

## (V) The Prayer Liberating Sakya from Disease

### *The Vajra Speech of the Mahasiddha Thang Tong Gyälpo*

#### Motivation

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 these verses as many times as you are able.*

#### Mantra Recitation

OM MANI PÄDME HUM

*Recite this mantra hundreds of times, as many as you are able.*

#### The Actual Prayer

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.

*Colophon:*

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, tormas medicines, mantras, protection-amulets, and so forth – had no effect, and the monastery was in danger of annihilation. At that time, the master Mahasiddha (Thang Tong 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. Thereby, it became renowned as the vajra speech radiating masses of clouds of blessing entitled, 'The Prayer Liberating Sakya from Disease.'

Translated and edited by Bhikshu Thubten Tsültrim (George Churinoff).

## *Sarvamangalam*



### (III) A Short Practice of Black Manjushri



*First visualize Guru Shakyamuni Buddha in front of you.*

#### Refuge and Bodhichitta

I go for refuge until I am enlightened  
To the Buddha, the Dharma and the Supreme Assembly.  
By my merit from giving and other perfections  
May I become a buddha in order to benefit all sentient beings. (3x)

Sang gyä chö dang tshog kyi chog nam la  
Jang chhub bar du dak ni kyab su chhi  
Dag gi jin sog gyi päi sö nam kyi  
Dro la phän chhir sang gyä drub par shog (3x)

#### Visualization

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

I and all phenomena become empty.

*If you have received the Black Manjushri initiation, generate as follows:  
(If you have not received the initiation visualize Black Manjushri above  
the crown of your head.)*

While in the state of emptiness, the syllable BAM appears and transforms into a lotus. On this appears an AH, which transforms into a moon disc. Above that appears RAM, which transforms into a sun disc

mandala. Above that my own consciousness appears as a very magnificent black HUM. From that, I appear as the extremely wrathful Black Manjushri.

Black Manjushri is extremely wrathful with one face and two arms. The right hand holds a flaming wisdom sword raised up into the sky that eradicates all interferers. The left hand holds a Prajna Paramita text at the heart. Half the hair is bound at the crown of the head, the other half falls loosely in single strands to cover the upper part of the holy body.

His large belly hangs down and he wears a tiger-skin lower garment. He has a crown of five skeleton heads and a garland of fifty freshly slaughtered heads hanging from his neck. His three eyes are red and round and in the nature of YAM, RAM, and BAM. With his right leg drawn in and his left stretched out straight, he stands at the very center of a mass of intensely blazing flames.

Abiding on the crown of his head is my root guru in the aspect of Amoghasiddhi who appears in the form of the lord of the family. At his heart is a sun disc on which stands a black HUM at the center surrounded clockwise by the mantra:

OM TRA SÖ CHU SÖ TUR TA SÖ TUR MI SÖ NYING  
GO LA CHÖ KHA LA JAH KAM SHAM TRAM BÄ PHAT  
SVAHA (21x, 108x, or more)

*As you recite the mantra many times, visualize that nectar beams radiate from Black Manjushri's heart, purifying you.*

*First, the nectar rays flow down pushing all the disease, spirit harms, true sufferings and the causes of true sufferings, all the disturbing thoughts and the three poisonous minds, all the obstacles to having the fully knowing mind out through one's lower doors and pores. You can visualize all sickness coming out of the body in the form of pus and blood, the cancer as nagas and beings that cause harm as spiders, snakes, and scorpions. Visualize all obstacles exiting the body in the form of dirty liquid, smoke, and fog.*

*Then below you the earth cracks open and nine stories down is Yama, the Lord of Death. All those things that have been washed out of the body collect, transform into nectar, and enter Yama's mouth, completely*

*satisfying him. At the end, his mouth closes and is sealed with a golden double vajra; thus, it is impossible for those things to come back again. Then the earth closes.*

*Second, purify by again reciting the mantra. Nectar rays are emitted suddenly and very strongly from Black Manjushri's heart. In that very second, no sickness and so forth exists, just as darkness disappears when a light is turned on. Feel that your body becomes very clear and calm like crystal. Completely believe that you are free of all suffering and the causes of suffering, all disturbing thoughts, all the actions done with the three poisonous minds that cause illness, and so forth.*

## Dedication

*Finally dedicate with strong bodhichitta. Bodhichitta is the ultimate good heart, cherishing all sentient beings as yourself – even more than your own life – wishing to free them from all suffering, from all that is undesirable and wishing to lead them to the most desirable, peerless happiness, full enlightenment. Without bodhichitta you cannot benefit others extensively and even the works done for yourself cannot be completely successful.*

Due to all these merits created by me and all sentient beings, may any being, just by seeing, hearing, touching, remembering, or talking about me, receive all happiness, and may all their suffering be pacified.

Due to all these merits, may I receive Manjushri and lead all sentient beings to enlightenment as quickly as possible.



## Benefits of This Practice

The practice of Black Manjushri cuts off black magic, spirit harms such as be de bö tong, all contagious diseases, the evil-side maras who interfere with one's Dharma practice and general success, the bad interferers (called kag) who obstruct the attainment of a certain age of life, and all types of interferers.

*The Protection Wheel of Vajra Armor*  
*Herein is the Protection Wheel of Vajra*  
*Armor meditate on and recite on:*

**Oneself arises as dark blue Vajrapani, very ferocious, holding a vajra and snake lasso in his hands.**

**His holy body is adorned with complete a re and ornaments of the charnel grounds. With his holy feet spread widely on a lotus and sun disc, he stands amidst a blazing transcendental wisdom fire. From his holy body emanates fire garudas, iron scorpions, black pigs, wind, and fire, with hurricane force winds like a violent hailstorm destroying all disease, epidemics, spirit harms and hindrances.**

**HUM VAJRA PHAT!**

**OM PÄDMA SHAWA RI PHAT / NÄN PAR SHIG /  
NAGA NÄN/ TAD YA THA / SARVA BI RI TA /  
HANA HANA / VAJRE NA RAKSHA RAKSHA  
SVAHA**

Recite this as many times as possible. At the end of the recitation, [blow over] water to bless it and drink. [You can also recite the mantra and blow on cream or butter, then apply it to infected areas on the skin.]