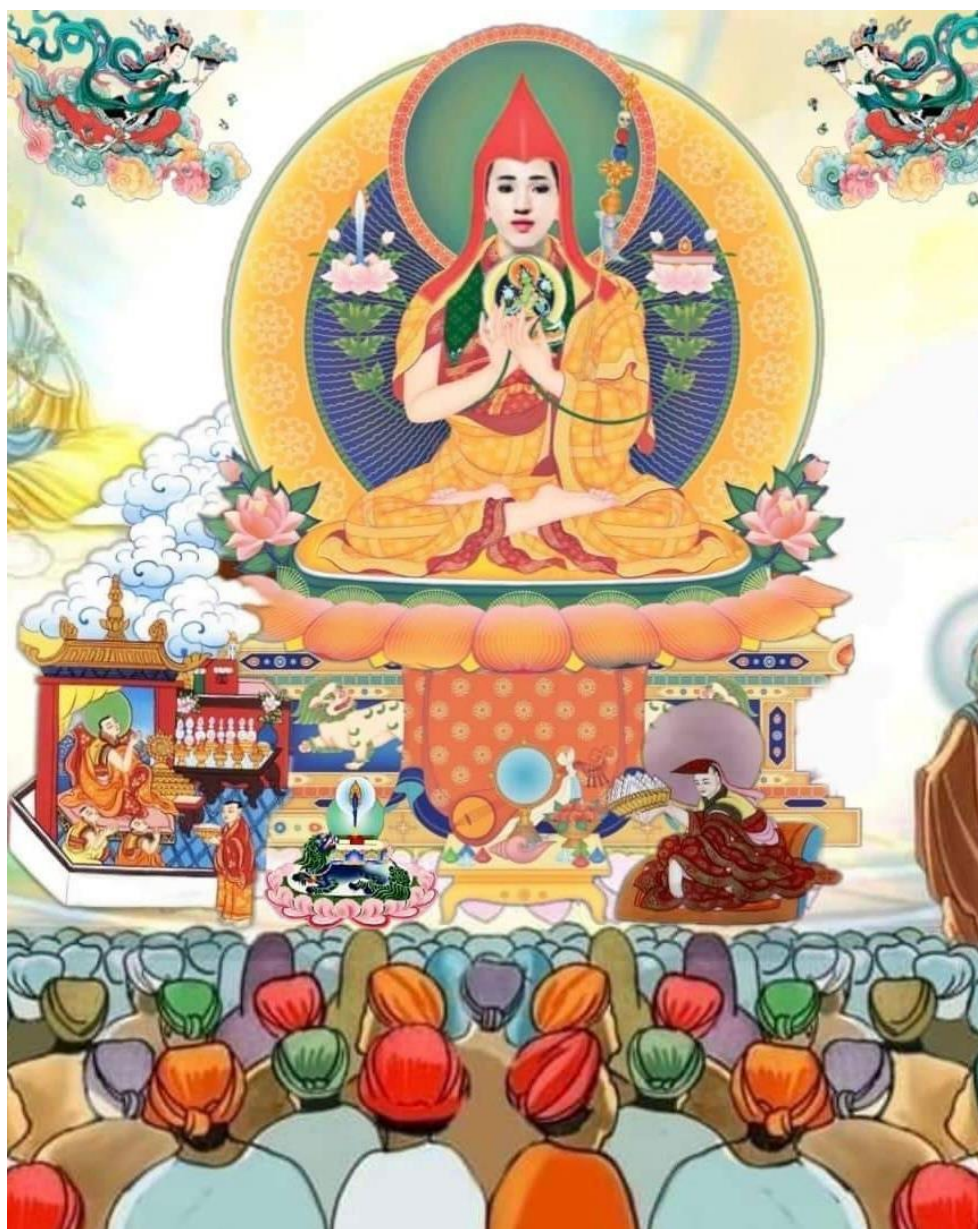
