

The names of the practices, and their mantras

1. The Healing Buddha

Long mantra:

OM NAMO BHAGAVATE BEHKANDZE / GURU BAIDURYA / PRABHA
RADZAYA / TATHAGATA / ARHATE / SAMYAKSAM BUDDHAYA //
TADYATHA / OM BEKHANDZYE BEKHANDZYE / MAHA
BEKHANDZYE [BEKHANDZYE] / RADZA SAMUNGATE SOHA//

Short mantra:

TADYATHA / OM BEKHANDZYE BEKHANDZYE / MAHA
BEKHANDZYE [BEKHANDZYE] / RADZA SAMUNGATE SOHA

2. White Tara

OM TARA TUTTARE TURE MAMA AYUH PUNEY JNANA
PUSHTHIM KURU SOHA

OM TARA TUTTARE TURE SOHA

3. Namgyalma

OM BHRUM SVAHA / OM AMRITA AYUR DA DAI SVAHA

4. Amitayus

OM AMARANI JIVANTAYE SOHA

5. Vajra Armor

HUM VAJRA PHAT / OM PADMASHAVARI PHAT / NÄN PAR SHIG /
 NAGANAN / TADYATHA / SARVAVIRITA / HANA HANA / VAJRENA
 RAKSAHA RAKSAHA SVAHA

6. Black Manjushri

OM TRA SÖ / CHHU SÖ / DUR TA SÖ / DUR MI SÖ / NYING GO LA
 CHHÖ / KHA LA JAH KAM SHAM TRAM / BÄ PHAT SVAHA

7. Avalokiteshvara

OM MANI PEME HUNG

8. Black Garuda

1.

OM MANI KYUNG KYUNG THUM THUM BÄ BÄ SVAHA

2.

NAGPO KALA RAKYA BÄ BÄ / SÖ SÖ / CHHUNG CHHUNG / PUTRI
 ZANG ZANG /

CHAG KYI TERMÖ NYING CHHUNG / NÖ JE DUG PÄ SHA LA ZO /
 OM HLANG

HLANG / TSER TSER / ÜB ÜB SO

9. Logyunma

OM PISACHI / PARNASHAVARI / SARVA ZOLA / PRASHAMANA YE
SOHA

10. Vajrasattva

The long mantra:

OM BENZRA SATO SAMAYA MANU PALAYA BENZRA SATO TENOPA
TISHSTA DRI BO ME BHAWA SUTO KAYO ME BHAWA SUPO KAYO ME
BHAWA ANURAKTO ME BHAWA SARWA SIDDHI MEM PRAYATSA
SARWA KARMA SU TSA ME TSI TANG SHRI YA KU RU HUNG HA HA
HA HA HO BA GA WAN SARWA TA TA GA TA BENZRA MA ME MUN
TSA BENZRA BA WA MA HA
SA MA YA SATO AH

The short mantra:

OM BENZRA SATO HUNG