

དུས་མཐའི་གཞུང་གི་རིམས་བསྐྱེད་བར་འདོད་ན་ཅེ་

PRACTICE FOR PROTECTION FROM PESTILENCE

If you wish protection from the pestilences which appear in the final period of the present Buddha's Doctrines caused by naga local snake gods, say as follows:-

ཡུ་རྒྱུན་རིན་པོ་ཆེ་སྐུ་མདོག་མཐིང་ནག་

UR GYAN RIN PO CHE KU DOG THING NAG
Oddiyana Precious One body colour blue-black
 (Padmasambhava)

In the sky before me is Urgyen Rinpoche, blue-black in colour

དབུ་དགུ་ཕྱག་བཙོ་བརྒྱད་པ་ ཅེ་

U GU CHAG CHOB GYE PA
heads nine hands eighteen

With nine heads and eighteen hands.

གཡམས་རྣམས་ན་དོ་རྩེ་དང་བྱ་བྱུང་

YAE NAM NA DOR JE DAN JA KYUNG
right ones in vajra and garuda (an eagle-like bird which eats snakes)

His right hands hold vajras and garudas of the five families.

རིགས་ལྔ་གཡོན་རྣམས་ན་ཐོད་ལྷག་

RIG NGA YON NAM NA THOD TRAG
kula, five¹ left ones in skull cup blood
family (1 the five buddha families: buddha, vajra, ratna, padma and karma)

His left hands hold skulls full of blood,

ལྷགས་སྒྲིག་མཚོན་ཆ་སྐྱོ་ཚོགས་འཛིན་པ་ ཅེ་

CHAG DIG TSON CHA NA TSOG DZIN PA
iron scorpion weapons different kinds holds

Iron scorpions and many different kinds of weapons.

ཞབས་བརྒྱད་ཕག་ནག་མགོ་དགུའི་སྟེང་ན་རོལ་པའི་སྐྱབས་སུ་བཞུགས་པ་ ཅེ་

ZHAB GYE PHAG NAG GO GUI TENG NA ROL PAI TAB SU ZHUG PA
feet eight pig¹ black heads nine on top of dancing style stays
(1his vehicle)

He has eight feet which dance upon a nine-headed black pig.

འཁོར་ཡེ་ཤེས་ཀྱི་བྱ་བྱུང་སོགས་

KHOR YE SHE KYI JA KHYUNG SOG
circle, original knowing of garudas and so on
entourage

I visualise him like this surrounded by his retinue of wisdom garudas and

ནད་རིམས་ཀྱི་གཉེན་པོ་ཡོངས་ཀྱིས་བསྐྱོར་བར་བསམ་ལ ང

NAD RIM **KYI** **NYEN PO** **YONG KYI** **KOR WAR** **SAM** **LA**
 pestilences, of antidotes, all by surrounded visualise, then
 infectious diseases remedies believe

All the other antidotes to pestilence.

In the sky before me is Urgyen Rinpoche, blue-black in colour with nine heads and eighteen hands. His right hands hold vajras and garudas of the five families. His left hands hold skulls full of blood, iron scorpions and many different kinds of weapons. He has eight feet which dance upon a nine-headed black pig. I visualise him like this surrounded by his retinue of wisdom garudas and all the other antidotes to pestilence.

ཧུང་། ལུ་རྒྱལ་ཡུལ་གྱི་འཕྲུག་གཙང་མཚམས ང

HUNG **UR GYEN YUL** **GYI** **NUB JANG** **TSHAM**
 vocative, seed letter Oddiyana of north-west border, corner
 of Padmasambhava

Hung. In the north-west corner of the land of Urgyen,

པདྨ་གེ་སར་སྤོང་པོ་ལ ང

PE MA **GE SAR** **DONG PO** **LA**
 lotus stamen stem on

Upon the stem and stamen on a lotus,

ཡ་མཚན་མཚོག་གི་དངོས་གྲུབ་བརྟེན ང

YAM TSHEN **CHO GI** **NGO DRUB** **NYE**
 marvellous, supreme siddhis, has got
 wonderful attainments (i.e. buddhahood)

Are you who have the marvellous and supreme accomplishments,

པདྨ་འབྲུང་གནས་ཞེས་སུ་གྲགས ང

PE MA JUNG NAE **ZHE SU** **DRAG**
 Padmasambhava, Guru Rinpoche famous as

Padmasambhava of great renown,

འཁོར་དུ་མཁའ་འགྲོ་མང་པོས་བསྐྱོར ང

KHOR DU **KHAN DRO** **MANG POE** **KOR**
 retinue as dakinis, sky-goddesses many by surrounded
 (here means all sky travelling deities)

With a retinue of many dakinis around you.

