



Medicine Buddha Sadhana



This Book Belongs To



OM AH HUNG (3x)

(Recite three times, to bless our body, speech and mind)

Blessing The Mala (7x)

OM RUCIRA MANI PRAVARTAYA HUNG

Multiplying Virtues Mantra (7x)

OM SAMBHARA SAMBHARA VIMANA SARA MAHA JAVA HUNG

OM SMARA SMARA VIMANA SARA MAHA JAVA HUNG

Refuge Prayer (3x)

NAMO GURUBHYA

NAMO BUDDHAYA

NAMO DHARMAYA

NAMO SANGHAYA

I take refuge in the Gurus

I take refuge in the Buddhas

I take refuge in the Dharma

I take refuge in the Sangha

Taking Refuge And Generating Bodhicitta (3x)

To the Buddha, Dharma and Aryan Sangha,

I go for refuge until I am enlightened.

By the merit from listening to the Dharma;

May I attain Buddhahood for the sake of benefiting all mother sentient beings.



The Four Immeasurable Thoughts

May all sentient beings be endowed with bliss.

May all sentient beings be parted from suffering.

May all sentient beings never be parted from the bliss.

May all sentient beings be placed in a state of equanimity unperturbed by superstition conceptions about grasping consciousness and the objects it grasps or by the eight worldly feelings.

Aspirational Bodhicitta Prayer

To free all sentient beings from the fears of samsara and nirvana, from now on, until I achieve Buddhahood, I shall maintain the aspiration of Bodhicitta. I shall never forsake it even at the cost of my life.

The Seven Limbs Prayer

Reverently I prostrate with my body, speech and mind,

And present clouds of every type of offering, actually offered and mentally transformed. I confess all my negative actions accumulated since

beginningless time, and rejoice in the virtues of all holy and ordinary beings.

Please remain until samsara ends, and turn the wheel of Dharma for sentient beings. I dedicate all the virtues of others and myself to the great enlightenment.

OM AH HUNG (3x)

Everywhere may the ground be pure

Free of the roughness of pebbles and so forth

May it be the nature of lapis lazuli

And as smooth as the palm of a baby's hand



Offering Prayer

May offering substances human and divine,
Those actually presented here and those,
Emanated and visualized, clouds of offerings of unsurpassed Samantabhadra
qualities fill the entire space of the ten directions.

Blessing, Purification and Actual Offering Dharani of the Offerings

OM AH HUNG (3x)

Om Namó Bhagawate
Bendzay Sarwa Parma Dana
Tathagataya Arhate Samyaksam Buddhaya
Tayatha Om Bendzay Bendzay
Maha Bendzay Maha Tadzya Bendzay
Maha Bidya Bendzay
Maha Bodhicitta Bendzay
Maha Bodhi Mendo Pasam Kramana Bendzay
Sarva Karma Avarana Bisho Dana Bendzay Svaha (3x)



Power of the Truth

HUNG!

Through the power of the truth of the Three Jewels, the power of the
inspiration of all Buddhas and Bodhisattvas, the power of the unlimited energy
of the completed two collections, and the power of the intrinsically pure and
inconceivable sphere of reality, which is the nature of emptiness.

May these offerings become suchness.



Mandala Offering



Refuge Protectors, essences of wisdom and compassion,
Eminent, Supreme field of merit, with faith and devotion,
I present, billion times over,
Mt. Meru and the four continents,
The Sun and the Moon,
The seven precious royal emblems,
The eight medicinal substances,
The eight auspicious emblems,
Perfectly delightful environments and their beings,
And great treasures of all that gods and humans use and desire together with
My body, speech and mind.
May all beings enjoy this pure land.

Oh Precious Guru, I offer this jewelled mandala to you.

Om Idam Guru Ratna Mandalakam Nirya Tayami



Emptiness Meditation and Self Generation

Om Svabhava Shuddah Sarva Dharma Svabhava Shuddho Ham

(All phenomena are pure of inherent existence; likewise I am pure of inherent existence.)

From the sphere of emptiness appears the syllable **PAM**, it transforms into a lotus with a white **AH** above it, white **AH** transforms into a white and full moon mandala.

On that appears my own mind in the form of a blue syllable **HUNG**.

From **HUNG**, light rays radiate making offerings to all Buddhas and Bodhisattvas and accomplishing the welfare of sentient beings. These reabsorb into syllable **HUNG** and from it arises the holy form of Guru Medicine Buddha, with a blue-coloured body with one face and two arms, and whose body is in the nature of deep blue sky, the colour of lapis lazuli.

