

# Healing and Protection Sadhana in Surreal Times.

Preface:

During this time and age, we humans out of greed and materialism destroy nature, destroy all lives, and pollute the environment, including the food we eat, the water we drink, the air we breathe, and we do not stop there. Out of the power struggle in the name of defense, we've developed so many nuclear and chemical weapons we could destroy the entire mother planet, endangering all lives. At such a time, the Buddha's teachings of ethics and the wisdom of love and compassion for all beings may be the best savior.

Therefore, given this surreal time, here is a special prayer practice (sadhana) we all can offer to heal and protect all beings. This is a very simple yet comprehensive Sadhana covering the Three Jewels, the Medicine Buddha, Tara and Parnnashavari. Remember, for your prayer practice to generate the most powerful healing depends on how sincere and deep is the compassion you generate.

As always, if you have an altar, set it up with the seven limb offerings, providing water, flowers, food, etc. If offerings are not physically available, offer these mentally and gather your best compassionate and devotional thoughts together.

*A brief introduction to goddess Parnnashavari: (sanskrit), Loma-Jonma (Tibetan) is a powerful female deity, an emanation of the female Bodhisattva Tara. Also known as the forest goddess, Parnnashavari is known for her specialty of healing epidemic and pandemic diseases in the degenerate era. She is depicted in various forms in both Hinduism and Buddhism. In Tibetan Buddhism, she is presented with tri-faces and six arms, wearing a leaf-skirt.*

## **Visualization:**

Visualize the entire above-mentioned refuges as clearly as possible in front of you, descending from the heavens at your call. All the refuges are now listening to you and showering the most powerful healing and protection, as you've entreated, to heal all who are suffering, pacifying the causes of this widespread misery, including the three root poisons: ignorance, attachment and aversion practiced by destructive people.

## **Refuge and Generating the Bodhi Heart**

In the Buddha, Dharma and Sangha,  
I take refuge until I attain Omniscient Buddhahood,  
By practicing generosity and other perfections,  
May I attain Buddhahood for the sake of all beings.

To the supreme refuge, the Buddha, Dharma and Sangha,  
The Baishagye Raja, Mother Tara and Goddess Parnnashavari,  
Surrounded by all the Deities and Bodhi-Sattvas,  
To you all, with my folded hands, I prostrate and call.

Please pay me heed. We humans out of greed,  
Destroy nature, consume almost all lives, and  
Pollute the environment, so as a result the food we eat,  
Water we drink, and air we breathe, are all toxic now.

Due to these actions, epidemics and pandemics are rising out of control.  
I, on behalf of all imperiled fellow beings, pray for our protection.  
Pacify all dangers, including this pandemic.  
Awaken us to live with compassion and wisdom.  
Please bless and protect us in this degenerate era.

**Mantras:**

Hold your mala at your heart, visualize each deity as mentioned above, and do the mantras as many times as you can.

**Medicine Buddha Mantra**

Tadyatha Om Baishagye Baishagye Maha Baishagye Baishagye Raja Samudgate Svaha

**Bodhi sattva Tara Mantra**

Om Tare Tutare Ture Svaha

**Goddess Parnashavari Mantra**

Om Pishatsi Parnashavari Sarva Zvara Parsha manay Svaha

**Entreaty:**

By the power of the perfect refuges, combined with my heartfelt prayers, through the truth of the infallible law of causality, may these suffering beings be healed quickly and reach the path to Buddhahood.

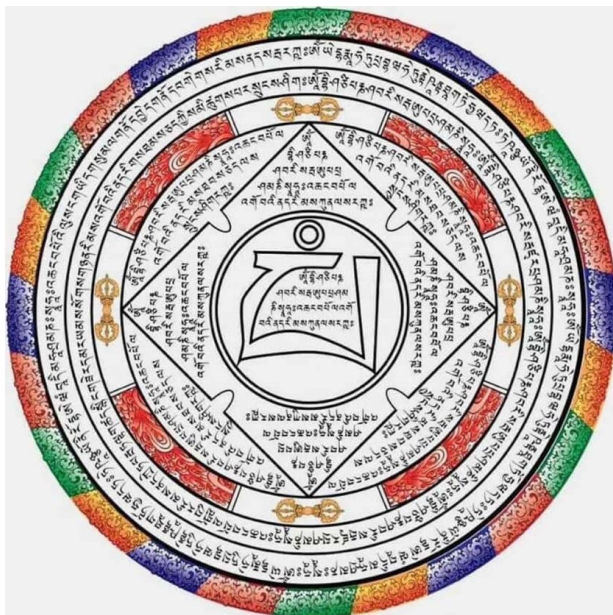
May the precious Bodhi heart, not yet born arise and grow. May that born have no decline, but increase for evermore.

**Dedication of merit:**

Merits in paying homage to the Three Jewels, Cultivating compassion for all beings, Practicing Bodhicitta and Wisdom, I dedicate all towards Buddhahood for all beings.



Goddess Parnashavari



Protection Mantra Chakra

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