

*Medicine Buddha
Prayer Ceremony
(Sadhana)*



**Edited on May 16, 2010 by Larry Reside,
Peaceful Garden Meditation Group**

Medicine Buddha Prayer Ceremony (Sadhana)

Visualization:

Just above the crown of my head is a lotus flower. In the centre of the lotus is a white moon disc and seated on the moon disc is my root guru - the Dharmakaya essence of all the buddhas - in the form of Medicine Buddha. He is blue in colour and is radiating blue light from his body. In the mudra of granting sublime realizations, his right hand rests on his right knee holding the stem of an Arura plant between his thumb and first finger. In the mudra of concentration, his left hand is holding a lapis lazuli bowl filled with nectar. He is seated in the full lotus position and is wearing the three red-coloured robes of a monk. He has all the signs and qualities of a Buddha.



Refuge & Bodhicitta (3x):

To the Buddha, the Dharma, and the Spiritual Community,
I go for refuge until I am enlightened.
From the virtuous merits that I collect,
by practising giving and the other perfections⁽¹⁾,
May I quickly attain Buddhahood in order to lead
Each and every sentient being into that unsurpassable state.

The Four Immeasurables:

May every sentient being have happiness and the causes of happiness.
May every sentient being be free from suffering and the causes of suffering.
May every sentient being never be separated from Bliss and Joy.
And May every sentient being rest in equanimity, free of bias, attachment, and anger.

Cultivation of Special Bodhicitta:

Especially for the benefit of every sentient being, I will quickly, very quickly, attain the precious state of perfect and complete Buddhahood. For this reason, I will practise the yoga method of Guru Medicine Buddha.



Seven-Limbed Prayer:

I prostrate to Guru Medicine Buddha.

I present to you an infinite array of offerings, including those actually performed and those mentally transformed,

I confess all non-virtuous actions accumulated since beginningless time.

I rejoice in the virtues of both ordinary and noble beings.

**As our guide, I request you, Oh Medicine Buddha,
to turn the wheel of Dharma until Samsara ends.**

All virtues, both my own and those of others, I dedicate to the ripening of the Conventional & Ultimate Awakened Heart⁽²⁾ and to the attainment of Buddhahood for the sake of every sentient being.

Mandala Offering:

The base of the mandala is strewn with flowers and scented with fragrances.

It is adorned with Mount Meru, the four continents, the sun, and the moon.

**By offering this world-system to the visualized Buddha-fields,
May every sentient being enjoy this pure realm.**

**IDAM GURU RATNA MANDALAKAM NIRATAYAMI
Precious Guru, this jewelled mandala, I send forth to you.**

Prayer of Request:

**I beseech you, Oh Victorious Medicine Buddha, whose sky-coloured, holy body of lapis lazuli signifies omniscient wisdom and compassion as vast as limitless space,
please grant me your blessings.**

I beseech you, compassionate Medicine Guru, holding in your right hand the king of medicines, symbolizing your vow to help all pitiful sentient beings, who are plagued by the four hundred and twenty-four diseases, please grant me your blessings.

**I beseech you, compassionate Medicine Guru, holding in your left hand a bowl of nectar, symbolizing your vow to give the glorious undying nectar of the Dharma, which eliminates the degenerations of sickness, old age, and death,
please grant me your blessings.**

6 - Glorious
Renown of
Excellent Signs

5 - King of
Melodious Sound

4 - Stainless
Excellent Gold
(should be pale
yellow)



2 - Melodious
Ocean of
Dharma
Proclaimed

3 - Supreme
Glory Free
from Sorrow

1 - King of
Clear Knowing

Visualization:

Above the crown of Guru Medicine Buddha is a wish-granting jewel, the essence of which is Guru. Above that is the Buddha “King of Clear Knowing”, whose body is red in colour, his right hand is in the mudra of bestowing sublime realizations and his left hand is in the mudra of concentration.

