
Refuge and Bodhicitta

LAMA LA CHAP SU CHIO

In the Lama I take refuge.

SANGYE LA CHAP SU CHIO

In the Buddha I take refuge.

CHO LA CHAP SU CHIO

In the dharma I take refuge.

GENDUN LA CHAP SU CHIO

In the sangha I take refuge.

To the Buddha, the dharma, and the supreme assembly

I go for refuge until enlightenment is reached.

By the merit of generosity and the other paramitas,

May I attain buddhahood for the benefit of all sentient beings.

May all beings have happiness and the causes of happiness,

Be free from suffering and sorrow and the causes of suffering and sorrow.

May they never be separate from the great happiness devoid of suffering and sorrow.

May they live in the great equanimity free from passion, aggression, partiality and duality.

Peace is the Essence of Happiness

Peace is the essence of happiness,

And that essence is the true nature of all beings.

May the absolute truth, the dharma,

Radiate the blessings of peace to this universe

And in the ten directions throughout all time.

May all beings be free from ignorance, passion, and anger.

May all beings live in the limitless light of loving kindness

compassion joy, and universal oneness.

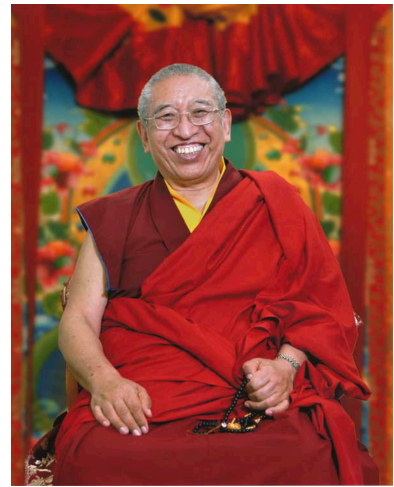
May all beings receive the blessings of the buddha, the teacher of gods and humans.

May all beings receive the blessings of the dharma, the universal truth.

May all beings receive the blessings of the sangha, the perfect spiritual companions.

Aspiration Prayer Concerning Global Warming Venerable Thrangu Rinpoche

May the blessings of the exalted sources of refuge,
The Buddha, his teachings and community: the Three
Precious Jewels,
And the spiritual teacher, meditational deities and protectors
of the Buddhist teachings: the Three Roots,
Fully pacify the terrors of illness, famine and war,
Along with chaotic disturbances of the four elements—
The imminent and terrifying danger that the whole world will
become a great wasteland,
As temperature imbalance causes the solid glaciers of snow
mountain massifs to melt and contract,
Afflicting rivers and lakes, so that primeval forests and beautiful trees near their deaths!



May the sublime endowments of good fortune and spiritual and temporal
well-being flourish,
And may all beings nurture one another lovingly and kindly,
So that their joy may fully blossom!

May all their aims be fulfilled, in accordance with the sacred teachings!

The Verses that Saved Sakya from Sickness: A Prayer for Pacifying the Fear of Disease by Thangtong Gyalpo

May all the diseases that disturb the minds of sentient
beings,
And which result from karma and temporary conditions,
Such as the harms of spirits, illness, and the elements,
Never occur throughout the realms of this world.

May whatever sufferings arise due to life-threatening
diseases,
Which, like a butcher leading an animal to the slaughter,
Separate the body from the mind in a mere instant,
Never occur throughout the realms of this world.



Thangtong Gyalpo

May all embodied beings remain unharmed
By acute, chronic and infectious diseases,
The mere names of which can inspire the same terror
As would be felt in the jaws of Yama, Lord of Death.

May the 80,000 classes of harmful obstructors,
The 360 evil spirits that harm without warning,
The 404 types of disease, and so forth
Never cause harm to any embodied being!

May whatever sufferings arise due to disturbances in 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.

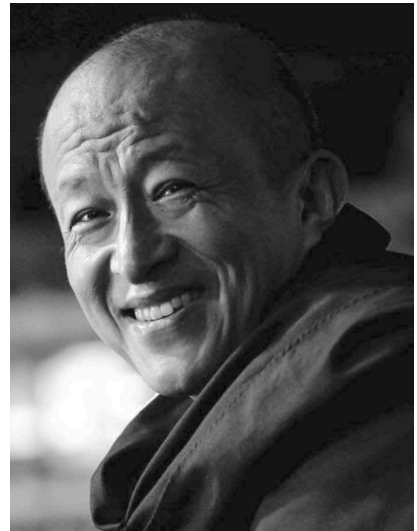
By the compassion of the gurus and the Three Jewels,
The power of the ḍākinīs, Dharma protectors and guardians,
And by the strength of the infallibility of karma and its results,
May these many dedications and prayers be fulfilled as soon as they are made.

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 Maṇi 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.’



During the Pandemic Dzongsar Jamyang Khyentse Rinpoche's Prayer

Master Shakyamuni, think of me!
Lord Khasarpani, think of me!
Only father Oddiyana Padma, think of me!
Only mother Tara, think of me!
Glorious sister Kali Devi, think of me!
Pay heed to this person's prayers and desperate plea!
Purify the effects of negative actions,
Remove obstacles and adverse circumstances,
Free us from the grasp of malicious spirits,
Pacify the sufferings of plague,
Destroy the root of destructive epidemics,
Pacify wars and disputes.
If I don't pray to you, to whom should I pray!
If you don't care for us with compassion, who will care for us!
If you don't protect us with your power, who will protect us!
Bless us!
Bless us right now!
Bless us this very day!
Bless us this very moment!
Bless all beings that they encounter the Three Supreme Jewels,
Bless all beings that they have faith in the Three Supreme Jewels,
Bless all beings that they develop conviction in cause and effect,
Bless all beings that compassion and bodhicitta arise within them,
Bless all beings that they understand the meaning of shunyata,
Bless all beings that they recognize their mind as Buddha.
May this person's aspiration be realized!
Buddhas and bodhisattvas: You have vowed to ensure that such selfless prayers and pleas will be answered and fully accomplished.