My right hand is in the mudra of supreme giving, holding an Arura* plant and my left hand is in the mudra of meditative equipoise holding a bowl filled with medicine nectar. Sitting in the vajra posture, I wear the three robes of a fully ordained monk and am complete with all the signs and indications of a fully enlightened being.

** Arura is known to have great healing power. It represents spiritual medicine that can heal sickness and suffering. Even more important, spiritual medicine can eradicate the very causes and conditions of suffering.*

From the **HUNG** at my heart, rainbows are emitted, inviting the wisdom beings and initiating deities.

- From the supreme sphere of the Eastern Pure land Vaiduryanirbhasa,
- Born from the blue syllable Hung,
- Whose radiance eliminates all suffering and afflictions of sentient beings,
- Guru Medicine Buddha and your retinue, I request your divine presence!



I pray, O Tathagatas, please empower me! They come forth holding the ritual vases filled with empowering nectar, chanting and playing with multitudes of musical instruments:

Om Sarwa Tathagata Abishekata Samaya Shriye Hung

Om Vajra Sama Dza

Dza Hung Bam Ho!

We merge to become one!

The divine nectars flow through the crown of my head, filling my body and purifying all dullness, stains and faults.

The excess nectars swirl upwards to the Ushnisha.

White **OM** marks the crown of my head; red **AH** at my throat; and a blue **HUNG** at my heart.

Above me is Buddha Delightful King of Clear Knowing, whose body is coral red in color, his right hand in the mudra of supreme giving and his left hand in the mudra of meditative equipoise.

Above him is the Buddha Melodious Ocean of Proclaimed Dharma, with a dark pink-colored body, both hands in the mudra of expounding Dharma.

Above him is the Buddha Supreme Glory Free from Sorrow, light pink in color with both hands in the mudra of meditative equipoise.

Above him is the Buddha Stainless Excellent Gold, golden in color, both hands in the mudra of expounding Dharma.



Above him is the Buddha King of Melodious Sound, Brilliant Radiance of Skill, adorned with Jewels, Moon, and Lotus, golden in color with his right hand in the mudra of supreme giving and his left hand in the mudra of meditative equipoise.

Above him is the Buddha Renowned Glorious King of Excellent Signs, golden in color with his right hand in the mudra of granting protection and his left hand in the mudra of meditative equipoise.

Requests to the Seven Medicine Buddhas

To you, Buddha Renowned Glorious King of Excellent Signs, fully realized destroyer of all defilements, fully accomplished Buddha having thoroughly realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit all sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha Renowned Glorious King of Excellent Signs is absorbed into the one below.

To you, Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, fully realized destroyer of all defilements, fully accomplished Buddha who has fully realized the absolute truth of all phenomena, I prostrate, go for refuge, and make offerings. May your vow to benefit all sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha King of Melodious Sound, Brilliant Radiance of Skill, adorned with Jewels, Moon, and Lotus is absorbed into the one below.



To you, Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows, fully realized destroyer of all defilements, fully accomplished Buddha who has fully realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit all sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha Stainless Excellent Gold, is absorbed into the one below.

To you, Buddha Supreme Glory Free from Sorrow, fully realized destroyer of all defilements, fully accomplished Buddha who has fully realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit all sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha Supreme Glory Free from Sorrow is absorbed into the one below.

To you, Buddha Melodious Ocean of Proclaimed Dharma, fully realized destroyer of all defilements, fully accomplished Buddha who has fully realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha Melodious Ocean of Proclaimed Dharma, is absorbed into the one below.

To you, Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma, fully realized destroyer of all defilements, fully accomplished Buddha, who has fully realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit sentient beings now ripen for others and myself. (1x, 3x or 7x)

Note: After making this request, Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma is absorbed into the one below.



To you, Buddha Medicine Guru, King of Lapis Light, fully realized destroyer of all defilements, fully accomplished Buddha who has fully realized the absolute truth of all phenomena; I prostrate, go for refuge, and make offerings. May your vow to benefit sentient beings now ripen for others and myself. (1x, 3x or 7x)

Simplified Visualization

Visualize Guru Medicine Buddha above the crown of one's head while maintaining the firm belief of one's self-generation, then make the following prayer of request:

The fully realized destroyer of all defilements, fully completed Buddha having fully realized the absolute truth of all phenomena, Guru Medicine Buddha, King of Lapis Light, to you I prostrate, go for refuge, and make offerings.

May your vow to benefit sentient beings now ripen for others and myself.

