

Logyunma / A Practice of Parnashavari

Prayer Recitations to Overcome Diseases and Epidemics

Refuge and Bodhicitta

In Buddha, Dharma and Supreme Sangha

I Take refuge until full enlightenment is reached

Through perfecting the deeds of generosity and others

May I attain Buddhahood for the benefit of all sentient beings

(Repeat Three times)

The Four Immeasurables

May all sentient beings have happiness and the cause of happiness

May all sentient beings be free from suffering and the cause of suffering

May all sentient beings never be separated from the happiness that is
sorrowless

May all sentient beings, near and far away, live in the state of equanimity,
free from attachment and hatred

(One time)

Praise to Revered Parnashavari

I pay homage to the goddess who is an illusory emanation of the
primordial wisdom of all the victorious ones; she who completely removes
all inner demons and obstacles.

Mantra Recitation

OM PI-SA-CHI / PAR-NA-SHA-VA-RI / SAR-VA ZO-LA / PRA-SHAMA-
NA YE SO-HA

(repeat many times)

{Om, Recluse(the female holy one who is) clad in leaves, let the foundation be laid (for peace, stability and prosperity) by completely and instantly eliminating all deadly epidemics, svaha.}

Dedication

By the merit of this may all sentient beings as infinite as space
Attain the state of vajradhara swiftly in one life-time
through perfecting the two accumulations of merit and wisdom

May beings everywhere who suffer from mental and physical pain
have by virtue of my merits
Joy and physical happiness in boundless measure like the ocean

May every being ailing with disease
be freed at once from every malady
may all the sicknesses that afflict the living
not occur forever.

This prayer is taken from Sakya Tharpa Ling, Brisbane May 2003,
during the visit of H.H Sakya Trizin.