Above him is the Buddha “Melodious Ocean of Dharma Proclaimed”, with a yellow coloured body and hands in the same mudra.

Above him is the Buddha “Supreme Glory Free from Sorrow”, pink in colour and both hands in the mudra of concentration.

Above him is the Buddha “Stainless Excellent Gold”, pale yellow in colour, his both hands in the mudra of expounding the Dharma.

Above him is the Buddha “King of Melodious Sound”, reddish-yellow in colour, his right hand in the mudra of expounding the Dharma and his left hand in the mudra of concentration.

Above him is the Buddha “Glorious Renown of Excellent Signs”, yellow in colour and hands in the same mudra.

Request to the Medicine Buddhas:

Repeat each verse imagining that each medicine buddha is sending healing light to yourself or whomever you are praying for. After the last recitation, as you repeat “may your vow to benefit.....”, the Medicine Buddha to whom you are making the request fulfills his vows and dissolves into the Medicine Buddha below him.



Glorious Renown of
Excellent Signs

Eliminates Harmful
External Circumstances

The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “Glorious Renown of Excellent Signs” to you I prostrate and go for refuge, to you I make offerings.

**May your vow to eliminate all harmful external circumstances
now ripen for myself and others.**

(1, 3 or 7 times)



King of Melodious
Sounds

Eliminates Internal
Problems & Untimely
Death

The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “King of Melodious Sounds” to you I prostrate and go for refuge, to you I make offerings.

**May your vow to eliminate internal problems and untimely death
now ripen for myself and others.**

(1, 3 or 7 times)



Stainless Excellent Gold

Provides an abundance
of Healing Resources

**The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “Stainless Excellent Gold” to you I prostrate and go for refuge, to you I make offerings.
May your vow to provide an abundance of healing resources
now ripen for myself and others.
(1, 3 or 7 times)**



Supreme Glory Free
from Sorrow

Eliminates Longing,
Frustration, & Confusion

**The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “Supreme Glory free from Sorrow” to you I prostrate and go for refuge, to you I make offerings.
May your vow to eliminate longing, frustration, and confusion
now ripen for myself and others.
(1, 3 or 7 times)**



Melodious Ocean of
Dharma Proclaimed

Increases Patience,
Confidence &
Understanding

The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “Melodious Ocean of Dharma Proclaimed” to you I prostrate and go for refuge, to you I make offerings.

**May your vow to increase patience, confidence, and understanding
now ripen for myself and others.**

(1, 3 or 7 times)



King of Clear Knowing

Fulfills all wishes

The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “King of Clear Knowing” to you I prostrate and go for refuge, to you I make offerings.

May your vow to fulfill all wishes now ripen for myself and others.

(1, 3 or 7 times)



Guru Medicine Buddha

Heals all of our
Sicknesses

The fully realized destroyer of all defilements, fully completed Buddha, having fully realized the absolute truth of all phenomena. Buddha “Medicine Guru, Lapis Lazuli Holder of the Most Excellent of Medicines” to you I prostrate and go for refuge, to you I make offerings. May your vow to heal all of our sicknesses

now ripen for myself and others.

(1, 3 or 7 times)



Visualization:

Granting my request, from the heart and holy body of the king of medicine, infinite rays of white light pour down completely filling my body from head to toe. The light rays purify all my diseases and afflictions due to spirits and their causes, and all of my negative karmas and mental obscurations. In the nature of light, my body becomes as clean and clear as crystal.

(3 times)

My body being filled with blissful clean-clear light, I am completely transformed into the holy body of the Guru Medicine Buddha.

At my heart appears a lotus and moon disc. Standing at the centre of the moon disc is the blue seed syllable OM surrounded by the syllables of the mantra. As I recite the mantra, from the syllable OM at my heart, rays of light radiate out in all directions. The light rays fill every sentient being of the six realms with nectar. Through my great love, wishing them to have happiness, and through my great compassion wishing them to be free from all sufferings, they are purified of all diseases and afflictions due to spirits and their causes, and all of their negative karmas and mental obscurations.



