

## Jamyang Buddhist Centre Morning Practice With additional practices recommended by Lama Zopa Rinpoche to pacify Coronavirus

*Thank you for keeping the group and prayers active for the benefit of all sentient beings, especially those currently suffering through the effects of Coronavirus. The meditations are for guidance, feel free to draw on your own experience and practice.*



### **Lead: Meditation on Shakyamuni Buddha**

See yourself surrounded by all sentient beings in the form of humans, infinite in number. In front of you is Shakyamuni Buddha, wearing the three saffron robes of a monk, his body the nature of radiant golden light. His face is beautiful, smiling with love and compassion. Simultaneously he gazes at you and at all sentient beings. He is the manifestation of the omniscient mind of all the Buddhas, the ultimate Guru, inseparable from your root guru. He welcomes you and invites you to be there with him. Golden Light streams from all his pores into yourself and all sentient beings purifying negative karmas and obscurations collected from beginningless rebirths.

Keep with the visualisation as we say his mantra three times together.

**All:** TAYATHA OM MUNI MUNI MAHA MUNIYE SOHA

### **Lead: Three Levels of Motivation**

**All:** Today as much as possible I will harm no living beings with the actions of my body, speech or mind.

Today, as much as possible, I will seek to benefit others in whatever way I can.

Today, as much as possible, I will generate bodhicitta. May all the actions of my body, speech and mind be imbued with this profound motivation.

### **Lead: The Heart of the Perfection of Wisdom Sutra**

**All:** I prostrate to the Arya Triple Gem.

Thus, did I hear at one time. The Bhagavan was dwelling on Mass of Vultures Mountain in Rajagriha together with a great community of monks and a great community of

bodhisattvas. At that time, the Bhagavan was absorbed in the concentration on the categories of phenomena called “Profound Perception.”

Also, at that time, the bodhisattva mahasattva arya Avalokiteshvara looked upon the very practice of the profound perfection of wisdom and beheld those five aggregates also as empty of inherent nature.

Then, through the power of Buddha, the venerable Shariputra said this to the bodhisattva mahasattva arya Avalokiteshvara: “How should any son of the lineage train who wishes to practice the activity of the profound perfection of wisdom?”

He said that, and the bodhisattva mahasattva arya Avalokiteshvara said this to the venerable Sharadvatiputra. “Shariputra, any son of the lineage or daughter of the lineage who wishes to practice the activity of the profound perfection of wisdom should look upon it like this, correctly and repeatedly beholding those five aggregates also as empty of inherent nature.

Form is empty. Emptiness is form. Emptiness is not other than form; form is also not other than emptiness. In the same way, feeling, discrimination, compositional factors, and consciousness are empty.

“Shariputra, likewise, all phenomena are emptiness; without characteristic; unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.

“Shariputra, therefore, in emptiness there is no form, no feeling, no discrimination, no compositional factors, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no visual form, no sound, no odor, no taste, no object of touch, and no phenomenon. There is no eye element and so on up to and including no mind element and no mental consciousness element. There is no ignorance, no extinction of ignorance, and so on up to and including no aging and death and no extinction of aging and death. Similarly, there is no suffering, origination, cessation, and path; there is no exalted wisdom, no attainment, and also no nonattainment.

“Shariputra, therefore, because there is no attainment, bodhisattvas rely on and dwell in the perfection of wisdom, the mind without obscuration and without fear. Having completely passed beyond error, they reach the end point of nirvana. All the buddhas who dwell in the three times also manifestly, completely awaken to unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom. Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge, the unsurpassed mantra, the mantra equal to the unequalled, the mantra that thoroughly pacifies all suffering, should be known as truth since it is not false.