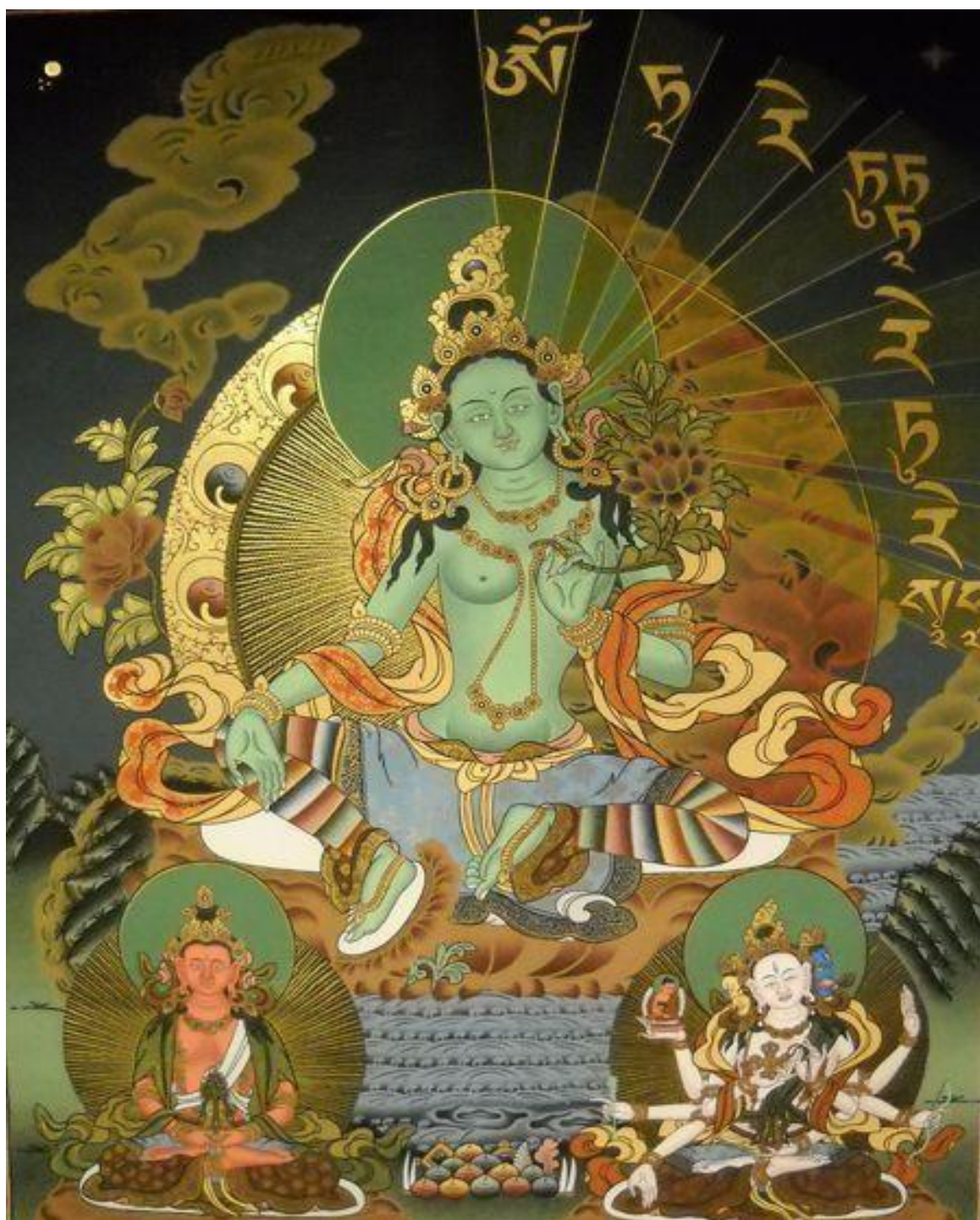


