



Practices to Protect from COVID-19

*From recommendations by
Lama Zopa Rinpoche*

If you have the appropriate
initiation you can self-generate
during the mantra recitations.

The Method to Transform a Suffering Life into Happiness (Including Enlightenment)



Essence encompassing all the buddhas, originator of all the holy Dharma of scripture and realization, principal of all the aryas intending virtue: In the glorious holy gurus, I take refuge.

Please, gurus, bless my mind to become Dharma, Dharma to become the path, and the path to be without obstacles.

Until I achieve buddhahood, please bless me to be like Youthful Norsang and Bodhisattva Always Crying, by correctly following the virtuous friend with pure thought and action, seeing whatever is done as pure, and accomplishing whatever is said and advised.

Please bless me to see that this greatly meaningful body with freedoms and riches is difficult to find and easily perishes, that action and result are so profound, and that the sufferings of the evil-gone transmigratory beings are so difficult to bear.

Therefore, please bless me to take refuge from the depths of my heart in the Three Rare Sublime Ones, to abandon negative karma, and to accomplish virtue according to Dharma.

In dependence upon that, even if I achieve the mere higher rebirth of a deva or human, I will still have to experience suffering endlessly in samsara because of not having abandoned, and being under the control of, the disturbing thought obscurations.

Therefore, please bless me to reflect well upon the way of circling in samsara and to continuously follow, day and night, the path of the three types of precious trainings – the principal method for becoming free from samsara.

In dependence upon that, even if I achieve mere liberation, since there is no sentient being of the six types who has not been my father and mother, please bless me to think, “I must fulfill their purpose,” and turn away from the lower happiness of nirvana.

Then, please bless me to generate precious bodhicitta By equalizing and exchanging myself with others, and to follow the conduct of the conquerors’ sons, the six paramitas and so forth.

Having trained my mind in the common path in that way, I will not be upset even if I have to experience the sufferings of samsara for a long time. However, please bless me to look at sentient beings with extraordinary unbearable compassion, and to enter the quick path of the Vajrayana teachings.

Then, please bless me to protect my vows and samayas more than my life, and to quickly accomplish the unified Vajradhara state in one brief lifetime of this degenerate time.

May I not give rise to heresy for even a second in regard to the actions of the glorious Guru. May I see whatever actions are done as pure. With this devotion, may I receive the Guru's blessings in my heart.

Magnificent and precious root Guru, please abide on the lotus seat at my heart, guide me with your great kindness, and grant me the realizations of your holy body, speech, and mind.

Determined to obtain the greatest possible benefit from all sentient beings, who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all times.

May I become like a wish-granting jewel fulfilling all the wishes, and like a wish-granting tree, fulfilling all the hopes of transmigratory beings.

For the sake of accomplishing the two purposes of all sentient beings, without any sense of loss or concern I give away my body and likewise my enjoyments, such as food and clothing, and even all my virtues accumulated over the three times.

By abandoning attachment and giving everything away, I will pass beyond sorrow, and my mind will achieve the non-abiding sorrowless state, the state of omniscience. Since I will have to give up everything all at once when I die, it's best for me to give it away to sentient beings, because buddhahood is attained in that way.

As I have already given this body, an impure aggregate, to all beings to use for their pleasure, even if they always kill me, criticize me, beat me, and so forth, I will let them do whatever they like.

From now on, whether they play games with my body or make it an object of laughter by ridiculing and making fun of it to hurt me, since I have already given this body of mine to sentient beings, why would I resist by protecting it and so forth?

I will also use it to do any virtuous action that doesn't harm and benefits others.

Whenever any sentient being encounters me, may it never be meaningless for them and always be meaningful.

Whenever someone has an angry or devotional thought arise, just by looking at me, may that attitude alone become a cause that always accomplishes all the temporary and ultimate purposes of that being.

Whenever others criticize me with their speech, harm me with their bodies, or likewise insult me behind my back, may all of them have the fortune to achieve great enlightenment.

May I be a saviour for those who lack a saviour, a guide for all the beings who enter a road, a boat, a ship, and a bridge for those who want to cross the water.

May I be an island for those who seek the safe shore of an island, a light for those who want a light, bedding for those who wish for bedding, and for all beings who desire a servant, may I become a servant of them all.

May I be a wish-granting jewel and a wish-fulfilling vase giving rise to whatever is desired, such as food and clothing; powerful mantra accomplishing the actions of pacification, increase, and so forth; great medicine curing every sickness; a wish-fulfilling tree satisfying every need; and a wish-granting cow for all beings.

Like the four great elements, the earth and so forth, and like the sky, may I always be a means of living in every way for the innumerable sentient beings.

Likewise, may I be a means of living, at all times and in all ways, for the realms of sentient beings equalling the extent of space, until they all attain the sorrowless state.

As long as space remains, as long as transmigratory beings remain, until then may I too remain, to dispel the suffering of transmigratory beings.







Vajra Armor Vajrapani

- The very ferocious dark blue Vajrapani, holding a vajra and a snake lasso, his holy body is complete with glorious ornaments of the charnel grounds, and he is standing with his two feet stretched out on a lotus and a sun.



Vajra Armor Vajrapani

- Abiding amidst a blazing transcendental wisdom fire, from his holy body, fire garudas, iron scorpions, black pigs, wind, fire, and the noxious vapours of poison are emitted like violent winds and hailstorms, destroying all disease, epidemics, spirit harms, and interferers.