Recitation of the Mantra (1, 3, or 7 or more times) (Tibetan pronunciation):

**OM NAMO BHAGAVATEY, BHIKENDZEY GURU, BENDURYA PRABHA
RANDZYAY, TATHAGATAYA, ARAHATEY, SAMYAK SAMBUDDHAYA,
TAYATA, OM BHIKENDZEY, BHIKENDZEY, MAHA BHIKENDZEY,
BHIKENDZEY RAJA SAMUNGATEY SOHA⁽³⁾.**

**OM homage Victorious One, Healing Guru, Lapis Lazuli King, The One who experiences
suchness, The One who destroys afflictions, The Completely and Fully Awakened, In Suchness,
Om Healing, Healing, Great Healing, the Healing King, Completely Gone, So it is.**

Short Mantra (7, 21, or 108 or more times):

**OM BHIKENDZEY, BHIKENDZEY, MAHA BHIKENDZEY, BHIKENDZEY RAJA
SAMUNGATEY SOHA.⁽⁴⁾**

**Om Healing, Healing, Great Healing, the Healing King,
Completely Gone, So it is.**



Feel great joy and think:

Every sentient being is transformed into the aspect of Guru Medicine Buddha. How wonderful that I am now able to lead all sentient beings into the Medicine Buddha's Spiritual Awakening.

The Guru Medicine Buddha above the crown of my head now melts into light and absorbs into my heart. My mind becomes completely one with the Dharmakaya, the essence of all the Buddhas.

Dedication:

Due to these merits, may I complete the ocean-like actions of a child of the Victorious Ones⁽⁵⁾. May I become the holy saviour, refuge, and helper for every sentient being because they have repeatedly been kind to me in past lives.

By the virtues received from attempting this practice, may every sentient being who sees, hears, touches, or remembers me - even those who only say my name - at that moment be released from their miseries and experience happiness forever.

As every sentient being, in numbers infinite as space, is encompassed by the Guru Medicine Buddha's compassion, may I also become the guide for every sentient being existing throughout all ten directions of the universe.

Because of these virtues, may I quickly become Guru Medicine Buddha and lead each and every sentient being into his Buddha Realm.

===== *The End* =====

The Benefits of the Sadhana

*by Thubten Gyatso, Wisdom Publications
Foundation for the Preservation of the Mahayana Tradition (FPMT)*

The seven medicine buddhas, attainers of bliss, strongly prayed for the temporal and ultimate happiness of all sentient beings. They vowed to actualize their prayers during these degenerate times - the age of the five-hundred teachings - when the teachings of Shakyamuni Buddha are in decline.

As the buddhas' holy speech is irrevocable, you can wholly trust their power to quickly grant blessings to help all sentient beings in these degenerate times. If you pray to the medicine gurus you will quickly be able to accomplish all that you wish.

Just hearing the holy name of the Guru Medicine Buddha and the sound of his mantra closes the door to rebirth in the suffering lower realms. It is written in the scriptures that you should not have a two-pointed mind (doubt) with regard to these benefits. Guru Shakyamuni Buddha said in the sutra entitled "*Medicine Guru Beams of Lapis Lazuli*"

Kungawo, do you believe my explanation of the qualities of that Tathagata?

Kungawo replied to the Bhagavan:

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

Then Guru Shakyamuni Buddha gave this advice:

"Kungawo, whoever hears the holy name of that Tathagata will not fall into the evil realms of the suffering transmigratory beings."

So therefore at the time of death, it is excellent to recite both the Tathagata's holy name and his mantra in the ear of the dying person. It is extremely beneficial to recite the mantra and blow it upon meat that you are eating, even on old bones or the dead bodies of animals or humans. This action purifies the karmic obscurations of sentient beings. It can cause one who has been reborn in the suffering lower realms to immediately pass away and be reborn in a pure realm or amongst happy transmigrators. At the very least, it will shorten the duration of their suffering in the lower realms.

