



# MARCH 10TH

## TIBETAN UPRISING DAY SONGS (Tibetan Transliteration and English Translation)

### MIMANG LANG-LU

Long sho\*...ooo!  
Mey lo chu-drak bhar-dhu  
Nga-tso-hi sha-say rhu-la ma thuk bhar.  
Dra woe tse non tang chung  
Nga-tso-hi sha-say rhu-la ma thuk bhar.  
Dra woe tse non tang chung

Chik-tong gub gya ngap chu nga gu lor  
Gyal-che me-mang hu-duk so-drel thab-may kyi  
den-pay yaar-la lang yoe  
Gyal-che me-mang hu-duk so-drel thab-may kyi  
Den-pay yaar-la lang yoe

Long-sho long-sho bhod me nam.  
Zamling me-mang nga-tsoe gyab-tu long-sho  
Den-pay pang-po zoe-chik  
Zamling me-mang nga-tsoe gyab-tu long-sho...  
Den-pay pang-po zoe-chik

Bhod-jong dak-ghe kyong-wa  
Kyam-gon chen-po ghong-sa ye-shi nor-bu  
She-chey bhod-me tson-zin yin  
Kyam-gon chen-po ghong-sa ye-shi nor-bu  
She-chey bhod-me tson-zin yin

Dra-woe shen-pa lak-mar.  
Tsen-gyal gya-mar bhod ney thar-dro tong gyi-yin  
Gyal-che me-mang long-sho  
Tsen-gyal gya-mar bhod ney thar-dro tong gyi-yin  
Gyal-che me-mang long-shooo...ooo!

### The People's Uprising Song

Rise up!  
Decade after decade.  
We who have been oppressed by the enemy,  
Cruelly cutting our flesh down to the bone.  
We who have been oppressed by the enemy,  
Cruelly cutting our flesh down to the bone.

In the year nineteen hundred and fifty nine,  
The patriotic people of Tibet desperate and without hope,  
Rose up for the sake of the Truth.  
The patriotic people of Tibet desperate and without hope,  
Rose up for the sake of the Truth.

Rise up! Rise up! All Tibetans.  
People of the world and rise up and support us,  
Bear witness to the Truth.  
People of the world and rise up and support us,  
Bear witness to the Truth.

The Protector of the land of Tibet,  
The Great Refuge Giver, the all-seeing Precious Jewel  
Is the leader of all Tibetans in Tibet and in exile.  
The Great Refuge Giver, the all-seeing Precious Jewels  
Is the leader of all Tibetans in Tibet and in exile.

The blood-covered hands of the enemy executioner —  
Imperialist China. We will drive you out of Tibet.  
Rise up all patriotic people.  
Imperialist China. We will drive you out of Tibet.  
Rise up all patriotic people ... Rise Up!

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### OLD TIBETAN NATIONAL HYMN

*Ghang ri rawe kor we shingkham di  
Phen thang dewa ma loe jungwae ne  
Chenrezig wa Tenzin Gyatso yin  
Shelpal se thae bhardu  
Ten gyur chik*

Circled by ramparts of snow-mountains,  
This sacred realm,  
This wellspring of all benefits and happiness  
Tenzin Gyatso, bodhisattva of Compassion.  
May his reign endure  
Till the end of all existence

Composed in 1745 by the Tibetan ruler, Miwang Phola, in praise of the 7th Dalai Lama (translated by Jamyang Norbu)

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\* Pronounced like the English word "show"

# BHOD GYALKHAB CHENBOE GYALU

Sishe phende dhoe gu jung wei ter  
Thubten sampel norbu honang bar  
Tendro nor dzin gyache kyong wey gon  
Trinle kyi rolsto gye  
Dorje kham sum tenpey  
Chok kun jham tse kyong  
Nam khoe gawa gyaden u pang gungla beg  
Phuntso deshi nga thang gye  
Bhojong cholkha sum gyi kyonla deyden sar pey khyap  
Chosi kyi pelon tar  
Thubten chochu gyepe dzamling yangpi kyegu shidi pela jor  
Bhojong tendro getzen nyi woe kyi  
Tashi woe nang humdu tro mi zi  
Nachoe munpey yul ley gye gyur chi

Lyrics composed in 1959 by Kyapje Trichang Rinpoche, tutor of His Holiness the Dalai Lama

## DEN TSIG MON LAM

Tse mey yon ten gya tsoe pel nga shing  
Nyam chung dro la bhu chik tar gong pey  
Du sum de sheg se dang lo mar che  
Dag gi den pey may ngag di gong shig

