

Medicine Buddha

Sadhana and meditation



Going for refuge and generating Bodhicitta

(3 times)

<i>Sangye ciodang tsog gi tsog nam la</i>	I go for refuge until I am enlightened,
<i>Gianciub bartu dagni chiabsu ce</i>	To Buddha, Dharma and Sangha,
<i>Daggi giansog gyipei sonamkyi</i>	the supreme Assembly.
<i>Drola phancir sangye drup par shog</i>	Through the virtues I collect
	by giving and other perfections,
	May I become a Buddha
	for the benefit of all living beings.

This practice is based on the Eight Medicine Buddhas' sutra (smendho-rgyadrgyapa), popularly called «Menhadhochog», summarized by the fifth Dalai Lama, and on the traditional medical ritual practice of the “Four Tantras.”



Four limitless prayer

(3 times with deep meditation)

<i>Semcen thamce dewa</i>	May all sentient beings
<i>dang dewei giu dang midralwar giur-cig</i>	have happiness and its causes
<i>Semcen thamce dug-ngal dang dug ngal</i>	May all sentient beings
<i>gyi giu dang dral war giur-cig</i>	be free from suffering and its causes
<i>Semcen thamce dug-ngal</i>	May all sentient beings
<i>med pe dewa dang midral war giur-cig</i>	never be separated from the great
	happiness
<i>Semcen thamce nyering ciagdang</i>	May all sentient beings
<i>nyid dang dralwei tangnyom</i>	always dwell in equanimity,
<i>la ne-par giur-cig</i>	unaffected by attraction to dear ones
	and aversion to others.



Prayer to the supreme healer Medicine Buddha Bedurya Odkiy Gyalpo

(with deep meditation)

*Thugje Drowe Dhonzed
ciom dhen dhe*

*Tsan tsam thoe pei ngan
droe dug-ngal kyob*

*Dug sum ned sel sangye men gyi lha
Bedurya yi od la ciag tsal lo*

I prostrate to the King of the
Aquamarine,
Buddha Bedurya Odkiy Gyalpo,
The master of Medicine
and Awakened One,

Who acts to benefit the living beings,
protects them from the miseries
of inferior realms,

And dispels the three mental poisons
and their result ailments,
even by hearing his name.

Invocation to Medicine Buddha and his disciple healers

*Dun gyi namkhar sengtri
ped-dhei teng,*

*Sangye mengyi lhama kudhog ngo,
Dag lo ded pei sonam shing ciok tu,*

Se dang cepa nedhir sheksu sol

Oh Medicine Buddha Bedurya
and your disciples!

Please, visit here in the space in front of me
from your pure medicine Buddha land.

You, the divine form of an Aquamarine
blue colored Medicine Buddha Bedurya,
the supreme healer,

You are seated on a lotus
and moon cushion, and accompanied
by two bodhisattvas called
Dawatar-Nangjed and
Nyimatar-Nangjed,

Your four different groups of
disciples of medical systems,
protectors, lineage gurus,
surround you
like thousands of blossoming flowers.

Please remain in the merit of all beings
as long as my pure offering remains.



Descriptions of Medicine Buddha

Instantly, physician think of yourself being the Medicine Buddha and pray:

(only for the ones who have received the empowerment,
others may visualize the Medicine Buddha in the top of their head or crown chakra)

Rang-nyid Bedurya od men gyi gyial

Mengyi nod ni dudzi lhung zed sam

*Menlha drangsong nam
kyi shiepa xiod*

Tsozad menpei gyalpo ciom dhen dhe

Dugsum ned sel sangye mengyi lha

Kudhog thing ga Bedurya yi od

Trul pai kula tsan dhang pegiat dhan

Rlung tri badken ned kyi dungpala

Ned kyi nyenpo ciag-ye Arura

Ciag-yon dudzi lhungxed parpunam

Bedurya yi od la ciag tsal lo

I pray to the supreme healer
Medicine Buddha Bedurya Odki
Gyalpo, victorious from the three
mental poisons.

Your serene aquamarine body
is adorned with the 32 major
and 80 minor Buddha's good marks
and is full of healing lights.

You are holding in your right hand
a stem of Chebulic Myrobolan,
which represents the physical ailments
antidote,

And in your left hand a bowl of nectar,
to purify the ignorant mind
and increase the awareness.

The rays coming from your body
go to all direction of Samsara
to bless and cure all being's physical
and mental disorders,
and negative karmas.

Above the crown of the Medicine Buddha, all other medicine Buddhas are
sitting one next to the other with their healing mudras.



Buddha Shakyamuni



Buddha Tsanlegpariyongdag palgyigyalpo



Buddha Rinpochedang peme
rabtugyenpa zijidrayangkyigyalpo



Buddha Sersang drime pel



Buddha Mya-ngan medchog-pal



Buddha Choedrag gyatsoiyang



Buddha Gnon-khyen-gyalpo



Lineage gurus

Rigpe ne-ciog cio-gyad thug su ciut

*Tse la wang wei ciud-len
ngodrub nye*

*ngonshe nyingje dro
ciok dhuwa nyom*

*Drangsong Rigzin nam la
ciag tsal lo,*

To you, holy sages
who have realized the art
of the eighteen sciences,
attained miracle power and
immortal state by essence of the
Medicine (Ciudlen),

Who have achieved
the power of clairvoyance and
compassion
which heals the imbalance
of the various ailments,
I offer prostrations.



