

Medicine Buddha Empowerment

Buddhism

The Buddha was the name given to Siddhartha, an Indian prince, who lived 2,600 years ago near what is now the border between India and Nepal. He denied being a god or an angel. Instead, he said he was awake. A Buddha is awake!

Buddhists are individuals who follow the Buddha's teachings. The basic teachings are applicable to all of us, regardless of our background and beliefs. Through these teachings, we can heal, develop happiness, and be a healing presence in the world.

The Buddha taught that each of us has the potential to be awake. We, too, can wake up from ignorance and suffering, and open to our vast potential of compassion and wisdom. Rather than see things as we want them to be, we can see things as they *really* are. With clearer vision, we become conscious of our interconnection with everyone and everything. We let go of negative thinking and make wise lifestyle choices that promote healing and lasting happiness.

His Holiness the 14th Dalai Lama (<http://www.dalailama.com/>) teaches that everyone seeks to be happy and avoid suffering. The very purpose of life is to be happy. He cautions, however, that happiness is not temporary pleasure from sensory experiences, such as eating good food. Rather, happiness is a lasting, blissful state of mind.

Because each of us is a composite whole, happiness results from a healthy body and mind. We can aspire to more than just health, though, for we have the potential to experience an advanced level of health. Our mental attitude is the most important factor in developing happiness. To be happy, we need to create and maintain a healthy mind.

We can develop a healthy mind by recognizing that life inevitably consists of suffering. The root cause of suffering is dissatisfaction (*dukkha*). We crave something different from the way things are. When we engage in this negative thinking, we bring suffering on ourselves. The more negative we become, the more we suffer, for we fail to understand the effects of our behavior on ourselves, other people, and the environment.

We can heal our suffering by living according to the Eightfold Path of Ethics (Middle Way): right knowledge, right aspiration, right speech, right behavior, right livelihood, right effort, right mindfulness, and right absorption. By behaving in this way, we will develop an enlightened mind. We will become awake!

Medicine Buddha



Medicine Buddha

The Medicine Buddha is a visualization of the enlightened mind as applied to healing. Each of us has the potential to become a Medicine Buddha. To illustrate these teachings, the Medicine Buddha is painted blue, the color of healing.

The Medicine Buddha's right hand is extended, palm outward, over the right knee in a gesture of generosity. In the right hand, the Medicine Buddha holds a sprig of the myrobalan plant. The Medicine Buddha's left hand rests in the lap, palm upward, in a gesture of meditation. The left hand holds a bowl containing fruit from the myrobalan plant. The myrobalan plant and fruit are known to have great healing power.

The Medicine Buddha holding myrobalan represents spiritual medicine that can heal sickness and suffering. Even more important, spiritual medicine can eradicate the very causes and conditions of suffering.

Medicine Buddha Mantra

*Ta dya tha
Om beishajye beishajye
Maha beishajye beishajye
Raja samung gate svaha*

Medicine Buddha Mantra

If we meditate on the Medicine Buddha, we eventually will develop an enlightened mind and become awake. In the meantime, we will experience an increase in healing powers for ourselves and others, and a decrease in physical and mental illness and suffering.

Tibetans ascribe great efficacy to the Medicine Buddha Mantra. Chanting this mantra promotes personal and societal healing. To read “Meditation on Healing: Medicine Buddha Mantra” go to: <http://www.tc.umn.edu/~camer008/meditation.healing.html>



Medicine Buddha Mandala

Medicine Buddha Empowerment

Tibetan Buddhism teaches that the Medicine Buddha Empowerment is the most powerful blessing for healing illness of body and mind and awakening the innate healing wisdom that lies in each of us.

Practitioners of Tibetan Medicine chant the Medicine Buddha Mantra before doing consultations, and they regularly take the Medicine Buddha Empowerment to maximize their healing abilities.

During the Medicine Buddha Empowerment, His Holiness the Dalai Lama will teach us to visualize ourselves as the Medicine Buddha. His Holiness will explain how to replace the thought of being ourselves with the thought of being the Medicine Buddha. As we counteract and remove the fixation on our personal self, our negative thinking will decrease, and compassion and wisdom will take its place. We will experience greater and greater well-being in body and mind.

We can take the Medicine Buddha Empowerment as a blessing for long life, health, and enlightenment, with no commitment to practice the teachings. Or we may take the Medicine Buddha Empowerment with the commitment to engage in regular spiritual practice in order to heal, develop happiness, and be a healing presence in the world.

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