The Prayer that Saved Sakya from Epidemics

By Tangtong Gyalpo

Lamas, tutelary deities, buddhas, and bodhisattvas, 
All objects of refuge in general, and especially the greatly compassionate 
Goddess dressed in leaves (Parṇaśabarī) and her encircling retinue, 
Protect all beings from illness, negativity, and misfortune!

May all the ailments which oppress the minds of beings, 
The attacks of diseases, negative forces, elemental spirits and the like, 
Arising from karma and immediate circumstances 
Never occur anywhere in the universe.

May all the painful sicknesses which snatch life away, 
Separating mind and body in a single instant 
Like an executioner dragging away his victim, 
Never occur anywhere in the universe.

May epidemics, temporary or chronic, 
The mere sound of whose name engenders fear 
Like falling into the jaws of Yama, lord of death, 
Never harm any being.

May the eighty-thousand types of harmful obstacles, 
The three-hundred-sixty sudden dangers from evil spirits, 
The four-hundred-four types of disease and other ills, 
Never strike any being.

May all sufferings due to disturbances of the four elements, 
Which plunder the well-being of body and mind be pacified; 
May we have radiance, strength, 
Health and happiness, and a long life free from sickness.

Through the compassion of the Teachers and Three Jewels, 
The ability and might of the dakinis and Dharma protectors, 
And the power of the unfailing law of cause and effect, 
May all our dedications and wishes be fulfilled.

When the great seat of the Sakyapas was assailed by a multitude of epidemics, the tantrikas and shamans tried all kinds of practices – ransom – rituals, torma-offerings, healing mantras and protection ceremonies – but nothing worked. Sakya was on the point of becoming completely depopulated. The great accomplished siddha Tangtong Gyalpo told the people to practice the refuge recitation which begins, ‘Our mothers, infinite as space...’, accumulate a large number of recitations of the mani, and conclude with this prayer. They did as he said, and as a result all the epidemics immediately disappeared. This prayer, whose vajra words emanate clouds of blessings, became famous as ‘The Prayer which Saved Sakya from Epidemics’. 
La ma yi dam sang gye chang sem sog
Kyab ne chi dang khye par thug je chen
Lo ma gyon ma’i lha tshog khor che kyi
Dro kun net don geg le sung du sol

Le tang lo bur kyen le gyur pa yi
Don tang net tang jung po’i tse wa sog
Sem chen yit mi de wa’i net nam kun
Jig ten kham su jung war ma gyur chig

Ji tar shet me trit pa’i sot cha shin
Ke chig tsam la lu sem dral chet pa’i
Sog throg net kyi dug ngal ji nyet pa
Jig ten kham su jung war ma gyur chig

Chi dag shin je’i kha nang chut pa tar
Net kyi ming tsam tho pe trag chet ching
Nyin chig pa tang tag pa’i rim sog kyi
Lu chen kun la not par ma gyur chig

Not pa’i geg rig tong thrag gyet chu tang
Lo bur ye trog sum gya trug chu tang
Shi gya tsa’i net la sog pa yi
Lu chen kun la tse war ma gyur chig

Lu sem de wa ma lu throg chet pa’i
Jung shi thrug pa’i dug ngal ji nyet pa
Ma lu shi shing tang top den pa tang
Tse ring net met de kyit den par shog

La ma kon chog sum kyi thug je tang
Khan dro cho kyong sung ma’i nu thu tang
Le dre lu wa met pa’i den tob kyi
Mon lam ji tar tap pa drub gyur chig