Collection of Practices to Avert Infectious Disease
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Refuge and Bodhichitta

SANGYE CHÖ DANG TSOK KYI CHOK NAM LA
I go for refuge until I am enlightened

CHANGCHUB BARDU DAK NI KYAB SU CHI
To the Buddha, the Dharma and the supreme assembly.

DAK GI JIN SOK GYIPE TSOK NAM KYI
By my merit from giving and others perfection,

DRO LA PEN CHIR SANGYE DRUBPAR SHOK (3x)
May I become a Buddha to benefit all sentient beings. (3x)
Four Immeasurables

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings be inseparable from happiness that is free from suffering.

May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies. (3x)
Abbreviated Seven Limb Prayer

CHAKTSALWA DANG CHÖ CHING SHAKPA DANG
I, myself prostrate, make offerings, confess,
JESU YI RANG KUL SHYING SOLWA DEB
Rejoice, request the teachings and implore you to remain.
GEWA CHUNGZÉ DAK GI CHI SAKPA
Whatever slight virtue I have amassed,
TAMCHÉ DZOKPÉ CHANGCHUB CHENPOR NGO
I dedicate entirely towards great, perfect awakening!
Abbreviated Mandala

SA SHYI PÖ KYI JUK SHING METOK TRAM
This ground, anointed with perfume, flower strewn,
RIRAB LING SHYI NYIDÉ GYENPA DI
Mount Meru, four continent, sun and moon.
SANGYE SHYING DU MIK TÉ ULWAR GYI
Imagined as a Buddha land and offered to you.
DRO KÜN NAMDAK SHYING LA CHÖPAR SHOK
May all beings enjoy this pure land.

IDAM GURU RATNA MANDALAKAM NIRYA TAYAMI
Abbreviated Shakyamuni Buddha Practice

TABKHÉ TUKJÉ SHAKYÉ RIK SU TRUNG
With skilful means and compassion, you were born in the Sakya clan,

SHYEN GYI MITUB DÜ KYI PUNG JOMPA
Unconquerable by others, you vanquished Mara's hordes,
Your physical form resplendent, like a mountain of gold.

To you, the King of the Sakyas, I pay prostrate.

Due to the merit of these virtuous actions,

May I quickly attain the state Shakyaminu Buddha

And lead all living beings, without exception,

Into that enlightened state.
Guru Rinpoche Practices

DÜ SUM SANGYE GURU RINPOCHE
Embodiment of buddhas of past, present and future,
Guru Rinpoche;

NGÖDRUB KÜN DAK DEWA CHENPÖ SHYAB
Master of all siddhis, Guru of Great Bliss;

BARCHÉ KÜN SEL DÜDUL DRAKPO TSAL
Dispeller of all obstacles, Wrathful Subjugator of Māras;

SOLWA DEB SO JINGYI LAB TU SOL
To you I pray: inspire me with your blessing,

CHI NANG SANGWÉ BARCHÉ SHYIWA DANG
So that outer, inner and secret obstacles are dispelled

SAMPA LHÜN GYI DRUPBAR JINGYI LOB
And all my aspirations are spontaneously fulfilled.

OM AH HUNG BENZA GURU PEMA
SIDDHİ HUNG
GEWA DI YI NYURDU DAK
Due to the merit of these virtuous actions,

ORGYEN LAMA DRUP GYUR NÉ
May I quickly attain the state Guru Rinpoche

DROWA CHIK KYANG MALÜPAR
And lead all living beings, without exception,

DÉ YI SA LA GÖPAR SHOK
Into that enlightened state.
His Holiness the 14th Dalai Lama

You make the path that combines emptiness and compassion grow clearer and clearer,

Lord of the teachings and beings in the Land of Snow,
CHAK NA PEMO TENDZIN GYATSO LA
To you, the Lotus Holder Tenzin Gyatso,

SOLWA DEB SO SHYEDÖN LHÜNDRUB SHOK
I pray, may all your wishes be spontaneously fulfilled!

Due to the merit of these virtuous actions,

May I quickly attain the state the Glorious Guru

And lead all living beings, without exception,

Into that enlightened state.
Abbreviated Chenrezik Practice

CHAK TONG KHORLO GYURWÉ GYALPO TONG
Your thousand arms are the thousand universal monarchs,

CHEN TONG KALPA ZANGPÖ SANGYE TONG
Your thousand eyes the thousand buddhas of this fortunate age,
GANG LA GANG DUL DÉ LA DÉ TÖNPAI
You who teach each and every one of us according to our needs,

TSÜNPA CHENREZIK LA CHAKTSAL LO
Noble Avalokitesvara, to you I pay prostrate.

