhanced.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Mañjuśrī, the life span of anyone who writes, lets others write, has made into scripture, or keeps at home and reads the 108 names of the tathāgatas will be increased one hundred years, from the end of their life. Even after death, by transference of consciousness, they will be born in the pure land of the Tathāgata Unfathomable Life and Transcendental Wisdom, the Realm of Unfathomable Qualities and so forth.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 99 ten-million [990,000,000] buddhas taught this *Sūtra Container*<sup>8</sup> *Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 84 ten-million [840,000,000] buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 77 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 65 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 55 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one voice.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 45 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one voice.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 36 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one voice.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, 25 ten-million buddhas taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Again, at that time, ten million buddhas equalling the grains of sand in ten great oceans taught this *Sūtra Container Unfathomable Life and Transcendental Wisdom* with one intention and in one melody.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“The life of anyone who writes or lets others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom* will be enhanced and they will be able to live another hundred years.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who writes or lets others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom* will never get reborn as hell beings, in the birth place of animals, or in the realm of *Yama*. They will never get reborn in the state of no-freedom.<sup>9</sup> Wherever these beings are born they will remember all their past births.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Writing or letting others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom* is like letting the person write the 84,000 teachings of Buddha.<sup>10</sup>

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAMBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Writing or letting others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom* is like letting the person write the 84,000 teachings of Buddha and consecrating them.<sup>11</sup>

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAMBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“If anyone writes or lets others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom*, even having committed the five uninterrupted negative karmas gets completely purified.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAMBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“If anyone writes or lets others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom*, mountains of piles of their negative karma get completely purified.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who writes or lets others write this *Sūtra Container Unfathomable Life and Transcendental Wisdom* will never receive harm, even if the *māras*, devas in the type of *māras*, harm-givers<sup>12</sup> or cannibals<sup>13</sup> give harm.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who writes or lets others write the *Sūtra Container Unfathomable Life and Transcendental Wisdom*, will directly receive predictions from 99 ten-million [990,000,000] buddhas at the time of death. A thousand buddhas will stretch out their arms to that person, who will go from one buddha’s pure land to another. Don’t have two-pointed mind, don’t have doubts or uncertainty.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE

PUNYE MAHĀ PUNYE APARIMITA ĀYUR PUNYE JÑĀNA  
 SAṂBHĀROPACITE / OṂ SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“The four guardians will always follow, guide, hide, and protect anyone who writes or lets others write the *Sūtra Container Unfathomable Life and Transcendental Wisdom*.

OṂ NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OṂ PUNYE  
 PUNYE MAHĀ PUNYE APARIMITA ĀYUR PUNYE JÑĀNA  
 SAṂBHĀROPACITE / OṂ SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who writes or lets others write the *Sūtra Container Unfathomable Life and Transcendental Wisdom* will be born in the pure land of the Buddha Tathāgata Limitless Light, the Blissful Realm of The World.<sup>14</sup>

OṂ NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OṂ PUNYE  
 PUNYE MAHĀ PUNYE APARIMITA ĀYUR PUNYE JÑĀNA  
 SAṂBHĀROPACITE / OṂ SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Even the place where this rare sublime sūtra is written becomes an object of offering.<sup>15</sup> Any birds or beasts, gone to the birth realm of animals, who hear the sound of this mantra in their ear, will completely actualize enlightenment in the peerless, fully completed, purified, actualized state.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who writes or lets others write the *Sūtra Container Unfathomable Life and Transcendental Wisdom* will never be born in a woman’s body.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Any person who gives one *kārṣāpaṇa* for this class of Dharma of *Unfathomable Life and Transcendental Wisdom*, [collects the merit of] completely filling up thousand-folds three-thousand galaxies with the seven kinds of jewels and making charity.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Anyone who makes offering to this class of Dharma of *Unfathomable Life and Transcendental Wisdom* is making offerings to all the holy Dharma.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Like this example: the merits of having made offerings of the seven types of jewels to the tathāgatas Namzig,<sup>16</sup> Tsugtorchen,<sup>17</sup> Thamchekyob,<sup>18</sup> Logpar Dangsels,<sup>19</sup> Serthub,<sup>20</sup> Ösung,<sup>21</sup> Shakya Thugpa,<sup>22</sup> and so forth can be counted, but the heap of merits of [reciting, writing, and letting others write] the *Sūtra of Unfathomable Life and Transcendental Wisdom* cannot be counted.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“For example, if heaps of jewels the size of the king of mountains, Mount Meru, are piled up and offered as charity, the heaps of merit can be counted; the heaps of merit of the *Sūtra of Unfathomable Life and Transcendental Wisdom* cannot be counted.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“For example, if the earth is filled with water from the four great oceans, each drop can be counted, but the heaps of merit of the *Sūtra of Unfathomable Life and Transcendental Wisdom* cannot be counted.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Whoever offers respect to this *Sūtra of Unfathomable Life and Transcendental Wisdom*, writes or causes others to write or revere it, has prostrated and made offering to all the tathāgatas in the buddha-fields of the ten directions.

