

Medicine Buddha Sadhana (1)

(A practice for healing and long life)

Going for Refuge and Generating Bodhicitta

Until I attain enlightenment,
I respectfully go for refuge
To the Guru, Buddha, Dharma and Sangha.
To attain Buddhahood for the welfare
Of all living beings
I shall make requests to the Seven Sugatas. (3x)

Visualising the Seven Sugatas

On the crown of my head sits the Tathagata Medicine Guru.
His body is blue, his right hand, in the mudra of supreme giving, holds
an Arura plant, and his left hand, in the mudra of meditative equipoise,
holds a bowl filled with medicine nectar.

On his crown is the Tathagata King of Clear Knowing.
His body is red, his right hand is in the mudra of supreme giving, and his
left hand is in the mudra of meditative equipoise.

On his crown is the Tathagata Melodious Ocean of Dharma Proclaimed.
His body is light red, and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata Supreme Glory Free From Sorrow.
His body is pale red, and both his hands are in the mudra of meditative equipoise.

On his crown is the Tathagata Stainless Excellent Gold.
His body is golden, and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata King of Melodious Sound.
His body is golden, his right hand is in the mudra of supreme giving,
and his left hand is in the mudra of meditative equipoise.

On his crown is the Tathagata Glorious Renown of Excellent Signs.
His body is golden, his right hand is in the mudra of granting protection,
and his left hand is in the mudra of meditative equipoise.

They all wear the three robes of a monk and are adorned with the major and minor
marks. They sit in the vajra posture on seats of a lotus and moon.

Offering the Seven Limbs

Merely through the touch of the smallest part of your supreme medicinal plant, you cool the fires of the deepest hells, transforming them into lotus pools. To you, Assembly of Protectors of impure beings, with my body, speech and mind, respectfully I prostrate.

I offer a vast collection of offerings, both are actually set out and emanated through the power of mantra, wisdom, and imagination. I confess all negativities and downfalls, rejoice in virtue beseech you to remain, and request you to teach. I dedicate these virtues to great enlightenment.

Making Requests

O Great Assembly of Blessed Ones, please listen to me.
Previously you Seven Sugatas made prayers,
To fulfil the promises you have made
In this, the final five hundred years of Buddha Shakyamuni's Teachings;
I request you now to show me the truth directly.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
Great King, Glorious Renown of Excellent Signs, to you I prostrate, make offerings and
go for refuge. (7x)

The Tathagata Glorious Renown of Excellent Signs melts into light and dissolves into the
Tathagata King of Melodious Sound.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, King of Melodious
Sound, Brilliant Radiance of Skill, Fully Adorned with Jewels, Moon and Lotus, to you I
prostrate, make offerings, and go for refuge. (7x)

The Tathagata King of Melodious Sound melts into light and dissolves into the Tathagata
Stainless Excellent Gold.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Stainless
Excellent Gold, Jewel Radiance who Accomplish your vows, to you I prostrate, make
offerings, and go for refuge. (7x)

The Tathagata Stainless Excellent Gold melts into light and dissolves into the Tathagata
Supreme Glory Free from Sorrow.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Supreme Glory
Free from Sorrow, to you I prostrate, make offerings, and go for refuge. (7x)

The Tathagata Supreme Glory Free From Sorrow melts into light and dissolves into the
Tathagata Melodious Ocean of Dharma Proclaimed.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Melodious Ocean of Dharma Proclaimed, to you I prostrate, make offerings, and go for refuge. (7x)

The Tathagata Melodious Ocean of Dharma Proclaimed melts into light and dissolves into the Tathagata King of Clear Knowing.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, King of Clear Knowing, who Fully Enjoys the Supreme Wisdom of an Ocean of Dharma, to you I prostrate, make offerings, and go for refuge. (7x)

The Tathagata King of Clear Knowing melts into light and dissolves into the Tathagata Medicine Guru.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Medicine Guru, Great King with the Radiance of a Lapis Jewel, to you I prostrate, make offerings, and go for refuge. (7x)

The Tathagata King of Medicine melts into light and dissolves into me. All sickness, spirits, negativities, and obstructions that afflict me are purified, and I become the Buddha, Medicine Guru.

Recitation of Mantra

At my heart, on a moon disk, is a letter HUM surrounded by the mantra rosary.

TAYATHA OM BEKANZEY BEKANZEY MAHA BEKANZEY BEKANZEY RANZA SAMU-
GATEY SOHA

(1 mala per day, or more)

Dedication

Through my virtues from prostrating, making offerings, and reciting the names of the Assembly of Seven Sugatas,

May the supreme prayers that they previously made –

The two sets of eight, the four sets of four, and the twelve promises –

Immediately ripen upon myself and all other living beings.