

*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*

HŪṂ VAJRA PHAṬ\* / 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. /

\*Lama Zopa Rinpoche often gives the oral transmission of the mantra with the additional syllables “HŪṂ VAJRA PHAṬ,” as was taught by Trulshik Rinpoche. These syllables are recited with each recitation of the mantra. There are other lineages of the mantra that do not contain these syllables.

## *Black Manjushri mantra*

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