# DISEASE HEALING SADHANA - IMMORTAL NECTAR STREAM

*Composed by His Holiness 17th Kadham Dongchen Rinpoche*





## **1. REFUGE**

I take refuge in the Vajra Master.  
I take refuge in the Buddha.  
I take refuge in the Dharma.  
I take refuge in the Sangha.  
(3x)

## **2. GENERATING BODHICITTA**

I take refuge until I am enlightened  
In the Vajra Master and the Three Jewels.  
By my merits of generosity and so forth,  
May I become a buddha to benefit all suffering sentient beings. (3x)

## **3. FOUR IMMEASURABLE THOUGHTS**

May all sentient beings always be peaceful  
May all sentient beings be free from suffering  
May all sentient beings be in mutual love  
May all sentient beings fully enjoy happiness and its causes.

## **4. REQUESTING PRAYER TO AMITAYUS BUDDHA**

Venerable Guru-Buddha of immeasurable life,  
Who resides in Western Pure Land Sukhavati,  
Eliminate all premature deaths and make them peaceful,  
To you, I take refuge for the sake of sentient beings.

**Om Amarani Yiwen Tiye Soha**

*(Om A ma ra ni Gi quen Ti dê Sô ha) (108x)*

## **5. REQUESTING PRAYER TO GREEN TARA**

From the green syllable TAM transforms into Mother Tara,  
With green body and holding a lotus,  
Whose compassionate eyes look at all sentient beings,  
Eliminate all diseases, cancer, negative karmas and obscurations  
To you, at your feet I praise and make offerings.

**Om Tare Tuttare Ture Soha**

*(Om Ta rê Tút ta rê Tu rê Sô ha) (108x)*

## 6. REQUESTING PRAYER TO WHITE TARA

O Mother Tara with white body and holding a lotus,  
Eradicating premature deaths and grant long life  
To you, Mother Tara of long life  
I and all transmigratory beings pay homage and praise!

**Om Tāre Tuttāre Ture Mama Ayuḥ Punya Jñānā Puṣṭim Kuru Svāhā (108x)**

## 7. PRAYER FOR HEALING THE SICK

OM! O the majestic assembly of Tara - Mothers of liberation,  
The victory assembly of long-life deities,  
Dharmapalas, nagas and the gods  
To you, I take refuge and respectfully pay homage.

The six-realm beings of samsara,  
Who survives by using herbal medicines and plants,  
Eating sprouts and grains,  
Growing thanks to the Lords of Compassion.

But now, evil spirits causes the 108 diseases:  
Cancer, incurable ailments, nephrotic syndrome and renal failure,  
Psychiatric illness, skin diseases, pain and so on ...  
Which causes suffering both night and day.

By fully understanding my ignorance of not believing in cause and effect  
which created negative karmas from countless kalpas causing illness and pain  
in the body  
That is why worldly medicines cannot stop illness totally  
Therefore, I sincerely bow my head and confess all my sins.  
O the mighty Guru and Three Jewels,  
Deities, Dharma protectors and devas  
Please look down in pity and grant us blessings to eliminate diseases.

By the power of Three Jewels,  
By the truth of cause and effect,  
I sincerely confess all my sins which created by ignorance  
And I vow to perfectly perform good acts, abstain from evil ones  
O Drolma and Three Jewels,  
Please give me a look with your boundless compassion

And quick as lightning dissipates 108 diseases such as cancer of  
lung, liver, kidney ...  
Which is caused by weather conditions and uninhibited eating.  
O Victorious Ones and Bodhisattvas,  
Please grant us long life, healthy body and mind  
May I and sentient beings give up  
The evil karmas caused by greedy,  
Always stay awake and believe in the truth of cause and effect.  
To you, at your lotus heels, I sincerely prostrate.

Please kindly put an end to all diseases  
Like lightning disappearing after a storm  
Give blessings like the sun shines  
Heating and easing all the pain caused by illness  
Understanding that Guru and Three Jewels are the ultimate objects of refuge

To you, may I take refuge without hesitation  
And bow to all mercy and protection  
Of the powerful Nagas and Gods  
Who help sentient beings to destroy all diseases,  
Give the healthy body, the awakened mind!