(1x, 3x or 7x)

Mantra Recitation and Visualization

At my heart appears a lotus and moon disc. In the centre is the blue seed-syllable **HUNG** surrounded by the syllables of the mantra.

Holding the thoughts of Renunciation towards Samsara, Bodhicitta towards Enlightenment and Deep views of Emptiness;

Rays of light radiate out in all directions from the syllables and pervading the six realms, freeing all beings from sufferings.

They are purified of all diseases, afflictions due to spirits and their causes.

All their negative karma, obstacles and mental obscurations are totally purified.

All the hindrances that cause all beings to appear sick or suffering are totally purified.

All sentient beings transform into the aspect of the Guru Medicine

Buddha and recite together:



Medicine Buddha Long Mantra: (21x)

Om Namó Bhagavate Bhekandze
Guru Baidurya
Prabha Radzaya
Tathagataya
Arhate Samyaksam Buddhaya
Tadyatha Om Bhekandze Bhekandze
Maha Bhekandze Bhekandze
Radza Samudgate Svaha

Then recite the below as often as you like:

Medicine Buddha Short Mantra:

Tadyatha Om Bhekandze Bhekandze
Maha Bhekandze Bhekandze
Radza Samudgate Svaha

(While reciting mantras, avoid mistakes of faults in mantra recitation such as

- 1. Reciting too quickly*
- 2. Reciting too slowly*
- 3. Reciting each syllable (over articulation)*
- 4. Reciting too loudly, so that others hear*
- 5. Reciting too softly, so that one does not hear one's voice*
- 6. Breaking the continuity of the mantra by talking*
- 7. Mental wandering*
- 8. Pronouncing short syllable as long and long ones as short.)*



Purification Mantra

Om Bendza Sattva Samaya
Manu Palaya
Bendza Sattva Tenopa Tita
Dridho Me Bhawa
Sutto Kayo Me Bhawa
Supo Kayo Me Bhawa
Anurakto Me Bhawa
Sarwa Siddhi Me Prayatza
Sarwa Karma Sutza Me
Tzitam Shriyam Kuru Hung
Ha Ha Ha Ha Ho Bhagawan
Sarwa Tathagata Bendza Ma Me Muntza
Bendza Bhawa Maha Samaya Satto Ah Hung Phet

Requesting Guru Medicine Buddha's Blessings

Magnificent and Precious Root Guru,
Please abide on the lotus and moon-seat at my crown.
Care for me with your great kindness,
And grant me the realizations of your holy body, speech and mind

Magnificent and Precious Root Guru,
Please abide on the lotus and moon-seat at my heart.
Care for me with your great kindness,
And grant me the general and sublime realizations.



Magnificent and Precious Root Guru,
Please abide on the lotus and moon-seat at my heart.
Care for me with your great kindness,
And please remain firm until I attain enlightenment.

The Guru Medicine Buddha dissolves into my heart.
My mind becomes completely one with the Dharmakaya, the essence of all
Buddhas.

From within the state of emptiness, I arise in the aspect of Medicine Buddha,
marked at the crown of my head with an **OM**, at my throat with an **AH** and at
my heart with a **HUNG**.

Long Life Prayer For His Holiness Dalai Lama

In this land walled round by snowy mountains
You are the source of all happiness and good
All powerful Chenrezig, Tenzin Gyatso
Please remain until samsara ends!

Long Life Prayer for Namdrol Tulku Rinpoche

Om Svasti!

Like the countless light rays that radiate from the ruby mountain;
Exquisite Amitayus, Lord of Everlasting Life,
Who captivates and one does not tire of seeing;
Whose essence is of infinite life,
The nectar of immortality; Please instantly grant our Guru,
The Siddhi of Stable and Everlasting Life.



You are intelligent and skilful in upholding the traditions Of Buddha;
Spreading the Holy Dharma through explanations and practices;
In order to lead disciples onto the path to liberation;
You are the one who is an Unequaled Guide,
Please live a long and stable life.

I request respectfully, my Precious and Holy Guru,
To enjoy excellent health;
I request respectfully, my Precious and Holy Guru,
To live a long life;
I request respectfully, my Precious and Holy Guru,
That your Dharma activities spread and flourish far and wide;
I request respectfully, my Precious and Holy Guru,
To bless me to be never separated from you.

In all my future rebirths,
May I never be separated from my Perfect Guru,
May I enjoy the magnificent Dharma,
And by completing the qualities of the stages and path;
May I quickly attain the state of Vajradhara.