It is excellent if this is done with Bodhicitta, renouncing oneself, and cherishing others.

By reciting this mantra, one is able to greatly enhance the power of medicine that one is taking or giving to others.

Visualize the medicine in a bowl in front of you and above it a moon disc. Standing on the moon disc is the blue seed-syllable OM surrounded by the syllables of the mantra in a clockwise direction. As you recite the mantra, nectars flow from all the syllables, absorbing into the medicine. The syllables and the moon then dissolve into the medicine, which becomes extremely powerful and able to cure all diseases and afflictions due to spirits and their causes, the negative karma and mental obscurations of all sentient beings.

If you are treating a disease such as cancer, you can visualize that the medicine has the power to cure this particular disease. The stronger one's faith is and the more mantras one recites, the greater will be the power of the medicine.

All existent phenomena are objects of knowing. That which is not an object of knowledge for any being does not exist; for instance, the horns of a rabbit.

All existent phenomena are included in three categories:

- Objects of a valid non-deceptive consciousness which are easily recognized such as a vase, plate, rice, flowers, and so forth.**
- Objects difficult to realize requiring reasoning to do so, such as impermanence and emptiness.**
- Objects extremely difficult to realize such as phenomena which are only objects of knowledge of omniscient mind. For ordinary beings, these can only be known through dependence upon scriptural authority of the Buddha.**

Since the benefits of doing this sadhana are extremely difficult to recognize, they therefore belong to the third category. Only through faith in the Buddhas' explanations can one realize these benefits. For those who are intellectual but somewhat thick-skulled, this explanation of the benefits and positive karma of doing the Medicine Buddha sadhana should not be discarded merely because it is too expansive for such a limited intelligence. If one is unable to accept this, it is better to remain indifferent rather than rejecting outright the profound teachings of the Buddha.

Examine and practice this sadhana skillfully. Keep your mind steady and, without deceiving yourself, you can achieve great benefits for yourself and for others.

NOTES ON THE SADHANA

Medicine Buddha picture by Andy Weber - www.AndyWeberStudios.com

Other information available at the Dharma Haven site -

www.dharma-haven.org/tibetan/medicine-buddha.htm

Extra details and Sadhana adjustments are the result of Geshe Khenrab Gajam's commentary on the Medicine Buddha Sutra.

Meaning of the Mantra:

**OM BHIKENZAY, BHIKENZAY, MAHA BHIKENZAY, BHIKENZAY RAJA
SAMUNGATE SOHA**

**OM HEALING, HEALING, GREAT HEALING, THE HEALING KING,
COMPLETELY GONE, SO BE IT.**

- 1) The six perfections are: Generosity, Morality, Patience, Perseverance, Concentration, and Wisdom.
- 2) Conventional Bodhicitta is the desire to attain Buddhahood in order to free all sentient beings from suffering. Ultimate Bodhicitta is, because nothing has a permanent, fixed self, we work for the elimination of suffering where-ever it appears independent of the division between self and other..
- 3) OM NAMO BHAGAVATEY means OM homage Victorious One, BHIKENZAY GURU Healing Guru, BENDURIYA PRABHA RANDZYAY means Lapis Lazuli King, TATHAGATAYA means One who experiences suchness, ARAHATEY is one who destroys afflictions, SAMYAK SAMBUDDHAYA means completely and fully awakened, TAYATA means "as it is" - the rest is the same as the short mantra.
- 4) While reciting the mantra, imagine providing for all sentient beings who are ill all of the pre-requisites provided by the medicine buddhas - eg - Freedom from harmful outside circumstances, freedom from untimely death, efficient and successful treatment, freedom from emotional distress, calm, trust, and understanding, providing all necessities, and eliminating their illnesses.
- 5) The Victorious Ones are the Buddhas of the past, present, and future. A child of the Victorious Ones are the Bodhisattvas, because Bodhisattvas are "born" after listening to the Buddhas teach about Compassion.