

# Bestower of the Glory of Benefit and Happiness

*The Extremely Abbreviated Essence  
of the Sūtra Ritual of the Medicine Guru*



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TRANSLATED BY JOONA REPO



## Bestower of the Glory of Benefit and Happiness

*Namo guru bhaiṣarājāya*

*They way to engage in the extremely abbreviated essence of the sūtra ritual of the Medicine Guru, composed of prostrations, offerings, and prayers, is as follows. In front of an image, arrange whatever offerings you can. First generate renunciation and great compassion and then recite the verses for taking refuge and generating bodhicitta:*

I take refuge until I am enlightened  
In the Buddha, the Dharma, and the Supreme Assembly.  
Through the merit I collect by giving and other perfections,  
May I become a buddha for the sake of all living beings.

*Meditate on the four immeasurables:*

May all sentient beings have happiness and the causes of happiness.  
May all sentient beings be free from suffering and the causes of suffering.  
May all sentient beings never be separated from the happiness that knows  
no suffering.  
May all sentient beings abide in equanimity, free of attachment and hatred for  
those close and distant.

*Recite the following to bless the ground:*

On a ground on which the environment and its inhabitants are displayed  
like Sukhāvātī

Is an inestimable mansion composed of magnificent jewels,  
At the centre of which, on a lion throne and lotus and moon seats,  
Are the *sugatas* and their retinues, resting on their gathered seats.

Through the supreme truth of the blessings of the victors and their children,  
The force of the two collections, and the power of the pure *dharmadhātu*,  
May the space be filled by an ocean of offering clouds,  
As found in the biography of Samantabhadra, which they enjoy.

*If you wish to do this extensively, recite the offering cloud dhāraṇī. Then recite:*

Protector of all sentient beings without exception,  
Deity who defeats the terrible hosts of *māras* and their armies,  
You know all things just as they are—  
Bhagavān and your retinue, please come to this place.

*Having requested in this way with single pointed intent and thinking that the field of merit actually comes and stays, give an elaborate welcome, or recite:*

I offer an ocean of drinking water possessing the eight characteristics,  
Offer a bath with a stream of the nectar of immortality,  
Serve soft and light divine cloths,  
And request you to please remain as a field of merit.

*Then make the actual prostrations and offerings:*

With my two hands,  
That are like a blooming lotus arising from within a beautiful pond,  
Folded at my forehead, and with melodious praises,  
I reverently prostrate with immeasurable emanated bodies.

To the actual and lineage gurus  
Who illuminate the excellent path of the sūtra ritual of the eight sugatas  
And the Saṅgha that now upholds the holy Dharma  
That was taught by the buddhas of the ten directions, I prostrate.

To the eight sugatas who have thoroughly brought to fulfillment  
extensive prayers—  
Excellent Signs, Precious Jewel, Excellent Gold, Freedom from Sorrow,  
Renowned Dharma, Clear Knowing, Medicine Guru, and Śākyamuni—  
I prostrate.

With a body of the pure and blossomed flower of the signs  
Beautified by the ripened grain of the excellent marks—  
To you who is the glory of anyone who sees, hears, or thinks about you,  
The Teacher Glorious Excellent Signs, I prostrate.

You are adorned by a jewel moon and lotus,  
Are skilled with regard to all objects of knowledge, possess vast knowing,  
And are endowed with speech that is deep like the ocean—  
To King Melodious Sound, I prostrate.

You are resplendent like the gold of the River Jambu,  
Blaze more magnificently than a thousand suns,  
And have a body like a stainless golden offering lamp—  
To Radiant Stainless Excellent Gold, I prostrate.

You found nirvāṇa and the highest bliss,  
Dispelled the tormenting suffering of living beings—  
To the glorified protector of the living beings of the six realms,  
Glorious Supreme Freedom From Sorrow, I prostrate.

With your resounding sounds of Dharma you defeat opponents,  
Your speech is as deep as the ocean,  
And you pacify all three poisons of living beings—  
To Glory of an Ocean of Renowned Dharma, I prostrate.

Your understanding of the Dharma is hard to fathom,  
You sport from within the thoroughly pure dharmadhātu,  
And you directly perceive all objects of knowledge—  
To you, King Clear Knowing, I prostrate.

Bhagavān who has compassion equally to all,  
By merely hearing your name the sufferings of the lower realms are dispelled—  
To you who removes the illness of the three poisons,  
Buddha Medicine Guru, Vaidūrya Light, I prostrate.

Born in the Śākya clan through skillful means and compassion,  
You triumphed over the armies of Māra that others cannot defeat.  
Your body is majestic like a golden mountain—  
To you, King of the Śākyas, I prostrate.

You destroy the seeds of the causes of *duḥka*,  
And remove suffering and anguish from their roots.  
To the holy Dharma of the three vehicles,  
Such as the Mother of Victors, the Perfection of Wisdom, I prostrate.

Mañjuśrīkumāra, Trāṇamukta, Guhyapati,  
Brahmā, Indra, Four Guardians of the World,  
The Twelve Great Yakṣa Generals, and others—  
To the ārya Saṅgha, I prostrate.