Mantra of Namdrol Tulku Rinpoche

Om Guru Vajra Muni Sasana Vimukti Svaha (21x)

General Long-Life Prayer For One's Guru

May my venerable Lama's life be firm,
His white divine actions spread in the ten directions,
And the torch of Losang's Teachings,
Dispelling the three worlds' beings' darkness, always remain!



Auspicious Verses

By the auspiciousness of whatever signs of virtue that exist in the
Celestial mandala as vast as the expanse of the sky,
Beautiful with countless jewelled ornaments, emanating lights equal to the
Brilliance of the sun and the moon,
May everything be auspicious wherever we may live and
May there always be uninterrupted goodness,
Bliss and bountiful riches as of a Buddha field.

If abbreviated, say

May there be the auspiciousness of the root and lineage Gurus.
May there be the auspiciousness of the Yidams and hosts of Deities.
May there be auspiciousness of the Mothers and Dakinis; and
May there be auspiciousness of the Dharma protectors and
Guardians of the Dharma.

Dedication

By this merit, may I quickly attain the state of Guru Buddha,
And lead every being without exception to that very state!

May the Precious and Supreme Bodhicitta, not been generated arise and grow.
And may that born never decline, but increase forevermore!



The Benefits Of This Practice:

In the sutra "***Medicine Guru Beams of Lapis Lazuli***",
Shakyamuni Buddha said:

"Ananda, do you believe my explanation of the qualities of the Medicine Buddha?"

Ananda replied to the Buddha:

"I do not have a two-pointed mind with regard to the teachings of the Buddha.
Why? Because the actions of the Buddha's body, speech, and mind are always pure,
And without a single mistake."

Shakyamuni Buddha also gave this advice:

"Ananda, whoever hears the holy name of Medicine Buddha will not fall into the evil realms."

Thus, to be of help to the dying,
Generate renunciation towards samsara and with a Bodhicitta mind,
Recite both the Medicine Buddha's name and his mantra into the ear of those dying beings.
There are unbelievable benefits to recite the mantras and blow it upon the meat that one
eats, and even upon old bones or dead bodies of humans and animals.
It purifies the karmic obscurations of those beings and causes those who have already
been reborn in the lower realms to be transmigrate into a pure land or higher samsara.
At least, it will shorten the duration of their suffering in the lower realms.

This is a brief explanation of the benefits of the Medicine Buddha practice.
It is especially beneficial if one is helping others, doing Reiki and healing work.
One becomes more accurate and beneficial and will be blessed to receive much divine help
and intervention from the Eight Buddhas, Bodhisattvas, Yaksha Generals and Devas as well.
They will also help to diagnose and understand the methods to heal. By reciting his mantra,
It will greatly enhance the power of all supplements and medicines that one is taking or
giving to others.

Put the medicine in front of you and above it arises a moon disc.
In the middle is the blue seed-syllable **HUNG** surrounded by the syllables of the Medicine
Buddha mantra in a clockwise direction. While reciting the mantras, nectars flow from the
syllables, absorbing into the medicine. They then dissolve into the medicine and become
extremely beneficial to treat and cure all physical diseases and their causes, afflictions
caused by spirits, negative karma and mental obscurations. Even with cancer, this has the
power to treat and cure. The stronger one's faith and the more mantras one recites, the
greater the effect will be.

***If we choose to meditate upon Lord Medicine Buddha, one will eventually
awaken and will experience an increase in healing energies and powers,
benefitting many others and ourselves
and a decrease in physical and mental illness and suffering.***

-Namdrol Rinpoche-



*"For anyone who has read, heard, contemplate,
touch, practiced or remember this prayer,
we rejoice in your merits and may all your heartfelt prayers be fulfilled!
May all be Auspicious!
Sarwa Mangalam!"*

This Medicine Buddha Sadhana is edited, compiled and composed by Namdrol Rinpoche on the auspicious day of the 9th Day of the 7th Month of the Tibetan Calendar of the Wood Horse Year 2141 at western time 0020h.

Colophon:

This sandhana is edited and prepared for publication by Sangyum Namdrol Lhamo & Namdrol Donyue Thekchen Choling (Singapore) Dharma Education.
All errors are solely the fault of the editor.

Note:

There are various Medicine Buddha practices, thus, the visualization of the seven Medicine Buddhas differs. According to different traditions, their mudras and colours are different. Thus, the differences between the colours and mudras in the colour image and the varying visualizations described in the practice contained herein are not errors; they are simply differences among practices and traditions.

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