Prayer that Saved Sakya
The Verses that Saved Sakya from Sickness:
A Prayer for Pacifying the Fear of Disease
by Thangtong Gyalpo
МА НАМ КХА ДАНГ НЯМ ПЕ СЕМ ЧЕН ТАМ ЧЕЛ ЛАМА САНГ ГЬЕ РИНПОЧЕ ЛА КЬЯБ СУ Ч'ИО
My mothers, all sentient beings throughout space, go for refuge to the gurus, the precious buddhas.

SANG ГЬЕ Ч'О ДАНГ ГЕН ДУН НАМ ЛА КЬЯБ СУ Ч'ИО
We go for refuge to the Buddha, dharma and sangha.

LA МА І ЯМ ХАН ДРО ТСОК ЛА КЬЯБ СУ Ч'ИО
We go for refuge to the gurus, yidams, and dakinis.

RANG SEM ТОНГ САЛ Ч'О КЬЯ КУ ЛА КЬЯБ СУ Ч'ИО
We go for refuge to our own mind, the empty clear dharmakaya.

Recite the "all mothers throughout space" verse 3.7, or 21 times, as much as you can.

After repeating 108 times:

After repeating 108 times: 之后:
LÉ DANG LO BUR KYEN LÉ GYUR PA YI  
May all the diseases that disturb the minds of sentient beings,  
雷当楼步见雷局巴以  
今缘昔业生起之，

DÖN DANG NÉ DANG JUNG PÖ TSÉ WA SOK  
And which result from karma and temporary conditions,  
等当内当炯博翠瓦搜  
鬼魅部多病抚之，

SEM CHEN YI MI DÉ WÉ NÉ NAM KÜN  
Such as the harms of spirits, illness, and the elements,  
森见以来碟维内南滚  
一切惶惶众生疾，

JIK TEN KHAM SU JUNG WAR MA GYUR CHIK  
Never occur throughout the realms of this world.  
吉殿康苏炯瓦玛局吉  
祈愿不复现于世。

JI TAR SHÉ MÉ TRI PÉ SÉ JA SHYIN  
May whatever sufferings arise due to life-threatening diseases,  
吉大谢美持北岁恰欣  
如刽子手押死因，

KÉ CHIK CHIK LA LÙ SEM DRAL JÈ PÉ  
Which, like a butcher leading an animal to the slaughter,  
给吉吉拉鲁森昭且北  
一刹那身心异留，
SOK TROK NÉ KYI DUK NGAL JI NYÉ PA
Separate the body from the mind in a mere instant,
soufien deal to得很好涅巴
数数索命病痛已，

JIK TEN KHAM SU JUNG WAR MA GYUR CHIK
Never occur throughout the realms of this world.
吉殿康苏炯瓦玛局吉
祈愿不复现于世。

CHI DAK SHIN JÉ KHA NANG TSŪ·PA TAR
May all embodied beings remain unharmed,
气大欣杰卡囊粗巴大
如入阎罗口之境，

NÉ KYI MING TSAM TÒ PÉ TRAK JÉ PÉ
By acute, chronic and infectious diseases,
内吉明赞特北扎切北
种种闻名丧胆病，

NYIN CHIK PA DANG TAK PÉ RIM SOK KYI
The mere names of which can inspire the same terror
您吉巴当大北玲搜吉
一日瘟或常热瘟，

LÜ CHEN KÜN LA NŌ PAR MA GYUR CHIK
As would be felt in the jaws of Yama, Lord of Death.
鲁见滚拉呢巴玛局吉
莫要伤害众有情。
NÖ PÉ GEK RIK TONG TRAK GYE CHU DANG
May the 80,000 classes of harmful obstructors,
呢北給日东叉给句当
八万害人鬼魅灵，

LO BUR YÉ DROK SUM GYA DRUK CHU DANG
The 360 evil spirits that harm without warning,
楼步耶卓松佳初句当
三百六阴卓鬼冥，

SHYI GYA TSA SHYI NÉ LA SOK PA YI
The 440 types of disease, and so forth
洗佳杂西内拉搜巴以
四百四十等等病，

LÜ CHEN KÜN LA TSÉ WAR MA GYUR CHIK
Never cause harm to any embodied being!
鲁见滚拉翠瓦玛局吉
莫要伤害众有情。

LÜ SEM DÉ WA MA LÜ TROK JÉ PÉ
May whatever sufferings arise due to disturbances in the four elements,
鲁森碟哇玛录绰切北
各各令身心不舒，

JUNG SHYI TRUKP È DUK NGAL JI NYÉ PA
Depriving the body and mind of every pleasure,
炯西出北独璃其涅巴
四大不调诸苦除，
MA LÜ SHYI SHYING DANG TOB DEN PA DANG
Be totally pacified, and may the body and mind have radiance and power,
玛录洗行当豆殿巴当
身强体魄精气盛，

TSÉ RING NÉ MÉ DÉ KYI DEN PAR SHOK
And be endowed with long life, good health, and well-being.
翠令内美碟吉殿巴修
无病长寿享乐福。

LA MA KÖN CHOK SUM GYI TUK JÉ DANG
By the compassion of the gurus and the Three Jewels,
喇嘛根秋松吉土杰当
上师三宝大悲力，

KHAN DRO CHÖKYONG SUNG MÉ NÚ TU DANG
The power of the dākinīs, dharma protectors and guardians,
康卓确炯松美努土当
空行护法大雄力，

LÉ DRÉ LU WA MÉ PÉ DEN TOB KYI
And by the strength of the infallibility of karma and its results,
雷追录哇美北典豆吉
因果不虚真实力，

NGO WA MÖN LAM TAB TSÉ DRUB PAR SHOK
May these many dedications and prayers be fulfilled as soon as they are made.
诺哇门蓝大翠竹巴修
迴向祈愿尽成就。
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.’

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La ma rin po che la söl ba dep
I pray to the precious lama.

Dak dzin lo yi thong war jin gyi lop
Bless me that my mind cast off fixation on a self.

Gö mé gyu la kye war jin gyi lop
Bless me that renunciation arise in my mind.

Chö min nam tok gak par jin gyi lop
Bless me that I stop thoughts not in harmony with the Dharma.

Rang sem kye mé tok par jin gyi lop
Bless me that I realize my mind is unborn.

Trul pa rang sar zhi war jin gyi lop
Bless me that delusion subside into its ground.

Nang si chö kur tok par jin gyi lop.
Bless me to realize whatever appears as the dharmakaya.