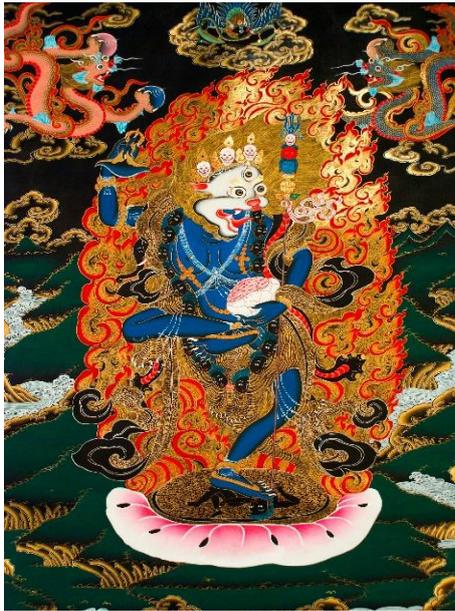
The mantra of the perfection of wisdom is declared:

TADYATHA [OM] GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

“Shariputra, the bodhisattva mahasattva should train in the profound perfection of wisdom like that.”

Then the Bhagavan arose from that concentration and commended the bodhisattva mahasattva arya Avalokiteshvara saying: “Well said, well said, son of the lineage, it is like that. It is like that; one should practice the profound perfection of wisdom just as you have indicated; even the tathagatas rejoice.”

The Bhagavan having thus spoken, the venerable Sharadvatiputra, the bodhisattva mahasattva arya Avalokiteshvara, and those surrounding in their entirety along with the world of gods, humans, asuras, and gandharvas were overjoyed and highly praised that spoken by the Bhagavan.



**Lead: Prayer to the Lion Face Dakini**

Lama Zopa advises that the Lion-face Dakini mantra and short prayer is for healing and to ward off mental problems and associated imbalances.

**All:** I prostrate to the gathering of Dakinis in the three chakras, who abide in the holy yoga of using space. By your powers of clairvoyance and magical emanations, look after practitioners like a mother her child.

**Lead:** We will do the mantra seven times together forcefully and the remainder of the twenty-one on the breath

**All:** AH KA SA MA RA / TSA SHA DARA / SA MA RA YA PHAT (x21)

TADYATHA (OM) GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

By the teachings of the three supreme jewels possessing the power of truth,

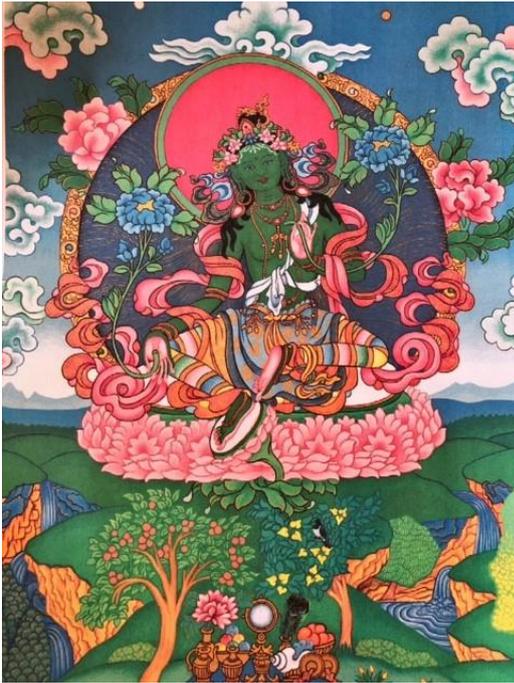
May inner and outer hindrances be transformed (clap 1x). May they be dispelled (clap 1x);

May they be pacified (clap 1x); May they be completely pacified.

May all negative forces opposed to Dharma be completely pacified.

May the host of eighty thousand obstacles be pacified.

May we be separated from problems and harmful conditions to Dharma; May all enjoyments be in accord with the Dharma; And may there be auspiciousness and perfect happiness here right now.



**Lead: Meditation on Tara**

Bring to mind Mother Tara in front of you. Seated on a lotus and moon disc, her body made of emerald green light, youthful and exquisitely beautiful.