**Tadyatha Vimale Vimale Vana Kutile Srivati Kundali Dundubhi Indra Agni  
Mule Soha** (*Ta đy a tha Vi ma lê Vi ma lê Va na Ku ti lê Sî ri va ti Kun đă li Đun đư  
phi In ra Át ni Mu lê Sô ha*) (108 lần)

## 8. Reciting Mantras

### *Medicine Buddha's Mantra*

**Om Bekandze Bekandze Maha Bekandze Radza Samudgate Svaha**

*(Om Bê khan dê Bê khan dê Maha Bê khan dê Ra gia Sa mu ga tê Sô ha) (108x)*

### *Green Tara's Mantra*

**Om Tare Tuttare Ture Svaha**

*(Om Ta rê Tút ta rê Tu rê Sô ha) (108x)*

### *Parnashavari Mantra*

**OM PI SHA TSI PARNA SHA WA RI SARWA ZA RA TRA SHA MA NA YA SOA HA**

### *Dongchen Rinpoche's Mantra*

**OM AH MAHA GURU SHRI JANAN DHARAMA DHVAJA SIDDHI HUNG  
HUNG**

*(Om A Ma ha Gu ru Sì ri Tra nan Đa ra ma Đoa gia Sít đi Hung hung) (108x)*

## 9. Dedication

*I dedicate the merits of white virtue thus created  
May I and all sentient beings be guided,  
Eliminated diseases and granted a long life  
By the Guru-Deity in all our lives.*

# PRAISES TO THE 21 TARAS

Om. Homage to the noble lady Tārā!  
Homage to Tārā, swift and gallant,  
Homage to Tuttārā, who banishes fear,  
Homage to Turā, who fulfills every need,  
With svāhā we offer you honor and praise!

## Praise

(Recite 3-7 times)

Om I prostrate to the noble transcendent liberator!

1. Homage! Tara, swift, heroic!  
Eyes like lightning instantaneous!  
Sprung from op'ning stamens of the  
Lord of three world's tear-born lotus!
2. Homage! She whose face combines a  
Hundred autumn moons at fullest!  
Blazing with light rays resplendent  
As a thousand star collection!
3. Homage! Golden-blue one, lotus  
Water born, in hand adorned!  
Giving, effort, calm, austerities,  
Patience, meditation her sphere!
4. Homage! Crown of tathagatas,  
Actions triumph without limit  
Relied on by conquerors' children,  
Having reached ev'ry perfection!
5. Homage! Filling with TUTTARE,  
HUM, desire, direction, and space!  
Trampling with her feet the seven worlds,  
Able to draw forth all beings!
6. Homage! Worshipped by the all-lords,  
Shakra, Agni, Brahma, Marut!

Honored by the hosts of spirits,  
Corpse-raisers, gandharvas, yakshas!

7. Homage! With Her TRAD and PHAT sounds

Destroying foes' magic diagrams!  
Her feet pressing, left out, right in,  
Blazing in a raging fire-blaze!

8. Homage! TURE, very dreadful!

Destroyer of Mara's champion(s)!  
She with frowning lotus visage  
Who is slayer of all enemies!

9. Homage! At the heart her fingers,

Adorn her with Three Jewel mudra!  
Light-ray masses all excited!  
All directions' wheels adorn her!

10. Homage! She so joyous, radiant,

Crown emitting garlands of light!  
Mirthful, laughing with TUTTARE,  
Subjugating maras, devas!

11. Homage! She able to summon

All earth-guardians' assembly!  
Shaking, frowning, with her HUM sign  
Saving from every misfortune!

12. Homage! Crown adorned with crescent

Moon, all ornaments most shining!  
Amitabha in her hair-knot  
Sending out much light eternal!

13. Homage! She 'mid wreath ablaze like

Eon-ending fire abiding!  
Right stretched, left bent, joy surrounds you  
Troops of enemies destroying!

14. Homage! She who strikes the ground with

Her palm, and with her foot beats it!  
Scowling, with the letter HUM the  
Seven levels she does conquer!

15. Homage! Happy, virtuous, peaceful!

She whose field is peace, nirvana!  
She endowed with OM and SOHA,  
Destroyer of the great evil!

16. Homage! She with joy surrounded  
Tearing foes' bodies asunder,  
Frees with HUM and knowledge mantra,  
Arrangement of the ten letters!

17. Homage! TURE! With seed letter  
Of the shape of syllable HUM!  
By foot stamping shakes the three worlds,  
Meru, Mandara, and Vindhya!