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAṂBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

“Due to the power of charity, the Buddha is the completely pure exalted one<sup>23</sup> by actualizing the human lion through the power of charity. And when one enters the city of the compassionate one,<sup>24</sup> the sound of the power of charity will be proclaimed.<sup>25</sup>

“Due to the power of morality, the Buddha is the completely pure exalted one by actualizing the human lion through the power of morality. And when one enters the city of the compassionate one, the sound of the power of morality will be proclaimed.

“Due to the power of patience, the Buddha is the completely pure exalted one by actualizing the human lion through the power of patience. And when one enters the city of the compassionate one, the sound of the power of patience will be proclaimed.

“Due to the power of virtuous effort, the Buddha is the completely pure exalted one by actualizing the human lion through the power of effort. And when one enters the city of the compassionate one, the sound of the power of effort will be proclaimed.

“Due to the power of *samten*,<sup>26</sup> the Buddha is the completely pure exalted one by actualizing the human lion through the power of *samten*. And when one enters the city of the compassionate one, the sound of the power of *samten* will be proclaimed.

“Due to the power of wisdom, the Buddha is the completely pure exalted one by actualizing the human lion through the power of wisdom. And when one enters the city of the compassionate one, the sound of the power of wisdom will be proclaimed.”

OM NAMO BHAGAVATE / APARIMITA ĀYUR JÑĀNA  
 SUVINIŚCITA TEJO RĀJĀYA / TATHĀGATĀYA / ARHATE /  
 SAṂMYAKSAMBUDDHĀYA / TADYATHĀ / OM PUṆYE  
 PUṆYE MAHĀ PUṆYE APARIMITA ĀYUR PUṆYE JÑĀNA  
 SAṂBHĀROPACITE / OM SARVA SAṂSKĀRA PARI ŚUDDHA  
 DHARMATE GAGANA SAMUDGATE SVABHĀVA VIŚUDDHE  
 MAHĀNAYA PARIVĀRE SVĀHĀ

The Destroyer Qualified Gone-Beyond One was pleased and granted the teaching in that way. The Youthful Mañjuśrī, all the fully-qualified entourage and the world with its *suras*, humans, asuras, and smell-eaters<sup>27</sup> rejoiced and actually praised what was expounded by the Destroyer Qualified Gone-Beyond One.

Here the *Sūtra of the Great Vehicle Called Unfathomable Exalted Life and Transcendental Wisdom* is complete.

# *Benefits of Tse do*

## *(Long Life Sūtra)*

Much of this sūtra is repetition of the mantra. It talks of the benefit, then repeats the mantra, talks of another benefit and repeats the mantra. Because until now the text was not available in English, always people had to ask some Tibetan person to recite it. So, now it is in English, the whole family can recite it for friends and family who have cancer. Nowadays, cancer is a real problem.

The text is very precious and there is so much benefit in printing or writing it. I have one copy that was given to me in Mongolia, written with pearl, coral and other jewels. This is one of the texts that, if written in gold, mountains of negative karma get purified. Nalanda Monastery prints a certain number each week for the success of the projects, so imagine the benefits: each time they make one copy it is like copying all the 84,000 teachings of Buddha. It is also great purification. Especially, writing this collects most merit. You write it, not because someone needs the book, but just because it helps for long life and to collect merit.

It's very good to print for people who have cancer, and for the success of activities and projects. If a business has difficulties, or is difficult to start, if you have difficulty finding a job, or the job is not going well, you can print many copies. You can print many copies, weekly or monthly, to make merit, not particularly for mundane success but generally to collect merit for realizations, conditions for Dharma practice. Then you can dedicate the merits of printing for all sentient beings. This is one solution for success and long life. Also, when you die you will get born in Amitābha's pure land.

There is another Amitāyus mantra, similar but a little bit different from this one, which has skies of unbelievable benefit, mind-blowing.

May this translation offer great benefit to all sentient beings. May the negative karma of anybody who sees, touches or remembers this text immediately be purified, may they never get reborn in the lower realms, and at the time of their own death may they immediately be pacified just by seeing the text. Just by dreaming or hearing about this text may everyone have long life, the purpose of which is to actualize loving kindness, compassion and *bodhicitta*, and realize emptiness. May they actualize the whole path in this very lifetime and never give any harm to any sentient being, only benefit. May it benefit all sentient beings this way until every one has achieved enlightenment.

### Colophon:

Translation from Sanskrit into Tibetan by Indian pandit Puniye Sambhava and Tibetan translator Patsab Nyima Drag.

English translation, with endnotes, by Lama Zopa Rinpoche, Kachoe Dechen Ling, January 2005. Scribed by Ven. Thubten Labdron. Lightly edited in consultation with Dr. Gregory Hillis. Mantra transliterated from a source text from Lama Zopa Rinpoche's personal collection by Joona Repo, FPMT Translation Services, 2020. Updated, with additional endnotes of some Tibetan and Sanskrit terms, by Ven. Tenzin Tsomo, FPMT Education Services, October 2020.