Her right hand on her right knee in the gesture of giving, her left hand in the gesture of refuge, holds the stem of a blue utpala flower that blooms by her ear.

At her heart a white moon disc, at the centre of which appears the green syllable TAM the essence of Tara's blissful omniscient mind of wisdom and compassion.

Clockwise around the edge of the moon appear the letters of her mantra, made of green light.

Mother Tara's face is very beautiful, and she smiles with loving kindness at you and all sentient beings.

From the TAM and Mantra rainbow coloured light streams into you and all sentient beings surrounding you.

The light purifies the imprints of all negative actions and dispels all sickness and harms from spirits.

Bringing inspirations and blessings from Tara for you to realise the entire gradual path to enlightenment quickly.

Whilst keeping the visualisation of Mother Tara we will recite the mantra seven times together and then the remainder of the mala on the breath.

**All:** OM TARA TUTTARE TURE SOHA (x108)

**Lead:** Extremely pleased Tara comes to the crown of your head, dissolves into green light and absorbs into you.

You become the essence of Tara's blissful and omniscient mind of wisdom and compassion.

### Lead: Meditation on Vajra Armour



Bring to mind the very dark blue Vajrapani, holding a Vajra and a snake lasso. His holy body is complete with glorious ornaments of the charnel grounds. Standing with his two feet outstretched on a lotus and a sun. Abiding amidst a blazing transcendental wisdom fire. From his body fire garudas, iron scorpions, black pigs, wind, fires and the noxious vapour of poison are emitted like violent winds and hailstorms, destroying all disease, epidemics, spirit harms and interferers.

We see Vajra Armour as a diligent parent doing everything that he can to protect us from harm. When reciting the mantra imagine putting on our armour. We stand tall and walk confidently in the face of our enemy, which are our afflictions and delusions.

We recite the mantra seven times together with strong intentions.

**All:** HUM VAJRA PHAT / OM PADMAHAVARI PHAT / NAN PAR SHIG / NAGANAN / TADYATHA / SARVAVIRITA / HANA HANA / VAJRENA RAKSHA RAKSHA SVAHA (x7)



### Lead: Meditation on Black Manjushri

Bring to mind from the sphere of bliss and emptiness arises Black Manjushri, the colour of deep space, in a wisdom fire at the end of this world eon.

With a wrathful face, three eyes, and two hands. Holding a scripture and a sword. He is adorned with precious bone ornaments.

From the mantra rosary at his heart, flames of clear light emanate, pervading both the inside and outside of your body.

All negative karmas, obscurations, sicknesses, spirits and dangers are purified. Black magic, curses and so forth are burned away.

We say the Mantra seven times together out aloud.

**All:** OM TRA SO / CHHU SO / DUR TA SO / DUR MI SO / NYING GO LA CHHO / KHA LA JAH KAM SHAM TRAM / BA PHAT SVAHA (x7)



**Lead: The Verses that Saved Sakya from  
Sickness: A Prayer for Pacifying the Fear of  
Disease by Thangtong Gyalpo**

**All:** 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, Lord of Death.

May the 80,000 classes of harmful obstructers,  
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,  
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

**Lead - The prayers of Padmasambhava for ‘Illuminating the Obstacles’ and ‘Accomplishing the Wishes’**



Generate strong faith that Padmasambhava is right in front of you, or on your crown.

Think that Padmasambhava's omniscient mind can see you, understand your request,

And think that there is no place that Padmasambhava's holy body, speech, and mind does not cover.

Think that Padmasambhava, radiant, glorious, magnificent one, looks at you with a compassionate smile and loving eyes.

**ALL:** Precious guru, buddhas of the three times.

Great bliss, originator of all realizations.

Eliminating obstacles, in the act of wrathful actions subduing the maras.

I request you, please: grant all common and sublime realizations.

Please grant me blessings to pacify the outer, inner, and secret obstacles.

And may all my wishes succeed immediately!

