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| 1. Text number | Ds 187 |
| 2. Text title (where present) in Tibetan | |
| 3. Text title (where present) in Wylie transliteration | |
| 4. A brief summary of the item's contents | A long-life ritual in which mantras are recited and the associated meditational deities are praised in order to obtain the blessing of longevity |
| 5. Number of folios | 4 |
| 6. Scribe's name | |
| 7. Translation of title | |
| 8. Transcription of colophon | ces tshe bsgrub zad med 'dzab bstod nyung 'dus 'di/ ri pa shes sgrub kyi mkha' 'gro me nyun (?) hur len yed tshul gyi skabs su/ glo bur thol skyed du bshar/ nyes 'gal phyis na khro'i drung du shags/ dge ba 'gro kun 'chi med pa thob shog/ |
| 9. Translation of colophon | In this way, the short <i>sādhana</i> of longevity was revealed and written down by Ri pa Shes sgrub (?) rapidly while he was practising the <i>dākiṇī</i> teachings... I repent for any mistakes made to the wrathful meditation deity and dedicate any merits to benefit the longevity of all living beings. |
| 10. General remarks | This is the Section of Praise to the Meditation Deity part of the longevity practice <i>sādhana</i> . |
| 11. Remarks on script | <i>dpe tshugs, 'khyug ma tshugs</i> |
| 12. Format | Loose leaves |
| 13. Size | 9.2 × 34.5 cm |
| 14. Layout | |
| 15. Illustrations and decorations | |
| 16. Paper type | Woven, 2 layers, even distribution with some fibre bundles, smooth, absorbent and soft |
| 17. Paper thickness | 0.12–0.18 mm |
| 18. Nos of folio sampled | f. 3 |
| 19. Fibre analysis | |
| 20. AMS ¹⁴ C dating | |
| 21. XRF analysis | |
| 22. RTI | |
| 23. GCMS | |