Si shi dung sel yon dzog thup pay ten  
Dzam ling yang pay phen de pel du gye  
De dzin ke dang drup pe kye bun am  
Cho jo nam chue jha wa pel war dzo

Mi se le ngen drak poe yong non pey  
Bar me du key nar way nyam thak dro  
Zo ka ne tson mu ge jig pa kun  
Shi ney de ga gya tsoe uk yung dzod

Ke par gang jong choe den kye dro nam  
Nak chok la loe pung gi tse mey du  
Ngen gue jom pey trag dang chi mey gyun  
Nyur du choe pey thug je tu pung kye

Nyon mong don gyi nyo pe lang cho kyi  
Rang zhen nyi pung gyi pe nying je yul  
Mi sun kye woe tsog nam lang dor mig  
Yong tob jam tse dza way pel la jor

Ring ne nying du nag pey dod pey don  
**Yong dzog bho jong rang wang tsang may pel**  
Lhun drub choe si ga ton la  
Cho pey kel sang nyur wa nyi du tsol

Ten dang de dzhin chab si rang rig ley  
Che ge pe lu sog long jo yong tang tey  
Ka wa gya trag drub pey kye woe nam  
Dru dzin gon de thug je kyong war dzo

Dor na gon po Chen re sig wang gi  
Se che gyel wey chen ngar gang chen zhing  
Yong sung gya chen mon lam gang dze pe  
Dre sang den dir nyur du char war sol

Nang tong cho nyid sab mo ten drel dang  
Chog sum tug jey u dang den tsig tob  
Len dre lu mey den tu dag chag gi  
Den pey mon lam geg mey nyur drup shok

## Tibetan National Anthem

*The source of temporal and spiritual wealth of joy and boundless benefits  
The Wish-fulfilling Jewel of the Buddha's Teaching, blazes forth radiant light  
The all-protecting Patron of the Doctrine and of all sentient beings  
By his actions stretches forth his influence like an ocean  
By his eternal Vajra-nature  
His compassion and loving care extend to beings everywhere  
May the divinely appointed rule achieve the heights of glory  
And increase its fourfold influence and prosperity  
May a golden age of happiness spread across the three regions of Tibet  
And may its temporal and spiritual splendour shine again  
May Buddha's Teaching lead all beings in the universe to glorious peace  
May the spiritual Sun of the Tibetan faith and People  
Emitting countless rays of auspicious light  
Victoriously dispel the strife of darkness*

## The Prayer of the Words of Truth

Buddhas, bodhisattvas and disciples throughout time  
Having qualities infinite as the endless ocean,  
Seeing each living being as your only child  
Please heed my true and anguished cries.

Buddha's teachings dispel the pain of existence and denial.  
Spread happiness and prosperity throughout this world.  
May the learned and accomplished holders of the Dharma  
Cause the ten fold virtuous practice to prevail.

Sentient beings tormented by suffering without cease,  
Trapped by endless negative deeds,  
May their unbearable fears of disease, famine and war  
Be relieved by an ocean of bliss.

Especially the people of the Land of Snows,  
Mercilessly conquered by barbaric forces of evil,  
May their rivers of blood and tears  
Be swiftly halted by the power of compassion!

Those who are driven mad by the demons of negative emotions,  
Bringing ruin to all by their reckless actions:  
May such beings learn what to embrace and what to abandon,  
And finally meet with true and loving friends!

May the object of my most heartfelt yearning —  
**COMPLETE FREEDOM FOR ALL TIBET** be soon realized.  
And may we be swiftly granted the good fortune to enjoy  
The joyous celebration of spiritual with temporal rule.

O Protector, Chenresig, care for them.  
All who have suffered terribly,  
Sacrificing their wealth, their bodies and their precious lives  
For the nation, the people and the Dharma.

May all the vast prayers of aspiration  
The Lord Chenresig made for the land of Tibet  
Before the Buddhas and the bodhisattvas  
Swiftly come to positive fulfillment here and now.

Through the profound of interdependence of appearance and emptiness,  
Through the power of the compassionate Three Jewels and the Words of Truth,  
And through the strength of the infallible law of cause and effect,  
May this, our prayer of truth, be unhindered and swiftly fulfilled.

Written on the 9th day of the 8th month, Iron Mouse year (1960), by the Buddhist monk, Tenzin Gyatso, the 14th Dalai Lama