18. Homage! Holding in her hand the  
Hare-marked moon of deva-lake form!  
With twice spoken TARA and PHAT,  
Totally dispelling poison!

19. Homage! She whom gods and their kings,  
And the kinnaras do honor!  
Armored in all joyful splendor,  
She dispels bad dreams and conflicts!

20. Homage! She whose two eyes bright with  
Radiance of sun and full moon!  
With twice HARA and TUTTARE  
She dispels severe contagion!

21. Homage! Full of liberating  
Pow'r by the set of three natures!  
Destroys hosts of spirits, yakshas,  
And raised corpses! Supreme! TURE!

These praises with the root mantras  
And prostrations thus are twenty-one

## Prayer of the Benefits

Whoever is endowed with devotion for the goddess and recites this with supreme faith,  
Remembering it at dawn upon waking and in the evenings,  
Will be granted all fearlessness, will perfectly pacify all negativities,  
And will eliminate all unfortunate migrations.

The multitudes of conquerors will quickly grant initiation:  
Thus, endowed with this greatness, one will eventually reach the state of a buddha.

If affected by the most terrible poison,  
Whether ingested, drunk, or from a living being,  
Just by remembering will one be thoroughly cleansed.

If this prayer is recited two, three, or seven times,  
It will pacify all the sufferings of torments  
Caused by spirits, fevers, and poisons, and by other beings as well.

If you wish for a child, you will get a child;  
If you wish for wealth, you will receive wealth.  
All your wishes will be fulfilled  
And all obstacles pacified.

### THE LONG - LIFE PRAYER TO THE VENERABLE HIS HOLINESS 17TH KADHAM DONGCHEN RINPOCHE

Under the dharma light of the supreme Guru Buddha,  
And powerful blessings from the Kadhampa lineage,  
O omniscient Dharma King - Dongchen Rinpoche,  
The great incarnation of Mother Tara,  
For the sake of transmigratory beings in the three realms  
Including your vietnamese immature pitiable disciples  
Please remain until the end of cyclic existence  
O omniscient Dongchen Rinpoche,  
By your holy teachings are as sharp as a diamond  
Please chop off our wrong views,  
Bring Kadhampa holy teaching renowned throughout Vietnam  
And relieve the suffering of beings in the six realms  
O Vajra Holder - Dongchen Rinpoche  
Please abide forever according to our wishes,  
Not passing beyond sorrow until samsara ends.

*Composed by HE. Kadham Narthang Khenchen Rinpoche  
Hanoi on August 17, 2021*

## **FINAL LAMRIM PRAYER**

From my two types of merits, vast as space, that I have amassed  
From working with effort at this practice for a great length of time,  
May I become the chief leading buddha for all those  
Whose mind's wisdom eye is blinded by ignorance.  
Even if I do not reach this state, may I be held  
In your loving compassion for all lives, Manjushri,  
May I find the best of complete graded paths of the teachings,  
And may I please all the buddhas by my practice.  
Using skillful means drawn by the strong force of compassion,  
May I clear the darkness from the minds of all beings  
With the points of the path as I have discerned them:  
May I uphold Buddha's teachings for a very long time.  
With my heart going out with great compassion  
In whatever direction the most precious teachings  
Have not yet spread, or once spread have declined,  
May I reveal this treasure of happiness and aid.  
May the minds of those who wish for liberation be granted bounteous peace  
And the buddhas' deeds be nourished for a long time  
By even this graded path to enlightenment completed  
Due to the wondrous virtuous conduct of the buddhas and their sons.  
May all human and nonhuman beings who eliminate adversity  
And create conducive conditions for practicing the excellent paths  
Never be parted in any of their lives  
From the purest path praised by the buddhas.  
Whenever someone makes effort to act  
In accordance with the ten-fold Mahayana virtuous practices  
May he always be assisted by the mighty ones,  
And may oceans of prosperity spread everywhere.

*Reciting 100 syllable mantra of Vajrasatta (3x)*

*Translated by H.E Kadham Drotin Lhamo Rinpoche*