Vajra Armor Mantra

HŪṂ VAJRA PHAṬ* /
OM PADMA ŚHAVARI PHAṬ
NĀN PAR SHIG / NĀGA NAN
TADYATHĀ / SARVA VIRITA
HANA HANA / VAJRENA
RAKṢHA RAKṢHA SVĀHĀ

After you finish reciting the mantra, hold your hand in front of your mouth and blow the air up, so it goes into your nostrils.



Black Manjushri

- From within the sphere of bliss and emptiness arises Black Manjushri, the colour of deep space, in a wisdom-fire at the end of this world eon. With a wrathful face, three eyes, and two hands holding a scripture and a sword, he is adorned with precious bone ornaments, his three places are marked with the three syllables.



Black Manjushri

From the mantra rosary at his heart, flames of clear light emanate, pervading both the inside and outside of your body.

All negative karmas, obscurations, sicknesses, spirits, and dangers are purified. Black magic, curses, and so forth are burned away.



Black Manjushri Mantra

OM TRA SÖ / CHHU SÖ
DUR TA SÖ / DUR MI SÖ
NYING GO LA CHHÖ
KHA LA JAḤ
KAḤ ŚHAḤ TRAḤ
BÄ PHAṬ SVĀHĀ

Dedication for the Mantra Recitations

Due to all the merits of the three times collected by me, the numberless buddhas, and the numberless sentient beings, may all wars, sickness, famine, torture, poverty, and economic problems in the world, and all dangers of earth, water, fire, and wind, be pacified immediately, and may perfect peace and happiness prevail in everyone's hearts and lives. May the Buddhadharma last for a long time, and may the sentient beings in this world meet the Buddhadharma and achieve enlightenment as quickly as possible.

Due to all the past, present, and future merits collected by me and all the merits of the three times collected by the numberless buddhas and numberless sentient beings, which are completely empty of existing from their own side, may I, who am completely empty of existing from my own side, achieve the state of full enlightenment, which is completely empty of existing from its own side, and lead all sentient beings, who are completely empty of existing from their own side, to that state, which is completely empty of existing from its own side, by myself alone, who is completely empty of existing from my own side.



The Prayer Liberating Sakya from Disease

- The previous mantras are to protect yourself and others, but this prayer is to heal the disease in other countries and for it not to spread in Australia. It is to protect the country. Anyone in the world can recite this prayer. It comes from the great yogi Thangtong Gyalpo (1385–1464) and is for healing from disease.



Once an epidemic was spreading from one person to another at the great monastery of the *Glorious Sakya Tradition*. Whatever the mantric masters tried – effigies, torma, medicines, mantras, protection-amulets – had no effect, and the monastery was in danger of annihilation. At that time, the master Mahasiddha Thangtong Gyälpo performed the *Space Refuge*, recited a number



of Manis, and proclaimed this prayer called *Attainment*, during which the entire epidemic immediately ceased in dependence upon its performance.

It became renowned as the vajra speech radiating masses of clouds of blessing entitled *The Prayer Liberating Sakya from Disease*.



Thangtong Gyalpo's Prayer

All sentient beings, equal to space, go for refuge to the precious guru-buddha.

We go for refuge to the Buddha, the Dharma, and the Sangha.

We go for refuge to the assembly of gurus, meditational deities, and dakinis.

We go for refuge to the empty clarity of our own minds, the dharmakaya.

(recite many times... then continue on next page)



Thangtong Gyalpo's Prayer

OM MANI PÄDME HUM

(recite hundreds of times while gazing at the image)

Light and nectar streams from the long-life nectar vase Thangtong Gyalpo is holding, an ocean of blissful long-life wisdom nectar flowing through you and all sentient beings (just like the sparkling wisdom-nectar ocean in the background).

Dedication for Refuge Verses and Mantra

May all the diseases that sadden the minds of sentient beings that result from karma and temporary conditions, such as the harms of spirits, illnesses, and the elements, not occur in the realms of the world.

May whatever sufferings there are from life-threatening diseases that, like a butcher leading a being to be slaughtered, separate the body from the mind in a mere instant, not occur in the realms of the world.

May all embodied beings be unharmed by acute, chronic, and other infectious diseases, the mere sound of whose names terrifies beings, as though they had been placed inside the mouth of Yama, the Lord of Death.

May all embodied beings be unharmed by the 80,000 classes of harmful interferers, the 360 evil spirits that harm suddenly, the 424 diseases, and so forth.

May whatever sufferings there are due to disturbances of 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 Triple Gem, by the power of the dakinis, 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.



Dedication Prayers

May the precious supreme bodhicitta
Not yet born arise and grow.
May that which has arisen not decline,
But increase more and more.

Due to this virtue, may I quickly
Become a Guru-Buddha,
And lead all transmigratory beings,
Without exception, to that state.



Long Life Prayer for HH the Dalai Lama

The wish-granting wish-fulfilling jewel, source of every single benefit and happiness in this world, to the incomparably kind Tenzin Gyatso, I beseech: May all your holy wishes be spontaneously fulfilled.



Long Life Prayer for Lama Zopa Rinpoche

You who uphold the Subduer's moral way, who serve as the bountiful bearer-of-all, sustaining, preserving, and spreading Manjunath's victorious doctrine; who masterfully accomplish magnificent prayers honouring the Three Jewels: Savior of myself and others, your disciples; please, please live long!



Long Life Prayer for all Gurus

May my venerable Lama's life be firm, (their) white divine actions spread in ten directions, may the torch of the teachings of Losang always remain, dispelling the darkness of all beings in the three realms.