

Prayer Practice for Epidemics

REFUGE & BODHICITTA VOW

NAMO KON CHOG SUM DANG TSA WA SUM
I take refuge in the Three Jewels, the Three Roots,

KYAB NE NAM LA KYAB SU CHI
And all sources of refuge.

DRO KUN SANG GYE LA GÖD CHIR

JYANG CHUB CHOG TU SEM KYE DO

In order to place all sentient beings in the state of Buddhahood, I give rise to the Supreme Bodhicitta. [recite 3 times]

SEVEN BRANCHES OFFERINGS

KON CHOG SUM LA DAG KYAB CHI
I take refuge in the Three Jewels.

DIG PA MI GE SO SOR SHAG
I confess my sins and negativities one by one.

DRO WAI GE LA JE YI RANG
I rejoice in the virtues of sentient beings.

SANG GYE JYANG CHUB YID KYI ZUNG
I keep the Buddhas and Bodhisattvas always in mind.

SANG GYE CHO DANG TSOG CHOG LA
To the Buddha, Dharma and Sangha,

JYANG CHUB BAR DU DAG KYAB CHI
I go for refuge until I attain Enlightenment

RANG ZHEN DON NYI RAB DRUB CHIR
To fully accomplish the purpose of myself and others,

JYANG CHUB CHOG GI SEM NI KYED PAR GYI
I generate the Supreme Bodhicitta.

JYANG CHUB CHOG GI SEM NI KYED GYED NE
By the generation of the Supreme Bodhicitta,

SEM CHEN THAM CHED DAG GI DRON DU NYER
I hold all sentient beings as my guests.

JYANG CHUB CHOD CHOG YID 'ONG CHED PAR GYI DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG
To maintain the supreme discipline to attain Enlightenment. May I accomplish Buddhahood for the benefit of sentient beings.

SEVEN-LINE PRAYER TO GURU RINPOCHE

HUNG ORGYEN YUL GYI NUP CHANG TSAM
Hung In the North-West country of Uddiyana.

PEMA KESAR DONGPO LA
Born in the heart of a lotus

YATSEN CHOG GI NGO DRUP NYE
Endowed with the most marvelous spiritual attainments.

PEMA JUNGNE SHYE SU DRAK
You are renowned as the Lotus Born.

KHOR DU KHANDRO MANGPO KOR
Surrounded by a retinue of Dakinis.

KHYE KYI JE SU DAK DRUP KYI
Following in your footsteps,

CHIN GYI LAP CHIR SHEK SU SOL
I pray to you: Please come forth and grant your blessings!

GURU PEMA SIDDHI HUNG
[recite 3 times]

VAJRA GURU MANTRA

OM AH HUNG BENZA GURU PEMA SIDDHI HUNG *[recite 108 times]*

GURU DRAGPO PRACTICE TO EXTINGUISH ALL DISEASES AND THEIR CAUSES

THE PRAYER TO GURU RINPOCHE FOR REMOVING OBSTACLES & FULFILLING WISHES

DU SUM SANGYE GURU RINPOCHE

NGO DRUB KUN DAG DE WA CHEN POI ZHAB

Precious Teacher, the embodiment of all Buddhas of the Three Times, to your lotus feet of great bliss, possessor of all spiritual attainment

BAR CHED KUN SEL DUD DUL DRAG PO TSAL
Clarifier of all obstacles, Duddul Dragpo Tsal,

SOL WA DEB SO JYIN GYI LAB TU SOL
I pray that you will grant me your blessings.

CHI NANG SANG WAI BAR CHED ZHI WA DANG

SAM PA LHUN GYI DRUB PAR JYIN GYI LOB

Pacify all outer, inner and secret obstacles, and grant blessings that all my wishes may be spontaneously accomplished.

[recite 3 times]

GURU DRAGPO MANTRA

OM PED MA SHA WA RI PHAT NAN PAR SHIG NA GA NAN TE YA THA SAR WA WI RI TA
HA NA HA NA BEN ZER NA RAK CHA RAK CHA SWA HA *[recite the mantra as much as possible]*

GE WA DI YI NYUR DU DAG
By this merit may I swiftly,
DRO WA CHIG KYANG MA LU PA
And may all beings without exception,
SOL WA DEB SO JYIN GYI LAB TU SOL
I pray that you will grant me your blessings

GURU DRAG PO DRUB GYUR NEI
Accomplish Guru Dragpo,
DI YI SA LA GOD PAR SHOG
Achieve that very state.
SAM PA LHUN GYI DRUB PAR JYIN GYI LO
and that all my wishes may be spontaneously accomplished.

GE WA MA GEN DRO DRUG KUN LA NGO
I dedicate all merit to motherly sentient beings of the six realms. [recite 3 times]

LHAMO LOMAGYONMA PRACTICE TO EXTINGUISH ALL EPIDEMICS AND THEIR CAUSES

REFUGE AND BODHICITTA

NAMO KON CHOG SUM DANG TSA WA SUM
Namo, to the Three Jewels and Three Roots,
DRO WAI RIM NE GYUN CHOD CHIR
To prevent all epidemics that torture the beings,
KYAB NE NAM LA KYAB SU CHI
And to all the objects of refuge, I take refuge.
JANG CHUB CHOG TU SEM KYED DO
I generate the mind of enlightenment [recite 3 times]

LHAMO LOMAGYONMA MANTRA

OM PISHATSI PARNA SHAVARI SARVA ZVARA PRASHA MANI SVAHA [recite the mantra as much as possible]

GE WA DI YI NYUR DU DAG
By this merit may I swiftly
DRO WA CHIG KYANG MA LU PA
And may all beings without exception,
SOL WA DEB SO JYIN GYI LAB TU SOL
I pray that you will grant me your blessings
LO MA GYON MA DRUB GYUR NEI
Accomplish Goddess Parnashavari,
DI YI SA LA GOD PAR SHOG
Achieve that very state
SAM PA LHUN GYI DRUB PAR JYIN GYI LO
and that all my wishes may be spontaneously accomplished.

