

Concise Chenrezig prayers,
together with Thangtong Gyalpo's Prayer to Avert Sickness

Refuge and Bodhicitta (repeat 3 times)

SANG GYAY CHHÖ DANG TSOG KYI CHHOG NAM LA JANG CHHUB BAR DU DAG NI KYAB SU CHHI
The Buddha, dharma, and the excellent assembly of sangha – until I attain enlightenment, in these I take refuge.

DAG GIY JIN SOG GYIY PAI SOD NAM KYIY DRO LA P'HAN KHYIR SANG GYAY DRUB PAR SHOG
By my practice of the six perfection, may all sentient beings attain the state of Buddhahood.

JOWO KYÖN GYI MA GÖ KU DOK KAR DZOK SANG GYE KYI U LA GYEN
Noble One, free of any stain, with a body white in color, and the perfect Buddha adorning your head,

TUK JEI CHEN GYI DRO LA ZIG CHENREZIG LA SOL WA DEB
you look upon all beings with eyes of compassion. I supplicate you, O Chenrezig.

CHAK TONG KOR LÖ GYUR WAI GYAL PO TONG CHEN TONG KAL PA ZANG POI SANG GYE TONG
I prostrate in front of the venerable Chenrezig whose thousand eyes are the thousand Buddhas of the Virtuous Eons,

GANG LA GANG DÜL DE LA DER TÖN PAI TSÜN PA CHEN RE ZIG LA SOL WA DEB
whose thousand arms are the thousand Great Kings, Holders of the Wheel, you who shows the appropriate means to tame each and every being -- I supplicate you.

OM MANI PADME HUNG HRI (repeat many times)

Dedication

GE WA DI YIY NYUR DU DAG CHAN RAY ZIG WANG DRUB GYUR NAY
Through this virtue may I swiftly accomplish the powerful Chenrezig,

DRO WA CHIG KYANG MA LÜ PA DE YI SA LA GOD PAR SHOG
and may all beings, without a single exception, be brought to this same state.



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

by Thangtong Gyalpo

LE DANG LO BUR KYEN LE GYUR PA YI DON DANG NAD DANG JUNG POI TSE WA SOG

May all the diseases that disturb the minds of sentient beings and which result from karma and temporary conditions

SEM CHAN YID MI DE WAI NAD NAM KUN JIG TEN KHAM SU JUNG WAR MA GYUR CHIG

Such as the harms of spirits, illness and the elements, never occur throughout the realms of this world.

JI TAR SHED MAY T'HRID PAI SAD JA ZHIN KAD CHIG CHIG LA LÜ SEM DRAL JAD PAI

May whatever sufferings arise due to life-threatening diseases, which, like a butcher leading an animal to the slaughter,

SROG T'HROG NAD KYI DUG NGAL JI NYED PA JIG TEN KHAM SU JUNG WAR MA GYUR CHIG

separate the body from the mind in a mere instant, never occur throughout the realms of this world.

CHHI DAG SHEN JEI KHA NANG TSUD PA TAR NAD KYI MING TZAM T'HÖ PAY TRAG JAD PAI

May all embodied beings remain unharmed by acute, chronic and infectious diseases,

NYIN CHIG PA DANG TAG PAI RIM SOG KYIY LÜ CHAN KUN LA NOD PAR MA GYUR CHIG

the mere names of which can inspire the same terror as would be felt in the jaws of Yana, lord of death.

NOD PAI GEG RIG TONG T'HRAK GYAD CHU DANG LO BUR YE DROG SUM GYA DRUG CHU DANG

May the 80,000 classes of harmful obstructors, the 360 evil spirits that harm without warning,

ZHI GYA TZA ZHI'I NAD LA SOG PA YIY LÜ CHAN KUN LA TSE WAR MA GYUR CHIG

the 424 types of disease, and so forth, never cause harm to any embodied being!

LÜ SEM DE WA MA LÜ T'HROG JAD PAI JUNG ZHI T'HRUG PAI DUG NGAL JI NYED PA

May whatever sufferings arise due to disturbances in the four elements, depriving the body and mind of every pleasure, be totally pacified,

MA LÜ ZHI ZHING DANG TOB DAN PA DANG TSE RING NAD MED DE KYID DAN PAR SHOG

and may the body and mind have radiance and power, and be endowed with long life, good health and well-being.

LA MA KON CHOG SUM GYI T'HUG JE DANG KHA DRO CHHÖ KYONG SRUNG MAI NÜ T'HU DANG

By the compassion of the gurus and the Three Jewels, the power of the dakinis, dharma protectors and guardians,

LAY DRAY LU WA MED PAI DEN TOB KYIY NGO WA MON LAM TAB TSED DRUB PAR SHOG

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.

English translation by Tenzin Jamchen, 2014.