OM MANI PADME HUNG

GEWA DI YI NYUR DU DAK
Due to the merit of these virtuous actions,

CHENREZIK WANG DRUP GYUR NÉ
May I quickly attain the state Avalokitesvara

DROWA CHIK KYANG MALÜPAR
And lead all living beings, without exception,

DÉ YI SA LA GÖ PAR SHOK
Into that enlightened state.
Hayagriva Mantra

HRIH / BENZA KRODHA HAYAGRIWA
HULU HULU HUNG PHET
Dorje Gotrab (Vajra Armour) Mantra

༅། རྲོ་རེའི་གྲོ་ཁྲབ་གཟུངས་སྔགས།

Dorje Gotrab (Vajra Armour) Mantra

ཨོ་པདྨ་ཤ་བ་རི་ཕཊ༔
ནན་པར་ཤིག༔
ནཱ་ག་ནན༔
ཏདྱ་ཐཱ༔
སརྦ་ཝི་རི་ཏ༔
ཧ་ན་ཧ་ན་བཛྲྲེ་ན་རཀྵ་རཀྵ་སྭཱ་ཧཱ༔

OM PEMA SHAWA RI PHET / NENPAR SHIK /
NAGA NEN / TAYADTA / SARVA WIRITA /
HANA HANA BENZA NA RAKSHA RAKSHA SOHA
Abbreviated Medicine Buddha Practice

To the Bhagavan, Tathagata, Arhat, perfectly completed Buddha, Medicine Guru, King of Lapis Light, I prostrate.
TADYATHA / OM BHEKANZE BHEKANZE /
MAHA BHEKANZE BHEKANZE /
RADZA SAMUDGATÉ SOHA

GEWA DI YI NYURDU DAK
Due to the merit of these virtuous actions,

SANGYE MEN LHA DRUB GYUR NÉ
May I quickly attain the state Medicine Buddha

DROWA CHIK KYANG MALÜPAR
And lead all living beings, without exception,

Dé yi sa la göpar shok
Into that enlightened state.
Abbreviated Green Tara Practice

KHORWA LÉ DROL TARÉ MA
TARE who liberates from samsara

TUTTARA YI JIKGYÉ DROL
TUTTARA who liberates from the eight fears
TURÉ NAWA NAM LÉ DROL
And TURE who liberates from the three misconception\(^1\)

DROLMA YUM LA CHAKTSAL LO
To Mather Tara I prostrate.

OM TARÉ TUTTARÉ TURÉ SOHA

GEWA DI YI NYUR DU DAK
Due to the merit of these virtuous actions,

JÉ TSÜN DRÖL MA DRUP GYUR NÉ
May I quickly attain the state Arya Tara

DROWA CHIK KYANG MALÜPAR
And lead all living beings, without exception,

Dé YI SA LA GÖ PAR SHOK
Into that enlightened state.

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\(^1\) The inability to see the truth in subject and object plus the self grasping attitude.
Abbreviated Loma Gyonme
(Goddess Paransavari) Practice

GYALWA KÜN GYI YESHE GYUMA YI
Miraculous manifestation arising from

CHOTRUL NAMPAR TRULPA LÉ JUNGWÉ
The magical wisdom of all the victorious ones,
LHAMO GANG GI DRUBPÖ NEDÖN GEK
Goddess who pacifies all disease, harmful influences, and misfortunes

KÜNTU SHYIDZÉ MA LA CHAKTSAL LO
Of practitioners, to you I prostrate.

OM PISHATSI PARNA SHAWARI SARWA
DZORA PRASHA MANAYE SOHA

GEWA DI YI NYURDU DAK
Due to the merit of these virtuous actions,

LOMA GYÖN MA DRUB GYUR NÉ
May I quickly attain the state Parna-savari

DROWA CHIK KYANG MALÜPAR
And lead all living beings, without exception,

DÉ YI SA LA GÖPAR SHOK
Into that enlightened state.
Short Mantra of Dorje Namjom

NAMA TSENDA BENZA KRODHAYA / HULU HULU / TISHTHA TISHTHA / BHENDHA BHENDHA / HANA HANA / AMRITÉ HUNG PHET
Palden Lhamo Mantra

 JOH / RAKMO JOH / RAKMO JOH JOH / RAKMO TÜN JOH / KHALA RAK CHENMO / RAKMO AJA TAJA / TUN JOH / RULU RULU HUNG JOH HUNG /
The Verses that Saved Sakya from Sickness:
A Prayer for Pacifying the Fear of Disease
by Thangtong Gyalpo

LÉ DANG LOBUR KYEN LÉ GYURPA YI
May all the diseases that disturb the minds of sentient beings,
DÖN DANG NÉ DANG JUNGPÖ TSEWA SOK
And which result from karma and temporary conditions,
Collection of Practices to Avert Infectious Disease

SEMCHEN YI MIDEWÉ NÉ NAM KÜN
Such as the harms of spirits, illness, and the elements,

JIKTEN KHAM SU JUNGWAR MAGYUR CHIK
Never occur throughout the realms of this world.