After a period of countless eons,  
In order to save all destitute living beings,  
You made exceptional prayers—  
In the sugatas and their retinues, I take refuge.

A cloud of offerings—  
Both actually arranged and born through the power dhāraṇī, knowledge mantra,  
and faith—  
Like that described in the Prayer of Samantabhadra,  
Pervading space to its limits, I always offer.

I confess all negativities and downfalls accumulated since beginningless time.  
I rejoice in all the virtues of the three times.  
Please turn the wheel of Dharma and remain for a long time.  
I dedicate my merits to the unsurpassed great enlightenment.





Great gathering of bhagavāns and their retinues,  
Such as the eight sugatas and bodhisattvas of the three families,  
Dearly think of me and all living beings of the degenerate age  
With your great compassion.

In accordance with the prayers and vows you made in previous lives,  
Having actually manifest the results of your truth,  
Pacify all discordant causes for practicing the Dharma,  
Such as passing illnesses, *grabas*, negativities, obstructions, transgressions,  
and downfalls.

Increase life, merit, wealth, faith, effort, wisdom,  
And all other excellent concordant conditions.  
Bless us that the holders of the teaching remain long, the teachings of  
explanation and practice spread,  
And that the happiness of all beings increase.

Also, when I die, I pray that the bhagavāns, together with their children,  
Directly lead me to a pure land,  
Give a prophecy of my attainment of the heart of enlightenment swiftly,  
And spontaneously accomplish the two purposes.

*Recite this while making prostrations as many times as you can. If you wish to engage in a more elaborate practice, recite the long and short dhāraṇīs as many times as possible.*

*Then, if you have an image, request forgiveness, make the requests for the merit field to remain, and so forth, according to usual practice.*

*If you do not have an image:*

Whatever faults there were, such as offerings not being acquired  
or being inadequate,  
Please be patient with this.  
Bhagavāns and your retinues,  
Depart for your buddha lands and please come again.

Through the forces of these roots of virtue accumulated by myself and others  
May the teachings, the source of all benefit and happiness, flourish.  
By all the causes of every suffering, without exception, having been abandoned,  
May the ocean of cyclic existence swiftly dry up.

Through as many excellent signs of virtue as there are  
In the eight sugatas and the ārya Saṅgha that upholds the holy Dharma  
taught by them  
May there be the auspiciousness  
Of the increasing of everything that is excellent in cyclic existence and peace.

*Recite dedication prayers auspicious verses as appropriate.*

*Colophon:*

*At the request of Ngawang Tenzin—a profoundly learned teacher among the holders of the long lineage of the Great Omniscient Bodongpa—who also presented a flower of offering scarves, the lazy Jamyang Khyentse Wangpo compiled this text at Palden Samdrub Chöding Monastery. May the merits from this become causes for all living beings to accomplish the two purposes, just as they wish.*

## The Long Medicine Guru Dhāraṇī

*tadyathā / ghume ghume / imi / nimihi / mati mati / sapta tathāgata  
samādhyadhiṣṭhite / ati mate / pāle / pāpaṃ śodhani / sarva pāpaṃ nāśaya /  
mama buddhe / buddhottame / ume / kume / buddha kṣetra pariśodhani / dhame /  
nidhame / meru meru / meru śikhare / sarva akāla mṛtyu nivāraṇi / buddhe  
subuddhe buddhādhiṣṭhāna / rakṣantu me / sarva devā / same asame  
samanvāharantu me / sarva buddha / bodhisatvānāṃ / śame śame / praśamantu  
me sarva ityu padrava vyādhayaḥ / pūraṇi pūraṇi / pūraya me / sarva āśāya  
vaidūrya pratibhāse sarva pāpaṃ kṣayaṃkari svāhā*

## The Short Medicine Guru Dhāraṇī

*tadyathā / om bhaiṣajye bhaiṣajye / mahābhaiṣajye / rāja samudgate svāhā*

*Publisher's colophon:*

*Translated by Joona Repo, 2023, from 'jam dbyangs mkhyen brtse'i dbang po, sman bla'i mdo chog gi snying po shin tu bsdus pa phan bde'i dpal ster in The collected works (gsuñ 'bum) of the great 'Jam-dbyaṅs Mkhjen-brtse'i-dbañ-po, vol.11, Gangtok: Gonpo Tseten, 1977–1980, 261–267.*





*Khenpo Appey Foundation (KAF) was established in 2010 to honor the most Venerable Khenchen Appey Rinpoche (1927-2010), an eminent and humble Tibetan Buddhist scholar and practitioner who dedicated his life exclusively to the propagation of the Buddhadharma. The foundation was established by Mdm Doreen Goh, a devoted follower and sponsor of Khenchen Appey Rinpoche.*

*Inspired by Khenchen Appey Rinpoche's vision, KAF is a non-profit organization dedicated to the support and enhancement of Buddhist study and practice. KAF's primary aim is to extend the Buddha's wisdom and compassion as widely as possible, in order to benefit all beings.*

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