OM AH HUM VAJRA GURU PADMA THOD THRENG TSÄL VAJRA SAMAYA JAH SIDDHI PHALA  
HUM AH (1x)

*Prayer Translated by Lama Zopa Rinpoche, at Kachoe DechenLling, Aptos 10 July 2002, scribe Ven. Holly Ansett.  
Advice from Lama Yeshe – Lama Yeshe wisdom archive – website accessed 7.12.20  
Thangka of Guru Rinpoche Padmasambhava at Kopan Nunnery – downloaded from fmpt website accessed 7.12.20*

*Additional prayers from the appendix as recommended by Lama Zopa choose one each day - usually we rotate, before finishing with the dedications.*



**Lead: Appendix 1. The Speech of Mahasiddha Thangtong Gyalpo: A Request to Pacify the Fear of Famine**

**All:** Having generated the mind aspiring to the highest supreme enlightenment,

In order to truly liberate all infinite living beings,

You, the compassionate Victorious One, completed the two accumulations.

The assemblies of guiding-buddhas, bodhisattvas, hearers, pratyekabuddhas, Gurus, yidams, dakinis, and Dharma guardians of the ten directions;

Yaksha wealth gods, the lords of treasures, along with your retinues.

Think of these protectorless living beings of the degenerate times with love

And then, in order to truly protect these embodied beings

Who are tormented by the sufferings of hunger, thirst, and poverty,

Let fall a rain of whatever attractive enjoyments are needed:

Jewels, food, wealth, grains, bedding, and so forth,

On this world's Land of Snows.

Please pacify the harms of the four elements:

Untimely wind, fire, drought, rain, floods, and so forth,

And may nourishing grains from crops, harvests, and so forth

Ripen and increase like they do during the Age of Completion.

By the force of having made extensive requests

With strong entreaties through the force of love and compassion,

May the eon of sickness, fighting, and famine be pacified

And may we possess a happy long life free from illness.

Through the great compassion of the victorious ones and their children,

And the force of the infallible truth of cause and effect,

May the teachings of the Victorious One spread and increase,

And may all living beings swiftly attain the highest enlightenment.



**Lead: Appendix 2. The Vajra Speech of Mahasiddha  
Thangtong Gyalpo: Words of Truth Pacifying the Danger of  
Weapons**

**All:** OṂ MAṆI PADME HŪṂ

Great Loving Victorious One, Arya Sublime Compassionate-Eye Looking  
One,

Wrathful Victorious Hayagriva, Perfect Pure Tara, and so forth:

Objects of refuge whose holy names eliminate all dangers upon mere hearing.

Who are compassionate in nature, please pay attention to me.

When the sentient beings of the time of quarrelling and of flourishing of the five  
degenerations

Are tormented by fighting and intense suffering

From the explosion of a great ocean of evil karma and jealousy,

Please dry [this ocean] up by the strength of your transcendental wisdom and compassion.

Also, by letting fall a great nectar rain of loving kindness

On the transmigrating beings whose hatred is a blazing fire, please grant your blessings for  
happiness and auspiciousness to increase

By their recognizing each other as being like parents.

Through your defeating the multitude of vicious evil spirits,

Who, by entering someone's mental continuum,

Change it instantly into the mind of an asura.

From now on may they never roam in this region.

Please also cause all the sentient beings who have died in war

From now on to abandon all evil karma, the cause and result,

And be miraculously reborn in Blissful Land.

Please also lead all others to that pure land

Please cause all those who are born and die to have long lives

And not have sicknesses, to stop all their quarrelling and fighting,  
And to enjoy a life in the ten virtues.  
Please make rain fall at the right time, harvests to always be good,  
And auspiciousness to increase in all habitats and for all inhabitants.

By the ultimate reality, which is pure in nature,  
Unbetraying cause and result, which has that ultimate reality,  
And the compassionate guru, mind-sealed deity, and Rare Sublime Ones,  
May my pure and extensive prayers be accomplished.