JITAR SHEMÉ TRIPÉ SEJA SHYIN
May whatever sufferings arise due to life-threatening diseases,

KECHIK CHIK LA LÜ SEM DRAL JEPÉ
Which, like a butcher leading an animal to the slaughter,

SOK TROK NÉ KYI DUKNGAL JINYÉ PA
Separate the body from the mind in a mere instant,

JIKTEN KHAM SU JUNGWAR MAGYUR CHIK
Never occur throughout the realms of this world.

CHIDAK SHEN JÉ KHA NANG TSÜPA TAR
May all embodied beings remain unharmed

NÉ KYI MING TSAM TÖPÉ TRAK JEPÉ
By acute, chronic and infectious diseases,
NYIN CHIKPA DANG TAKPÉ RIM SOK KYI
The mere names of which can inspire the same terror
LÜCHEN KÜN LA NÖPAR MAGYUR CHIK
As would be felt in the jaws of Yama, Lord of Death.

NÖPÉ GEK RIK TONGTRAK GYECHU DANG
May the 80,000 classes of harmful obstructors,
LOBUR YÉ DROK SUMGYA DRUK CHU DANG
The 360 evil spirits that harm without warning,
SHYIGYA TSA SHYI NÉ LASOKPA YI
The 424 types of disease, and so forth
LÜCHEN KÜN LA TSEWAR MAGYUR CHIK
Never cause harm to any embodied being!

LÜ SEM DEWA MALÜ TROK JEPÉ
May whatever sufferings arise due to disturbances in the
elements,
JUNG SHYI TRUKPÉ DUKNGAL JINYÉ PA
Depriving the body and mind of every pleasure,
MALÜ SHYI SHYING DANG TOB DENPA DANG
Be totally pacified, and may the body and mind have radiance and power,
TSERING NEMÉ DEKYI DENPAR SHOK
And be endowed with long life, good health, and well-being.

LAMA KÖNCHOK SUM GYI TUKJÉ DANG
By the compassion of the gurus and the Three Jewels,
KHANDRO CHÖKYONG SUNGMÉ NÜTU DANG
The power of the ḍākinīs, Dharma protectors and guardians,
LÉ DRÉ LUWA MEPÉ DEN TOB KYI
And by the strength of the infallibility of karma and its results,
NGOWA MÖNLAM TAB TSÉ DRUBPAR SHOK
May these many dedications and prayers be fulfilled as soon as they are made.
Once, an epidemic was spreading from one person to the next at the great monastery of the Glorious Sakya tradition. Whatever the mantric masters tried—effigies, tormas, medicines, mantras, protection-amulets, and so on—had no effect, and the monastery was in danger of annihilation. At that time, the master mahāsiddha Thangtong Gyalpo performed the refuge prayer which begins, “Sentient beings in number as vast as space”, then recited a number of Mani mantras, and said following the Teachers’ words, “These aspirations become reality...”. At that time, the entire epidemic immediately ceased in dependence upon the performance of this prayer. Thereby, it became renowned as the vajra speech radiating cloud-like blessings entitled ‘The Prayer that Saved Sakya from Disease.’

Long Life Prayer for His Holiness the 14th Dalai Lama

GANGRI RAWÉ KORWÉ SHYINGKHAM SU
In the land encircled by snow mountains

PEN DANG DEWA MALÜ JUNGWÉ NÉ
You are the source of all happiness and good;

CHENREZIK WANG TENDZIN GYATSO YI
All-powerful Chenrezig, Thenzin Gyatso,

ZHAPPÉ KAL GYÉ BARDU TEN GYUR CHIK
Please remain until samsara ends.

Dedication prayer

JAMPAL PAWÖ JITAR KYHENPA DANG
Just as the brave Manjushri and Samantabhadra too,

KUNTUZANGPO DEYANG DESHYIN TÉ
Realized things as they are,
I too dedicate all these merits in the best way,
That I may follow their perfect example.

I dedicate all these root of virtue
With the dedication praised as the best
By the victorious one thus gone of the three times,
So I might perform good works.
Prayer of Auspiciousness

NYINMO DELEK TSEN DELEK
May happiness and goodness arise during the day and during the night,

NYIMÉ KUNG YANG DELEK SHING
May happiness and goodness also arise during the afternoon,

NYIN TSEN TAK TU DELEK PA
May happiness and goodness always arise day and night,

KÖNCHOK SUM GYI TASHI SHOK
May there be the auspiciousness of the Three Jewels.

This Collection of Practices to Avert Infectious Disease is compiled according to the advice of Geshe Tenzin Deyang, Penang, Malaysia on 2nd April 2020 as the world is facing a Covid-19 global pandemic.