

*Practice to Protect from the Coronavirus
as Advised by Lama Zopa Rinpoche*



*The Prayer Liberating Sakya from Disease
Medicine Buddha Mantra
Vajra Armor Mantra
Black Manjushri Mantra*

The Vajra Speech of the Mahasiddha Thang Tong Gyälpo

The Prayer Liberating Sakya from Disease

/ While doing this prayer, students should look at an image of Thang Tong Gyälpo. /

Motivation

All sentient beings, equal to space, go for refuge to the precious guru-buddha. We go for refuge to the Buddha, the Dharma, and the Sangha.

We go for refuge to the assembly of gurus, meditational deities, and dakinis. We go for refuge to the empty clarity of our own minds, the dharmakaya.

/Recite these verses as many times as you are able./

Mantra Recitation

OM MANI PÄDME HUM

/ Recite this mantra as many times as you are able. /

The Actual Prayer

May all the diseases that sadden the minds of sentient beings that result from karma and temporary conditions, such as the harms of spirits, illnesses, and the elements, not occur in the realms of the world.

May whatever sufferings there are from life-threatening diseases that, like a butcher leading a being to be slaughtered, separate the body from the mind in a mere instant, not occur in the realms of the world.

May all embodied beings be unharmed by acute, chronic, and other infectious diseases, the mere sound of whose names terrifies beings, as though they had been placed inside the mouth of Yama, the Lord of Death.

May all embodied beings be unharmed by the 80,000 classes of harmful interferers, the 360 evil spirits that harm suddenly, the 424 diseases, and so forth.

May whatever sufferings there are due to disturbances of the four elements, depriving the body and mind of every pleasure, be totally pacified, and may the body and mind have radiance and power and be endowed with long life, good health, and well-being.

By the compassion of the gurus and the Triple Gem, by the power of the dakinis, Dharma protectors, and guardians, and by the strength of the infallibility of karma and its results, may these many dedications and prayers be fulfilled as soon as they are made.

Short Healing Buddha mantra

TADYATHA / OM BHEKHANDZYE BHEKHANDZYE MAHA
BHEKHANDZYE [BHEKHANDZYE] / RADZA SAMUDGATE SVAHA

You, the destroyer, the qualified one gone beyond (Medicine Buddha) and the four medicinal goddesses, please help me to avoid experiencing the various diseases and to pacify immediately those that I am already experiencing.

Vajra Armor mantra

OM PADMAŚHAVARI PHAṬ / NĀN PAR SHIG / NĀGANAN /
TADYATHĀ / SARVAVIRITA / HANA HANA / VAJRENA RAKṢHA
RAKṢHA SVĀHĀ

/ After you finish reciting the mantra, hold your hand in front of your mouth and blow the air up, so it goes into your nostrils. /

Black Manjushri mantra

OM TRA SÖ / CHHU SÖ / DUR TA SÖ / DUR MI SÖ / NYING GO LA
CHHÖ / KHA LA JAḤ KAḤ ŚHAḤ TRAḤ / BĀ PHAṬ SVĀHĀ