Thus visualize. In this way, all wrong doings and obsculations are purified. Focus on that and then recite as many times as you can:

\[ \text{om pishatsi parna shavari sarva mari prasha mani hūng} \]

This protects oneself.

Protecting all others:

\[ \text{yül ri sam gyel kham/ rang ji tar dö pa zhin du rik nga dé war shek pa dang/ jé tsün mé nam kha tam ché gang war sam la/ dü tsi gyün bap pé/ né paʻam/ yül ri sam/ gyel kham gang zhing/ né dang nö pa tam ché zhi war gyur/} \]

I visualize that the whole space of either a region or country is filled with the five sugatas and the Goddess Parnashavari. From them, streams of nectar flow down, fill the bodies of the diseased, the region or kingdom, and all diseases and harms are pacified. Focus on this visualization and then recite as many times as you can:

\[ \text{om pishatsi parna shavari sarva mari prasha mani hūng}. \]

Concluding ritual:

Offer with: \text{om pishatsi parna shavari saparivāra Arkham pratītsa svāhā}

And similarly with: pādyam, pushpam, dhūpam, ālokam, ghandam, naīvidyam, shabda
Out of the mandala of dharmakaya’s great bliss,
you protect against dangerous diseases such as epidemics
and against untimely death –
I pay homage to you, mother of wish-fulfilling activities.

Whatever I could not procure, whatever was deteriorated,
and whatever I did with a deluded mind
or made others do:
may you forgive all that.
Thus request for forbearance and recite the hundred-syllable mantra:

om b İl ra sa tva s a m a y a / ma n u p a l a y a / b İl r a sa s a t v a t e n o p a /
 tisht’a d r i d h o m e b h a va / s u t o k’jo m e b h a va / s u p o k’jo m e b h a va /
 an u r a k t o m e b h a va / s a r v a s i d d h i m m e p r a j a t s’a / s a r v a k a r m a
 s u t s a m e t s i t t a m s h i r j a k u r u h u n g / h a h a h a h a h o / b h a g a v a n s a r v a
tat’agata/ badsra ma me muntsa/ badsri bhava/ maha samaya sat-va ah

Words of Auspiciousness:
sang gyé kün gyi ngo wor gyur pa yi/ dor jé chang chen la ma dam pa yi/ dak dang kham sum sem chen ma lü pa/ ri trö lo gyön lha mö tra shi shok/
May the great Vajradhara, the true lama, who is the essence of all buddhas, grant the auspiciousness of the Goddess Parnashavari to all beings of the three realms without exception and to myself.

Aspiration prayer:
rang zhen jik pa chen pö nyen pa lé/ dröl jé pel den jé tsün ri trö ma/ lha mo chok la kyap su song gyur né/ jik pa kün lé kyop par dzé du söl/
Glorious Goddess Parnashavari, you liberate all others and myself from the infliction of great harm. Having taken refuge in you, sublime goddess, please protect us from all dangers. Thus recite the dedication and aspiration prayers.
In brief, the practice of Parnashavari is certain to be accomplished by a pure mind stream, love, compassion, bodhicitta, and a very clear samadhi. In a situation of infliction by great harm, I was freed from dangers by doing the practice of the Goddess Parnashavari, the mother who is the embodiment of love. Therefore, recalling her kindness, I have composed this practice. By means of it, may all achieve supreme awakening!

This completes the practice method of supplications to the Goddess Parnashavari, requested by Thölingpa, the great spiritual friend of everyone.

At present, all regions of the world are affected by a terrible epidemic. May this compilation of the quintessences from the Parnashavari sadhanas written by Drikung Kyobpa Jigten Sumgön, arranged accompanied by single-minded supplications to him, first of all pacify the epidemic, and furthermore, the karmic, afflictive and cognitive obscurations, and joyfully lead us to the supreme state of complete awakening.

This was well-arranged by Gyalwa Drikungpa Tinle Lhundrup in the American Drikung Centre Kyobpa Chöling in the Iron Mouse Year 2020 on the fifteenth day of the month of miracles and entered into the computer by Könchog Chöwang.

May it be virtuous!

Translation from the Tibetan: Könchog Yeshe Metog, 15th March 2020