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

by Thangtong Gyalpo

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lé dang lobar 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,

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 tópé 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

lúchen 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,

shyi nga tsa shyi né lasokpa yi
The 424 types of disease, and so forth

lúchen 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 four 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 dekyl 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 dākiniṣ, Dharma protectors and guardians,
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.’