At times of great epidemic disease, at daybreak, early in the morning, give rise to bodhicitta, and visualize [yourself as] the yidam deity. At the center of your heart visualize the form of the Bhagavati Jetsün Tara—the protectress from the fear of disease—in blueish-green color, the size of your hand. From her body, [green] light rays emanate like mist, filling your heart and the inside of your body. The light then emerges from your mouth, nose, and pores, and pervades the boundless palace and all the regions you have in mind. Visualize a form of the Bhagavati Jetsün Tara one finger-width before each of your nostrils. Exhaling green light, think that the light dissolves into these two form emanations. Inhaling, think that the light dissolves into [the Tara] at the center of your heart. It is said that by the blessings of this visualization one will not be affected by epidemic disease. This is my heart advice of profound protection.

—From the Twenty-one Heart Advices of Lord Jigten Sumgön’s Profound Dharma