# Notes

- 1 Tib. bcom ldan 'das, Skt. Bhagavān.
- 2 Skt. Anāthapiṇḍada.
- 3 “Great intending virtue” or “ārya saṅgha,” refers to those who have actualized wisdom directly perceiving emptiness, like the ārya right-seeing or meditation paths. Here “virtue” means the ultimate virtue, liberation. It could also relate to living in the vows, virtue as a path. These refer to the lesser vehicle.
- 4 “Virtue beggar” means fully ordained monk, Tib. *dge slong*. Skt. *bhikṣu*. *dge* means virtue, liberation, *slong* means beggar, seeking. Sometimes people translate it incorrectly as “food-beggar.” If *gelong* was “food-beggar” that would be very wrong. Gelong is “virtue-seeker.”
- 5 “Bodhisattva great sattva” or “bodhisattva *mahāsattva*” means ārya bodhisattva.
- 6 Gone as it is, Tib. de bzhin gshegs pa.
- 7 In Buddha’s time, it was possible the majority lived to 100.
- 8 Sūtra container, Tib. *mdo sde*. “Container” as in the “Three Baskets,” the basket of sūtras.
- 9 That means not having freedom to practice Dharma.
- 10 They will get the same benefit.
- 11 Consecrating collects a lot of merit and one will receive many offerings.
- 12 Tib. *gnod sbyin*, Skt. *yakṣa*.
- 13 Tib. *srin po*, Skt. *rākṣasa*.
- 14 Amitābha Buddha’s pure land, Skt. Sukhāvātī.
- 15 It could mean other beings, such as devas, pay homage there.
- 16 Skt. Vipaśyin, Tib. rnam par gzigs.
- 17 Skt. Śikhin, Tib. gtsug tor can.
- 18 Skt. Viśvabhū, Tib. thams cad skyo ba.
- 19 Skt. Krakucchanda, Tib. log par dang sel.
- 20 Skt. Kanakamuni. Tib. gser thub.

- 21 Skt. Kāśyapa, Tib. 'od srung.
- 22 Skt. Śākyamuni, Tib. shAkya thub pa.
- 23 The meaning is that Buddha is totally pure, without the slightest stain, not even a subtle stain of negative imprint left by ignorance grasping at things as truly existent; no dualistic views, no subtle stains—not only pure but completely pure. Therefore Buddha is the exalted one. “Completely pure” is the reason for the next word, “exalted.” “Human lion” means Buddha. “Lion” because he is fearless, having the four qualities of being totally free from the four fears. I mentioned to Choden Rinpoche that in the other text it says “the Buddha of the power of charity,” but this text says “the Buddha, who came from the power of charity.” Choden Rinpoche commented “not from the power of charity, Buddha himself is the eminent power of charity.” Here it should be “actualized the human lion, Buddha, from the power of charity”—became the human lion from the power of charity.
- 24 “When one enters the city of the compassionate one ...” Maybe it is as we say in initiations, “May I be able to enter the supreme city of great liberation, enlightenment.” It might mean if you are a compassionate being you can achieve enlightenment; if you are not, you cannot. If you have *bodhicitta* you can achieve enlightenment; if you have no *bodhicitta* you cannot. Similarly if you cherish others you can achieve enlightenment; if you don’t cherish others, but cherish the I, you don’t achieve enlightenment.
- 25 When you “enter,” when you achieve enlightenment, “the sound of the power of charity will be proclaimed” means then you reveal Dharma to sentient beings. You reveal the path. That Dharma is sound from the power of having completed the paramita of charity, etc.
- 26 Meditative stabilization. Skt. *dhyāna*, Tib. *bsam gtan*.
- 27 Skt. *gandharvas*, Tib. *dri zer bcas pa*.

# Care of Dharma Materials



Dharma materials contain the teachings of the Buddha and thus protect against lower rebirth and reveal the path to enlightenment. Therefore, they should be treated with respect.

Printed Dharma materials, as well as phones, tablets, laptops, and hard drives containing Dharma, should be kept off the floor, beds, chairs, meditation cushions, and all other places where people sit or walk. Dharma materials should not be stepped over or put in places where the feet or buttocks will point at them. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects, including statues, stūpas, ritual implements, mālās, reading glasses, and so forth, should not be placed on top of Dharma books and devices containing Dharma materials. Avoid licking the fingers to turn the pages of Dharma texts.

If it is necessary to dispose of printed Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, visualize that the letters transform into an A [ॐ] and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OM ĀḤ HŪḤ or the *Heart Sūtra*, while meditating on emptiness.

Lama Zopa Rinpoche recommends that images of holy beings, deities, and holy objects not be burned. Ideally, if undamaged, they should be put in a stupa. Otherwise, put them high up in a tree inside a well-sealed structure, something like a bird house, so that the images are protected from the weather and do not end up on the ground.



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