Mandala offering

Sashi poekyi giugshing metok tram

Rirab lingshi nyidhei gyenpa yi

Sangye shingtu migte bulwa yi

*Dro kun namdak shingle
ciodpar shok.*

The land is sprinkled by perfume
and fresh flowers are displayed,

Mount Meru is decorated
by the sun, moon and the four
continents

I offer this mandala
to the Medicine Buddha,
the supreme healer

May all sentient beings
achieve the pleasure of the pure land
and become realized beings.



Idam guru ratna mandala kamnirya tayami

Energy transformation by the power of the words of truth

Lha nam kyi ni dudzi tabu dang To the gods,
Lu nam kyi ni tsug nor tabu dang medicine is like nectar
Drangsong nam kyi And to the Nagas realm,
ciud-len tabur-ni it is like the Crowning Jewel,
Khyod la men dhi nyewar For the sages (human realm),
ne giurcig, it is Ciudlen medicine like nectar
May this Medicine
always be at your disposal.



Healing the diseases by medicine, therapy and any other healing methods

Rlung tri badken shigya tsashie ned May it subdue
Tsela bardu ciodpa shiwa dang the four hundred and four diseases
Nod pei geg rig tong trag caused by wind, bile and phlegm
gyad ciu dang which threaten the life.
Yedrog sumgya trug ciu la sog pa Also subdue
Sam pei bardu ciodpa the one thousand and eighty types
shi war zod of harmful interferences,
The three hundred and sixty
inborn spirits and demons
which provoke mental obstacles.

Visualization of blessing

At the heart of Medicine Buddha appears a lotus and moon disc. Standing at the centre of the moon disc, is the blue seed-syllable HUM surrounded by the syllables of the mantra. As you recite the mantra, visualize the rays of light radiating out in all directions from the syllables at his heart. The light rays pervade the sentient beings of the six realms obscurations, go to all parts of your body and drive out all your physical, energetic and mental disorders in the form of black smoke, fire, water or insects, etc. Through your great love, wishing all sentient beings to have happiness and, through your great compassion, wishing them to be free from all sufferings, they are purified of all diseases and afflictions due to spirits and their causes, all their negative karma and mental obscurations.



Medicine Buddha Mantra

**Om namo bhagavate bekhaze guru bedurya prabharazaya
tathagataya- arhate samyaksambuddhaya tayatha
Om bekhaze bekhaze mahabekhaze bekhaze raza samungate soha**

(7, 21, 108 times)

Short mantra of Medicine Buddha

Tayatha om bekhaze bekhaze mahabekhaze bekhaze raza samungate soha



During the mantra reciting, your request is granted, infinite rays of light pour down from the heart of Medicine Buddha, the supreme healer, completely filling your body from head to toe. They purify all your diseases and afflictions due to spirits, negative karma and mental obscurations. By the power of the light, your body becomes as clean and clear as crystal. The light pours down twice more, each time filling your body with blissful light that you absorb and which cures all physical and mental disorders.

Absorption and dissolution meditation

After the proper visualization and transformation of your body/mind, all Medicine Buddhas dissolve one by one into the Medicine Buddha Bedurya. The lineage gurus of Medicine and the protectors dissolve into him later.

At the end, Medicine Buddha himself also dissolves into a white light and enters into your crown chakra, then in the heart. A great blissfulness increases and the ignorant mind is consumed, what burns the attachment and anger of the self-centered ego.

Develop the wisdom and compassion and meditate on
beyond thoughts and words.
Stay at that level as much as you can.



One hundred syllables mantra for purification of non-virtues deeds
Om vajra satvasamaya manupalaya vajrasatotenopatikta ditomebava
supokhayomebava sutokhayomebava anuraktomebava sarvasiddhimetrayatsa
sarvakarmasutsame tsitamshriyehum kuruhum hahahahaha:
Bhaghavan sarvatathagata vajramamemunza
vajribhavamahasamayasato ah hung-phat

Tendrel Nyingpo mantra for stabilizing the energy
Om-yedharma-hetu-prabhava-hetun-te-khan-tathagato-
hye-watata-tekhanza-yoni- rodha-ewam-badi-maha-shramanaye soha

Buddha Shakyamuni mantra for enlightenment
Om munimuni mahamuni shakya muniye Soha

Green Tara mantra for purifying the obstacles
Om tare tuttare ture soha

Buddha Amitayu mantra (long life)
Om amaranijivantiye soha

Lhamo Od-sercanmei mantra for travelling
Om maritsemam Soha



Prayer and dedication

Chogciuejigten-thamcedu May all ten directions
Mendangmenpa-dagdangni of samsaric world
Neyogthunpei-zathungsog Provide medicines, physicians, nurses
Yojekuntu-jungwarshog And full facilities of food and shelters
 For poor and sick people.

Drowanepa-ginyepa May I be reborn as medicine,
Nedsoegyurgyi-bartuni Physician and nurse,
Mendangmenpa-nydangni And perform healing and service
Deyineyog-jeparshog Until all sick people are cured.

Menamthudang-dhenpadang May all medicines
Sangagdhecio-duppadang become powerful against disease
Khadrosinpo-lasogpa May tantric practitioners
Nyingjeisemdang-dhenparsho achieve their siddhi,
 May all Dakas, Dakinis,
 evil spirits and so on
 Gain love and compassion
 in their heart.

Ghewa dhiyimyurtu-dag By the power of this merit
Sangyemenlha-drubghiurne May all sentient beings
Drowacigkyang-maluepa attain the enlightenment
Deyi sala goepar-shok of Medicine Buddha,
 Without leaving
 any sentient beings behind
 May all achieve
 the reign of Buddha nature.

Tashi gheho