At a time, when the entire world and its inhabitants are plagued by endless suffering due to the pandemic disease which appeared at the end of the Female Earth Pig Year and the beginning of the Male Iron Mouse Year of the seventeenth sixty-year cycle, my dharma friend, Spiti Tulku, with intense yearning insisted that I write a supplication and aspiration prayer to the gurus and yidam deities. In response, Jamyang Thubten Chokyi Gyatso, commonly known as Dzongsar Khyentse Tulku, who has placed his trust in the Three Supreme Jewels throughout this life and in the bardo and future lives, fervently wrote this prayer on the 15th day of the 2nd month of the Iron Mouse year, in the presence of the Kutshab statue of the great Oddiyana Mahaguru and the image of Yishin Khorlo, the mother of all buddhas.

Dedication Prayer

By this merit may all attain omniscience.

May it defeat the enemy, wrong-doing.

From the stormy waves of birth, old age, sickness, and death.

From the ocean of samsara may I free all beings.

May all beings have happiness and the causes of happiness,

Be free from suffering and sorrow and the causes of suffering and sorrow.

May they never be separate from the great happiness devoid of suffering and sorrow.

May they live in the great equanimity free from passion, aggression, partiality and duality.

Medicine Buddha Meditation

Supplication to the Root Lama Above One's Head

PAL DEN TSA WAY LA MA RINPOCHE

Glorious and precious Root Guru

DAK GI CHI WOR PAY DAY DEN SHUK LA

Sitting on the lotus and moon seat on the crown
of my head.

KA DRIN CHEN PÖY GO NAY JAY ZUNG TAY

In your great kindness hold me.

KU SUNG TUK KYI NGÖ DRUP TSAL TU SÖL

And bestow the accomplishment of Body, Speech, and Mind.

KYE WA KÜN TU YANG DAK LA MA DANG

Through all my births, may I not be separated

DREL ME CHÖ KYI PAL LA LONG CHÖ CHING

From the perfect lama and so enjoy the glory of the dharma.

SA DANG LAM GYI YON TEN RAP DZOK NE

May I completely accomplish the quality of the paths and the stages

DOR JE CHANG GI CO P'HANGNYUR T'HOP SHOK

And quickly attain the state of Vajradhara.

CHOM DEN DAY DE SHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY

To you, Bhagavan, Tathagata, Arhat, perfect and fully

SANG GYE MEN GYI LA BE DUR YA Ö KYI GYEL PO LA CHAKTSEL LO

Awakened Medicine Buddha, king of lapis lazuli, I offer prostrations.



I and others, all sentient beings,
In order to pacify the suffering of illness
Arising from past karma and present conditions,
Take refuge in the Supreme Healer. (3x)

So that those tormented hosts of illness,
May in this life be freed from suffering
And finally arrive at buddhahood,
I arouse my heart toward supreme awakening. (3x)

All phenomena, included in perceiver and perceived,
Are purified within the primordial pure empty expanse.
From within emptiness instantaneously
I become the Healing Buddha.

From my pure body, speech, and mind light radiates out;
All the buddhas in the ten directions
Are transformed into the healing Buddha.
They dissolve indivisibly into me.

TAY YA TA OM BE KAN DZE BE KAN DZE MA HA BE KAN DZE RA DZA SA MUD GA TE
SO HA

TADYATHA OM BHAISHAJYE BHAISHAJYE MAHA BHAISHAJYE RAJA SUMADGATE
SVAHA

By this merit from myself and others,
Having accomplished the practice of the Healing Buddha,
May all sentient beings without one exception
Reach the level of the Supreme Healer.

As the sun dispels the darkness of ignorance,
As the moon quells the hot torment of mental affliction,
The Healing Buddha removes the illness of the three poisons.
May the goodness of Vaidhurya light be present.

Sarva Mangalam

Mind terma revealed by Khenpo Tsultrim Gyamtso Rinpoche at Karne Chöling, August 1996.

Dedication Prayer

Bhagavat, who is compassionate equally to all sentient beings,
The very hearing of whose name pacifies the three lower states,
Medicine Buddha, who eliminates the illnesses of the three poisons,
May there be the goodness of the Vaidurya Light.
May sentient beings, whatever illness they suffer,
Be liberated quickly from those illnesses.
May all the illnesses of beings without exception,
Forever not arise.

May medicines be effective,
And may the intentions of the recitations of the secret mantra
path be accomplished.
May demons, cannibal demons, malevolent beings, and so forth,
Attain compassionate mind.

DIK THUNG KÜN SHAK GE WA JANG CHUB NGO
I confess all wrongs and downfalls and dedicate all virtue to awakening.

NE DÖN DUK NGEL DREL WAY TA SHI SHOK
May there be auspiciousness of freedom from sickness, harmful spirits, and suffering.

A prayer to return back and dissolution:

JIK TEN PA NAM RANG NE BENZA MU
The worldly ones return to their own places. **BENZA MU**

YE SHE DAM TSHIK LHA NAM DAK LA THIM
The jnana and samaya sattvas dissolve into me,

KA DAK KÜN ZANG LONG DU E MA HO
Everything, (including myself), dissolves into the expanse of all
goodness, primordial purity. **E MA HO**