The Verses that Saved Sakya from Sickness: A Prayer for Pacifying the Fear of Disease

by Thangtong Gyalpo

lé dang lobur kyen lé gyurpa yi
May all the diseases that disturb the minds of sentient beings,

dön dang né dang jungpö tsewa sok
And which result from karma and temporary conditions,

semchen yi midewé né nam kün
Such as the harms of spirits, illness, and the elements,

jikten kham su jungwar magyur chik
Never occur throughout the realms of this world.

jitar shemé tripé seja shyin
May whatever sufferings arise due to life-threatening diseases,

kechik chik la lü sem dral jepé
Which, like a butcher leading an animal to the slaughter,

sok trok né kyi dukngal jinyé pa
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, Lord of Death.

May the 80,000 classes of harmful obstructors,

The 360 evil spirits that harm without warning,

The 424 types of disease, and so forth

Never cause harm to any embodied being!
May whatever sufferings arise due to disturbances in the four elements,

འབྒྱུང་བཞི་འཁ ྲུགས་པའི་ས ྲུག་བསྔལ་ཇི་ས ྗེད་པ།

Depriving the body and mind of every pleasure,

མ་ལྲུས་ཞི་ཞིང་མདངས་སྼབས་ལ་ན་པ་དང་།

Be totally pacified, and may the body and mind have radiance and power,

tserging nemé dekyi denpar shok
And be endowed with long life, good health, and well-being.

lama kŏnchok sum gyi tukjé dang
By the compassion of the gurus and the Three Jewels,

khandro chökyong sungmé nūtu dang
The power of the dākinīs, Dharma protectors and guardians,

lé dré luwa mepé den tob kyi
And by the strength of the infallibility of karma and its results,

ngowa mönlam tab tse drubpar shok
May these many dedications and prayers be fulfilled as soon as they are made.

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 Mani 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.’