**Lead: Appendix 3. Swift Fulfilment of Wishes in Dependence on the Great Jetsun Tsongkhapa**

**All:** NAMO GURU

Supreme embodiment of the wisdom and compassion of all the victorious ones of the three times

Manifesting as a monk wearing the three saffron robes.

The spontaneous exalted wisdom dharmakaya possessing the five bodies.

To you, Jetsun Losang Dragpa, I make request:

Please bless me that my wishes be swiftly fulfilled

With a nature of primordially pure clear light,  
Uninterrupted natural expression of the complete sambhogakaya,  
Great being who unifies body and mind.  
To you, Jetsun Losang Dragpa, I make request:  
Please bless me that my wishes be swiftly fulfilled.

Displaying an array of manifold nirmanakaya-emanations,

Appropriate to the limitless living beings

Equalling the expanse of space.

To you, Jetsun Lozang Dragpa, I make request:

Please bless me that my wishes be swiftly fulfilled

Through the power of having made single-pointed requests to you,

May all the unfortunate natural manifestations of the degenerate age:

Illness, famine, quarrelling, epidemic disease, graha-spirits, interferers, and so forth, be pacified.

Then, when I request that the excellent collection of conducive conditions increase,

Please bless me that my wishes be swiftly fulfilled.

Having completely cleared away the darkness of ignorance and confusion,

And fully developed the illumination of supreme intelligence,

Virtuous friend who causes the hundred-petalled lotus of the scriptural tradition to bloom -

The sun radiating benefit and happiness.

To you, I make request:

Please bless me that my wishes be swiftly fulfilled.

Since I and others, the assembly of faithful disciples,

Have no other lord of refuge to turn to for hope.

When we make requests in all the six sessions of day and night,

Please bless us that the guru's blessings may enter our minds.

Also, at the end of this life,

May I see you, Glorious Lozang Dragpa, along with your retinue

And immediately have a vision of you saying assuringly,

“Son (daughter), go to the celestial realm of Tushita!”

Care for me with your compassion, Precious Guru.

Please bless me that my wishes be swiftly fulfilled.

**Lead: Finally, the Dedications**

*(read out any special requests)*

We also dedicate to all of those who are suffering due to the impact of Covid 19, those who are currently ill or have died, their relatives, friends and carers.

To all of our Lamas and precious teachers, in particular His Holiness the Dalai Lama; Lama Zopa Rinpoche; His Eminence Ling Rinpoche; Tenzin Osel; Geshe Tenzin Namdak; Ken Rinpoche Geshe Tashi Tsering;

To all of those precious teachers without whom we wouldn't have this opportunity to hear, study and practice the dharma, we wish them all long, healthy and happy lives to be able to continue their teaching. With much gratitude also for all Sangha ordained and lay.

**All:** Due to the merits of these virtuous actions

May I quickly attain the state of a Guru-buddha

And lead all living beings, without exception,

Into the enlightened state.

May the supreme jewel Bodhichitta

That has not arisen arise and grow;

And may that which has arisen not diminish

But increase more and more.

Due to all the merits of the three times collected by me, the numberless buddhas, and the numberless sentient beings, may all wars, sickness, famine, torture, poverty, and economic problems in the world, and all dangers of earth, water, fire, and wind, be pacified immediately, and may perfect peace and happiness prevail in everyone's hearts and lives. May the Buddhadharma last for a long time and may the sentient beings in this world meet the Buddhadharma and achieve enlightenment as quickly as possible.

Due to all the past, present, and future merits collected by me and all the merits of the three times collected by the numberless buddhas and numberless sentient beings, which are completely empty of existing from their own side, may I, who am completely empty of existing from my own side, achieve the state of full enlightenment, which is completely empty of existing from its own side, and lead all sentient beings, who are completely empty of existing from their own side, to that state, which is completely empty of existing from its own side, by myself alone, who is completely empty of existing from my own side.