

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.

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, the Lord of Death.

May the eighty-thousand classes of harmful obstructors,
The three-hundred and sixty evil spirits that harm without warning,
The four-hundred and twenty-four 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.