ལྷེད་ཀྱི་རྗེས་སུ་བདག་སྐྱབ་ཀྱིས ང

KHYE KYI JE SU **DAG** **DRUB** **KYI**
 you following after, I practice by that
 emulating

Following and relying on you, I do your practice, therefore,

བྱིན་གྱིས་བརྒྱབ་ཕྱིར་གཤེགས་སུ་གསོལ །

JIN GYI LAB CHIR SHEG SU SOL
blessing in order to please come
 In order to grant your blessings, please come here!

གུ་རུ་པདྨ་སི་དྲི་ལྷོ་ལྷོ་ །

GU RU PE MA SI DHI HUNG
guru, master Padmasambhava true attainment give me!
 Guru Padmasambhava grant me the accomplishment of buddhahood!

དུས་མཐའི་གཉམ་རིམས་བཅོ་བརྒྱད་སོགས །

DU THAI NYAN RIM CHOB GYE SOG
time, period final pestilences** eighteen and so on*
 (*the fifth and final five hundred year period of Buddha Sakyamuni's doctrines)
 (** caused by local snake gods, in particular leprosy and skin diseases)

You must protect us and keep us safe from

འགོ་བའི་ནད་ལས་སྤངས་སྤོབས་མཛོད །

GO WAI NAE LAE SUNG KYOB DZOE
contagious diseases from save protect you must!*
 (* such as flu and so on)

The eighteen snake-god pestilences of the final period, and all other contagious diseases.

Hung In the north-west corner of the land of Urgyen, upon the stem and stamen of a lotus, are you who have the marvellous supreme accomplishment, Padmasambhava of great renown, with a retinue of many dakinis around you. Following and relying on you I do your practice, therefore, in order to grant your blessing, please come here! Guru Padmasambhava grant me the accomplishment of buddhahood! You must protect us and keep us safe from the eighteen snake-god pestilences of the final period, and all other contagious diseases.

ཅེས་གསོལ་ནས །

[then say:-]

ལུ་རྒྱན་རིན་པོ་ཆེ་གཙོ་འཁོར་རྣམས་འོད་དུ་

UR GYAN RIN PO CHE TSO KHOR NAM WOE DU
Urgyen Rinpoche, principal circle light in
 Padmasambhava

Urgyen Rinpoche and his circle dissolve in light and

ལུ་ནས་རང་ལ་ཐིམ །

ZHU NE RANG LA THIM
melt then me into dissolve
 Melt into me.

རང་ཡང་དེ་འདྲར་གྱུར་ནས་ལྷགས་སྡིག་

RANG YANG DEN DRER GYUR NE CHAG DIG
I also like Padmasambhava become then iron scorpion

I then arise in his form and my iron scorpions,

དུར་ཕག་བྱ་བྱུང་སོགས་ཀྱིས་འགོ་ནད་

DUR PHAG JA KHYUNG SOG KYI GO NAE
cemetery pig garuda and so on by contagious diseases*
 (*they eat the flesh of dead bodies)

Cemetery pigs, garudas and so forth gobble up

གཏན་རིམས་ཐམས་ཅད་ཉལ་ཉལ་དུ་བློས་ནས་

NYAN RIM THAM CHE HAB HAB TU ZOE NE
snake-god diseases all gobbling as eat then

And eat all the contagious diseases and snake-god diseases and

ལྷག་མེད་གཞིབ་ཐུལ་དུ་བསྐྱེགས་ཅིང་།

LHAG ME ZHOB THUL DU SEG
with nothing left roasting as burn

Burn all traces so that nothing remains.

ལྷུས་ཐམས་ཅད་དོ་རྗེའི་ཁོ་ཁྱབ་ལྷུ་ལྷགས་སུ་གསོལ་བར་བསམ་ཅིང་།

LU THAM CHE DOR JEI GO TRAB ZHU LUG SU SOL WAR SAM
body all vajra armour fully, totally as wearing believe, visualise*
 (*i.e. through which nothing harmful can penetrate)

I imagine that my body is totally covered with vajra armour.

Urgyen Rinpoche and his circle dissolve in light and melt into me. I then arise in his form and my iron scorpions, cemetery pigs, garudas and so on gobble up all the contagious diseases and snake-god diseases and burn all traces so that nothing remains. I imagine that my body is totally covered with vajra armour.

དགུ་སྐྱུར་སོགས་ལ་འདི་བཏབ་ནས་སྒོ་དགུ་རྩ་ཐོ་རངས་སམ་མཚན་མོར་བྱུག་ན་རང་གཞན་འགོ་ནད་ཀྱན་ལས་བསྐྱུང་བར་འགྱུར་རོ་ཅིང་།

[If you blow the mantras onto the balls of *dGu-sByar* medicine and spread the medicine on your own or others' nine doors (two eyes, two ears, two nostrils, mouth, genitals, and anus) at dawn or in the evening they will be totally protected from all contagious diseases.]

ས་མ་ཡ་ཅི་། སྐྱུ་སྐྱུ་སྐྱུ་ཅི་།

Vows. Seal. Seal. Seal.

Translated by CR Lama and James Low

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