GE WA MA GEN DRO DRUG KUN LA NGO
I dedicate all merit to motherly sentient beings of the six realms. [recite 3 times]

MEDICINE BUDDHA PRACTICE TO EXTINGUISH ALL ILLNESS AND THEIR CAUSES

OM PAL CHEN SANGYE MENLA ZHAB LA CHAK TSAL LO
OM I offer homage at the feet of the great glorious Medicine Buddha
CHÖ DO KYAB SU CHI-O
I take refuge in you

MEDICINE BUDDHA MANTRA

TAD-YA THA OM BHE-KHA DZE-YA BHE-KHA DZE-YA MA-HA BHE-KHA DZE-YA
RA-DZA SA-MUD-GATE SWA-HA [recite the mantra as much as possible]

GE WA DI YI NYUR DU DAG
By this merit may I swiftly,
DRO WA CHIG KYANG MA LU PA
And may all beings without exception,
SOL WA DEB SO JYIN GYI LAB TU SOL
I pray that you will grant me your blessings
SANGYE MENLA DRUB GYUR NEI
Accomplish Medicine Buddha,
DI YI SA LA GOD PAR SHOG
Achieve that very state.
SAM PA LHUN GYI DRUB PAR JYIN GYI LO
and that all my wishes may be spontaneously accomplished.

GE WA MA GEN DRO DRUG KUN LA NGO
I dedicate all merit to motherly sentient beings of the six realms. [recite 3 times]

AVALOKITESHVARA MANTRA FOR THE PROTECTION OF SENTIENT BEINGS FROM ALL HARM

OM CHANGCHUB SEMPA SEMPA CHENPO PHAGPA CHENRESIG WANGCHUK LA CHAK TSAL LO
CHÖ DO KYAB SU CHI-O

OM Prostrations to the Bodhisattva Mahasattva Avalokitesvara. I take refuge in you

AVALOKITESHVARA MANTRA

OM MANI PEME HUNG [recite 108 times]

GE WA MA GEN DRO DRUG KUN LA NGO

I dedicate all merit to motherly sentient beings of the six realms. [recite 3 times]

DEDICATION OF MERIT PRAYER

SONAM DI YI THAMCHE ZIK PA NYI

By this merit, through the nature of complete omniscience,

TOP NE NYE PE DRA NAM PAM JE SHING

and the total defeat of all negative forces,

KYE GA NA CHI BA LONG TRUKPA YI

from the turbulent waves of birth, old age, sickness, death,

SI PE TSO LE DROWA DROLWAR SHOK

this ocean of existence, may all beings be set free!

RIN CHEN GE TSOG DI YI DRO WA KUN

Through this accumulation of priceless merit dedicated to all beings,

TAG TU DAM PA'I CHO DANG MI DRAL SHING

may they never be separated from the precious Dharma.

RANG SHEN DON NYI DZOG PA THAR CHIN NEI

By myself and others perfectly realizing the two purposes,

CHO NGA DROG WI JIG TEN DZEI PAR SHOG

may the melodious beat of the Dharma drum beautify this world.

SANGYE TEN PA DAR SHING GYEI PAR SHOG

May the propagation of the Buddha's doctrine be ever increasing.

SEM CHEN THAM CHED DE SHING KYID PAR SHOG

May all sentient beings be blissful and happy.

NYIN DANG TSEN DU CHO LA CHOD PAR SHOG

May they practice the Dharma through the day and night.

RANG SHEN DON NYI LHUN GYI DRUB PAR SHOG

May the two purposes of self and others, be spontaneously accomplished.

KYE WA KUN TU YANG DAG LAMA DANG

In all lifetimes, may I never be separated from the perfectly pure Guru.

DRAL MED CHO KYI PAL LA LONG CHOD CHING

Utilizing the glorious Dharma to its utmost

SA DANG LAM GYI YON TEN RAB DZOG NE

and by excellently perfecting all pure qualities on the stages and paths

DORJE CHANG GI GO PHANG NYUR THOB SHOG

May I swiftly achieve the state of Vajradharahood!

100 SYLLABLE MANTRA

OM BENZAR SATO SAMAYA MA NU PA LA YA BENZAR SATO TE NO PA

TISHTRA DRI DO ME BHA WA SUTO KHAYO ME BHA WA SUPOKHAYO ME BHA WA

ANU RAKTO ME BHA WA SARWA SIDDHIM ME PRA YATYSA SARWA KARMA SU TSA ME

TZIT TAM SHRI YAM KU RU HUNG HA HA HA HA HO BHA GA WAN SARWA TA THA GA TA

BENZAR MA ME MUN TSA BENZI BHA WA MA HA SA MA YA SATO AH [recite 3 times]