

A Practice of Yakṣiṇī Döndrupma to Dispel Pandemics, by the 5th Dalai Lama

A Practice of Yakṣiṇī Döndrupma to Dispel Pandemics

by the 5th Dalai Lama, Ngawang Lobzang Gyatso (1617-1682)

Translated from the Tibetan by Erick Tsiknopoulos

NYIY-MEY NYIY-SU NANG-WA'Y GYU-DRA YIY

Through the magical net in which the non-dual appears as
duality,

ZAK-DREL DÉ-WA CH'EN-PO KYEY-PA'Y YUM

Comes the mother who gives birth to immaculate great bliss;

NAY-KYEL RIN-CH'EN ZHAK-PA DZIN DZAY-MA

She who holds a bag of pestilence and bejeweled lasso:

DÖN KÜN DRUP-PA'Y NÖ-JIN WANG-MOR TÖ

To the Queen of Yakṣas who Achieves All Aims (Döndrupma), I
offer praise.

OM VAJRA RATNA BANDHA *DÜ-MA TING KYÖL TING* JA JAḤ¹

[Tibetan pronunciation:

OM BADZRA RATNA BANDHA *DÜ-MA TING KYÖL TING* DZA DZAḤ]

Recite this (Mantra) one hundred and one (101) times.

JIK-TEN CHI DANG KHYAY-PAR GANG-CHEN DIR

In the world in general, and in the Snowy Land of Tibet in particular,

MI-CH'UK NAY-RIM DÜ KYI T'RUK-PA DANG

May epidemics of humans and livestock, seasonal disturbances,

T'AP-TSÖ MU-GÉ MA-LÜ RAP-ZHI ZHING

Conflicts and famine be fully pacified, with none remaining;

P'EN-DÉ'I GA-TÖN CH'OK LA CHÖ-PAR DZÖ

And may all take part in the supreme festival of benefit and happiness.

JANG-CH'OK NÖ-JIN JÉ-MA'Y DÉ-PÖN KUR

Arising in the form of a million Yakṣa commanders from the northern direction,

ZHENG NAY CH'OK DANG T'ÜN-MONG NGÖ-DRUP CH'AR BEP-PA

Bringing down a rain of spiritual attainments (*siddhis*), common and sublime;

ZHANG-LÖN CH'EN-PO DOR-JÉ DÜ-DUL SOK

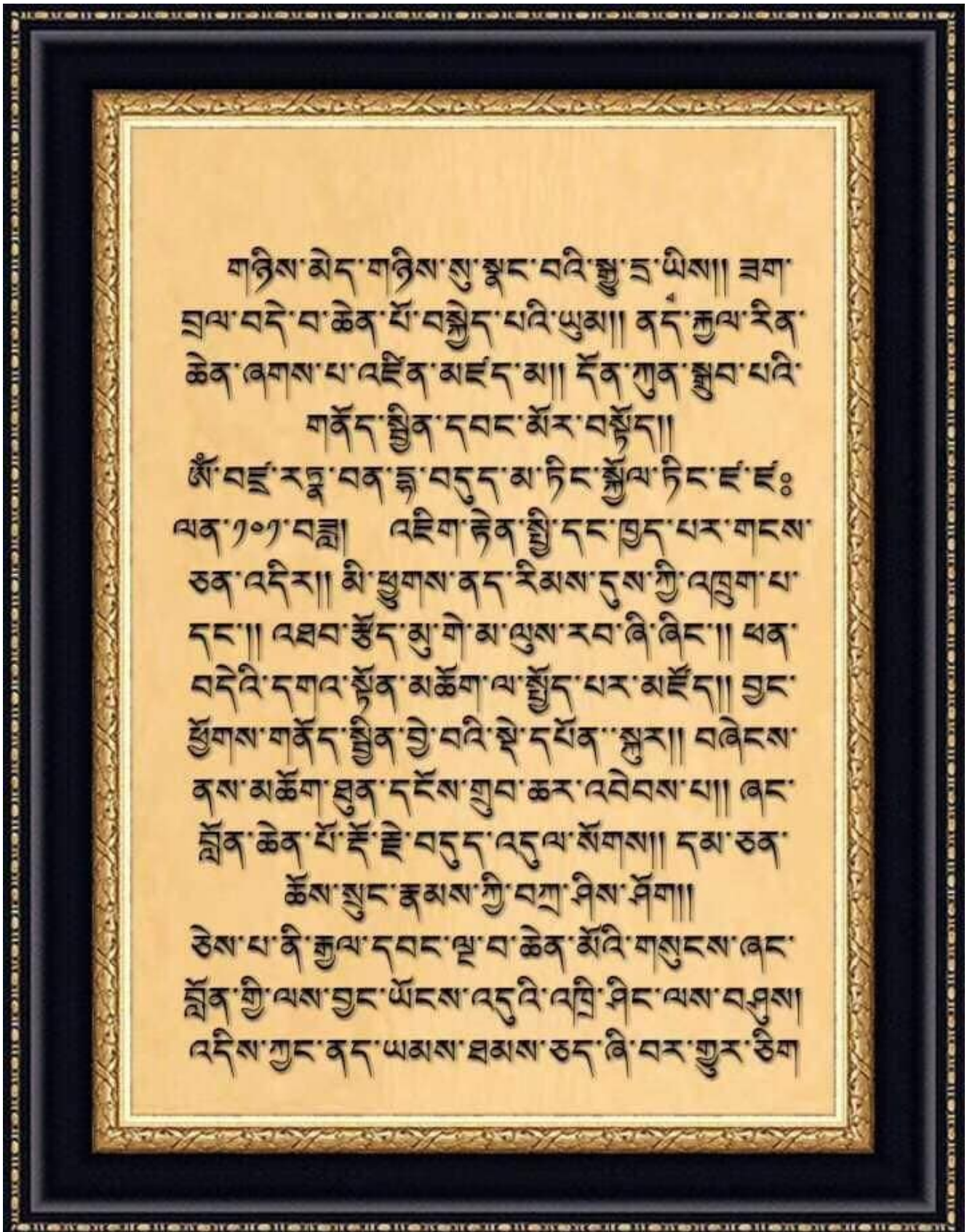
May there be the good fortune of the great Zhanglön Dorjé Düdul,²

DAM-CHEN CH'Ö-S'UNG NAM KYI TRA-SHIY SHOK

And the other Oath-Bound Dharma Guardians!

Thus, this was the speech of the Great Fifth Dalai Lama; and

it was extracted from the Activity Manual of Zhanglōn entitled 'Vines of the Magical Wish-Fulfilling Tree' (las byang yongs 'du'i 'khri shing).³ May this indeed pacify all pandemics!



The original Tibetan text.

1 Tibetan: *oM badzra ratna ban dha bdud ma ting skyol ting dza dzah. DÜ-MA TING KYÖL TING* (*bdud ma ting skyol ting*) are Tibetan words (and hence italicized here): *bdud ma* means a female *māra* or demon, *ting* here probably means the onomatopoeic sound of tinkling or clanging (associated with the goddess), and *skyol* is a verb meaning 'to carry'. Presumably all this refers to the attributes and implements of Yakṣiṇī Döndrupma.

2 Yakṣiṇī Döndrupma is the female consort of Zhanglön Dorjé Düdul (*zhang blon rdo rje bdud 'dul*).

3 This text is included in the 'Heart Sphere of Yuthok' (*g.yu thog snying thig*) collection, and has been translated in full by Erick Tsiknopoulos.