**Medicine Buddha**



**Refuge and Bodhicitta**

I go for refuge until I am enlightened

To the Buddhas, the Dharma, and the Assembly of Saints.

Through the merit I create by practicing giving and the other perfections,

May I attain Buddhahood for the sake of all sentient beings. ***(3x)***

**The Four Immeasurable Thoughts**

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of

suffering.

May they find the bliss that is especially sublime.

May all beings never be parted from equanimity.

**Seven-limb Prayer**

Reverently I prostrate with my body, speech, and mind to Guru Medicine Buddha,

And present clouds of every type of offering, actual 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 cyclic existence ends,

And turn the wheel of Dharma for sentient beings.

I dedicate all the virtue for the benefit of all sentient beings.

**Aspiration**

I prostrate, go for refuge and make offerings to the fully realized

destroyer of all defilements, completely perfected enlightened being, who has realized the ultimate nature of all phenomena, Medicine Buddha, King of Lapis Light. May your vow to benefit all sentient beings now ripen for myself and others.

**Visualization**

From the state of emptiness, from PAM comes a lotus and from AH a moon mandala. Upon this appears my own mind in the aspect of a blue letter HUNG. From this, light rays radiate making offerings to all Arya beings and accomplishing the welfare of sentient beings. These collect back and completely transform into Medicine Buddha,

Visualize the Medicine Buddha in front and slightly above you. He is sitting on a moon disc which rests in the center of an opened lotus, with his legs crossed in the vajra, or full-lotus position, with a blue-colored body, the deep blue of lapis lazuli, one face and two hands. His body is the nature of light, clean and clear like a crystal. His right hand is in the mudra of supreme giving and holds a myrobalan plant. \* His left hand is in the mudra of meditative equipoise holding a bowl filled with medicine nectar. He wears the three robes of a fully ordained monk: he is complete with all the signs and indications of a fully enlightened being. His face is peaceful and smiling, looking at all living beings in the universe with compassion and loving-kindness

*\*(*terminalia chebula*, renowned as the king among medicines because of its effectiveness in treating both mental and physical diseases. Also known as* arura*.)*

**Medicine Buddha Mantra**

In your heart, is the seed syllable HUNG, surrounded by the mantra.

**TAYATA OM BHEKANDZE BHEKANDZE MAHA**

**BHEKANDZE RANDZA SAMUNGATE SOHA**

**Recitation**

As you recite the mantra, visualize rays of light filling your body and radiating out in all directions from the syllables at your heart. The light rays pervade the sentient beings of all six realms and the bardo. Through your great love wishing them to have happiness, and through your great compassion wishing them to be free from all suffering, they are purified of all diseases, afflictions due to spirits, energy imbalances, mental disorders, negative karma and obscurations. All sentient beings are transformed into the aspect of the Medicine Buddha. Light returns and blessings are absorbed into you.

(Recite mantra as much as possible.)

**Prayers of Request**

I beseech you, Bhagavan Medicine Guru – whose sky-colored holy body of lapis lazuli signifies omniscient wisdom and compassion as vast as limitless space – please grant all beings your blessings.

I beseech you, compassionate Medicine Guru – who hold in your right hand the king of medicines symbolizing your vow to help all pitiful sentient beings plagued by the 424 diseases – please grant all beings your blessings.

I beseech you, compassionate Medicine Guru – who hold in your left hand a bowl of nectar symbolizing your vow to give the glorious undying nectar of the Dharma that eliminates the degenerations of sickness, old age, and death – please grant all beings your blessings.

*(Add special requests.)*

**Mantra of Dependent Origination** *(seals the practice)*:

**OM YE DHARMA HETU PRABHAVA HETUN TESHAN TATHAGATO**

**HYAVADAT TESHAN CHA YO, NIRODHA EVAM WADI MAHA**

**SHRAMANA YE SVAHA *(1x)***

**Purification:**

**OM BENZA SATTO HUNG** ***(3x)***

“May I be forgiven for all mistakes.”

**Dedication**

I dedicate the merit for the benefit of all beings.

By all the merit of these thoughts and words may I and every being to whom I am linked, when these imperfect forms are cast away, be born miraculously in the realm of bliss, crossing the ten stages directly after birth. May emanations fill the ten regions in service for the benefit of all.

Bodhicitta is precious. May it arise where it has never arisen. Where it has arisen may it ever grow and flourish for the benefit of all.

