

Lama Chopa:

**Dakini Long-Life Guru Puja, for  
Acharya Zasep Jamseng Rinpoche Bagsh-aa,  
Lobsang Tenzin Gyaltzen**

April 26, 2009

Hosted by Gaden Choling

Toronto, Ontario, Canada

Extended Tracklist with Details

**Track 1 (length of track = 14:01 min:sec)**

1. Rinpoche arrives (Om Tara) [begins at 0:00 on track]
2. Greetings [4:10]
3. Taking refuge [7:04]
4. Breathing meditation [9:03]

**Track 2 (30:50)**

1. Self-generation as the diety (v.1) [0:00]
2. Blessing the offerings (v.7) [6:54]
3. Inviting the wisdom beings (v.15) [13:30]
4. Prostration to the Guru as Sambhogakaya (v.18) [15:39]
5. Making the outer offerings (v.23) [18:44]
6. Declaration of non-virtue (v.38) [27:43]
7. Rejoicing in virtue (v.39) [28:39]
8. Requesting the turning of the Wheel of Dharma (v.40) [29:35]

**Track 3 (33:52)**

1. Musical fanfare as the Dakinis enter (before v.41) [0:00]
2. "In the East..." (v.41) [2:39]
3. "To all the Gurus I pray..." (v.46) [12:46]
4. Offering the Vajra Seat (v.49) [21:13]
5. Mandala offering requesting the Lama to remain firmly (v.61)[25:31]
6. Long mandala offering (v.62) [26:14]
7. Short mandala offering (v.63) [28:48]

**Track 4 (23:20)**

1. Offering of the body, speech and mind receptacles (v.66) [0:00]
2. Offering the speech receptacle (v.67) [1:19]
3. Offering the mind receptacle (v.68) [2:20]
4. Offering the coat of brocade (v.69) [3:22]
5. Offering the upper garment (v.70) [4:14]
6. Offering the lower garment (v.71) [5:01]
7. Offering the hat (v.72) [6:01]
8. Offering the meditation cushion (v.73) [7:02]
9. Offering the food receptacle (v.74) [8:05]
10. Offering the Katvanga (v.75) [9:01]
11. Offering the seven precious articles of royalty [v.76] (9:56)
12. Offering the eight auspicious symbols (v.77) [10:58]
13. Offering the eight auspicious substances (v.78) [11:54]
14. Offering the mirror (v.79) [12:42]
15. Offering the giwang medicine (v.81) [14:08]
16. Offering the yoghurt (v.83) [15:34]
17. Offering the durwa long-life grass (v.85) [16:48]
18. Offering the birwa fruit (v.87) [18:17]
19. Offering the right-coiling conch shell (v.89) [19:29]
20. Offering the red sindura (v.91) [20:36]
21. Offering the white mustard seeds (v.93) [22:04]

**Track 5 (33:39)**

1. Man of Long Life
2. Personal offerings to Rinpoche (omitted from recording)

**Track 6 (27:35)**

1. Long-life prayer for Acharya Zasep Jamseng, Lobsang Tenzin Gyaltzen Rinpoche [Immortal Rain] (0:00)
2. Thanksgiving mandala offering (v.96) [8:23]
3. Requesting the Guru to stay (v.100) [16:12]
4. Long mandala offering (v.102) [18:02]
5. Nine-lined migsema prayer (v.103) [21:02]
6. Special visualization of purification, accumulation and guru yoga (v.105) [22:50]
7. Meditation [23:54]

### **Track 7 (19:53)**

1. Making requests (v.106) [0:00]
2. Single-pointed request (v.116) [5:39]
3. Receiving the blessing of the four initiations (v.117) [10:11]
4. Short meditation [11:26]
5. Guru mantras [12:33]
6. Dedication (v.118) [19:15]

### **Track 8 (5:52)**

1. Rinpoche's address

### **Track 9 (26:31)**

1. Introduction to messages from various centres, and other offerings [0:00]
2. Message from the Kootenay sangha at Tashi Choling in British Columbia, Canada [1:31]
3. Message from Vajra Ling in Rocky River, Australia [2:44]
4. Message from Losang Gyalwa Mandala in Sydney, N.S.W., Australia [4:10]
5. Message from Potala sangha in Thunder Bay, Ontario, Canada [4:52]
6. Message from Vajra Ling centre in Armidale, Uralla, N.S.W., Australia [5:16]
7. Message from Gaden Choling in Toronto, Ontario, Canada [5:35]
8. Mandala offering audio, from Ulrike Mehlhorn [7:50]
9. Long-Life Prayer video and slides, from Lama TsongKhapa Center in Kalamazoo, Michigan, U.S.A. [9:54]
10. Powerpoint slides from Vajrayogini centre, in Seattle, Washington, U.S.A. [12:21]
11. Message from Zuru Ling, Vancouver, British Columbia, Canada [13:01]
12. Musical offering: Debbie Danbrook, shakuhachi flute [15:18]
13. Musical offering: Marco Mascarin, voice and drum [19:14]
14. Musical offering: Michael Carabine, guitar [23:13]

### **Track 10 (26:52)**

1. Tsok offering begins: Blessing the offering substances (v.119) [0:00]
2. Presenting the Tsok offering to the Merit Field, in Tibetan song (v.127) [5:30]

3. Presenting the Tsok offering to the Merit Field, in Tibetan chant (v.127) [11:08]
4. Presenting the Tsok offering to the Merit Field, in English song (v.127) [12:44]
5. Offering the Tsok to the Vajra Master (v.132) [17:19]
6. The Vajra Master's reply (v.133) [18:46]
7. A song to move the Dakini's hearts (v.134) [21:00]
8. Happy Birthday song for Rinpoche [26:21]
9. Tsok continues to be distributed to all (omitted from recording)

### **Track 11 (19:20)**

1. Blessing the left-over tsog (v.140) [0:00]
2. Reviewing the Stages of the Path (v.148) [3:06]
3. Dedication of merit (v.179) [11:37]
4. Final dedication (v.186) [15:35]
5. Final thanks [16:56]
6. Musical fanfare as Rinpoche exits [18:02]