**Sarva Mangalam**

**Supplemental Material**

Meaning Of The Mantra:

**TAYATA** = Gone beyond (beyond Samsara and Nirvana)

**OM** = Om: jewel holder, wish fulfilling one, auspicious one

**BHEKANDZE BHEKANDZE** = calling Medicine Buddha twice

**MAHA BHEKANDZE** = Greatness of Medicine Buddha

**RANDZA SAMUNGATE** =Perfectly liberated or awakened

**SOHA** = Dissolve in me

In the tantra called Ser Dom Upa, Buddha explained to his attendant Ananda:

*“If you recite one time the name and mantra of the Medicinal King, encompassing all Those Gone to Bliss, you purify 80,000 eons of negative karma; if you recite it ten times, you purify 800,000 eons of negative karma; if you recite it twenty times, you purify 8,000,000 eons of negative karma; if you recite it one hundred times, you purify the negative karma from unimaginable samsaric lifetimes. Anybody who even hears or remembers the name and mantra purifies the five uninterrupted negative karmas.”*

The Medicine Buddha’s long mantra:

**OM NAMO BAGHAWATE BHEGHANDZE GURU BHEDURYA PRABARAJA TATHAGATAYA ARHATE SAMKYA SAM BUDDHAYA TAYATHA OM BHEGHANDZE BHEGHANDZE MAHA BHEGHANDZE BHEGHANDZE RADZA SAMUDGATE SOHA**

The Medicine Buddha’s dharani:

**TADYATHA GHU ME GHU ME / I MI NI MI HI MA TI MA TI SAPTA TATHAGATA / SA MA DHYA DHIGHITE / AH TE MA TE / PA LE PA PA SHODHANI / SARVA PAPAM NA SHA / YA MA MA BUDDHA BUDDHOTTAME / U ME KU ME / BUDDHA KSHETRA PA SHODHANI / DHA ME NI DHA ME / ME RU ME RU ME RU SHI GHARE / SARVVA AH KA LA MRITU / NI PARANI / BUDDHE SU BUDDHE BUDDHA ADHIKHTHANA / RAKHANTU ME / SARVVA DE WA SA ME AH / SA ME SAMANTA HARANTU / SARVVA BUDDHA BODHISATTVA / SHAME SHAME PRASHAMANTU ME / SARVVA ITU PA DRA PRA BA DYA TA YA / PURANE PURANE PURAYAME / SARVA ASHAYA / BAIDURYA PRATI / BHA SE SARVVA PA PAKHA YADA RE SVAHA**

*Blessed Śākyamuni then spoke: “Any son or daughter of good family who*

*upholds, carries, recites, and makes offerings to this dhāraṇī and the names*

*of the thus-gone ones will be cleansed. They will cleanse the directions and*

*maintain the eightfold noble path.*

*“With supreme compassion for all beings, they should begin on the full*

*moon during Viśākhā.* (Vesak) *They should make an image of the Thus-Gone Ones,*

*fast on the eighth, fourteenth, and fifteenth days, and then recite the dhāraṇī*

*forty-nine, one thousand and eight, or forty-nine thousand times while*

*offering flowers, incense, perfume, lamps, garlands, music, parasols,*

*banners, and flags three times per day and three times per night.*

*“When they do, the thus-gone ones will direct their attention toward them*

*and all the bodhisattvas will think of them. Brahmā, Śakra, the Four Great*

*Kings, and the great nāga lay practitioners will protect them, and they will*

*be guarded by all the vajra-wielding yakṣa generals. All of their karmic*

*obscurations will be purified, including the five acts with immediate*

*retribution and so forth. They will not contract any illnesses, will have a long*

*life, and will avoid any kind of unnatural death. Death, enemies,*

*dangers of the wilderness, conflict, arguments, and disputes will all be*

*pacified. They will not be enthralled by any enemy, and anything they wish*

*for will be fulfilled.” -***The Noble Vaiḍūryaprabha Dhāraṇī That Activates the Power of the Thus-Gone Ones’ Absorption.**

**Blessing Medicine**

By reciting the Medicine Buddha mantra, you will greatly enhance the power of medicine that you are taking or giving to others. This can be done as follows:

Visualize the medicine in a bowl in front of you and above it a moon disk. Standing on the moon disk is the blue seed-syllable OM surrounded by the syllables of the Medicine Buddha 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 physical diseases and afflictions caused by spirits together with their causes, negative karma and mental obscurations of sentient beings. If you are treating a serious disease such as cancer, visualize that the medicine has the power to cure this particular disease. The stronger one’s faith and the more mantras one recites, the greater will be the power of the medicine.

