

Medicine Buddha Sadhana (2) **(A practice for healing and long life)**

Meditation

Visualise yourself in your ordinary body, with your heart at the centre of your chest, inverted, pointing upwards. Inside your heart is a white, eight-petal lotus. At its centre is a moon disc, upon which is seated the Healing Buddha in the aspect of supreme transformation. His holy body is clear and in the nature of dark blue light, and he holds an arura plant in his right hand and begging bowl in his left.

In front of the Healing Buddha is the white medicinal goddesses, Actualised Wisdom; to his right is the yellow medicinal goddess, Simultaneous Wealth; behind him is the red forest goddess, Peacock's Throat; to his left is the green tree goddess, Radiant One. Each goddess is in the nature of blissful radiant light and has one face and two arms. An Arura plant is in each goddess's right hand, with a vase adorned with various ornaments in the left. The four goddesses sit cross-legged, not in the full vajra position but in the aspect of offering respect to the Healing Buddha.

Then make this request:

O DESTROYER, COMPLETE IN ALL QUALITIES AND GONE
BEYOND AND YOU FOUR MEDICINAL GODDESSES.
PLEASE PACIFY IMMEDIATELY THE ILLNESSES THAT AFFLICT ME
NOW AND HELP ME AVOID ALL FUTURE SICKNESS.

Light rays of the appropriate colour emanate from each of the five deities at your heart. Your heart and body are full of blissful light, which perfectly purifies all diseases, spirit harms, and negative actions and their imprints. Beams of five coloured light radiate from all the pores in your body, while nectar flows down from the Healing Buddha's begging bowl and the vases held by the four goddesses, completely filling your heart and body. Generate the strong recognition that you have vanquished disease forever and will never be sick again. While concentrating single-pointedly on this visualization, recite the short or long Healing Buddha mantra seven, twenty-one, one hundred and eight, or more times.

Short Mantra of Medicine Buddha

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

(1 mala per day, or more)

Long mantra of Medicine Buddha

OM NAMO BHAGAWATE BEKANZEY GURU BENDURYA PRABHA RANZAYA TAYATHA
ARHATE SAMYAKSAM BUDDHAYA TAYATHA OM BEKANZEY BEKANZEY MAHA
BEKANZEY RANZA SAMU-GATEY SOHA

(21x per day, or more)

If you are sick, after you have finished reciting the mantra, put some saliva in your left palm, rub it on the tip of your right ring finger, place the tip of this finger at the entrance of your right and left nostrils, where the so-called All-Doing King Nerve can be found, and apply the saliva to the afflicted parts of your body. Then recite as many mantras of the Sanskrit vowels and consonants as possible, along with the mantra of the Heart of Dependent Arising.

Sanskrit Vowels

OM A AA I II U UU RI RII LI LII E AI O AU AM AH SOHA

Sanskrit Consonants

OM KA KHA GA GHA NGA / TSA TSHA DZA DZHA NYA / TA THA DA DHA NA / TA THA
DA DHA NA / PA PHA BA BHA MA / YA RA LA VA / SA SHA SA HA KSHA SOHA

The Heart of Dependent Arising

OM YE DHARMA HETU-PRABHAVA HETUN TESHAN TATHAGATO HYA VADAT /
TESHAN CA YO NIRODHA / EVAM-VADI / MAHA SRAMANAH-YE-SOHA

Dedication

JANG-JUB SEM-CHOK RINPOCHE
MA-KYE PA-NAM KYE-GYUR CHIK
KYE-PA NYAM-PA ME-PA YANG
GONG-NA GONG-DU PEL-WAR SHUG

May the precious Bodhi-mind,
Where it is not born arise and grow
May that born have no decline
But increase forever more.

TONG-NI TONG-WA RINPOCHE
MA-KYE PA-NAM KYE-GYUR CHIK
KYE-PA NYAM-PA ME-PA YANG
GONG-NA GONG-DU PEL-WAR SHUG

May the precious Emptiness
Where it is not born arise and grow
May that born have no decline
But increase forever more.

DAG-SOG JIN-NYEH SAG-PA GE-WA DEE
TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG
CHE-PAR JE-TSUN LO-ZANG DRAG-PA YI
TAN-PI NYING-PO RING-DU SAL-SHEH SHUG

May this merit accumulated by myself and others beneficially serve all sentient beings
and the Buddhadharma and especially may the essential teachings of the unerring
Master Tsongkhapa, become clear and enduring.

Prayer by Je Tsongkhapa

KYE-WA KUN-TU YANG-DAK LA-MA DANG
DRAL-ME CHO-KYI PAL-LA LONG-CHO CHING
SA-DANG LAM-GYI YON-TEN RAP-DZOK NA
DORJE CHANG-GI GO-PANG NYUR-TO SHUG

In all my rebirths may I not be parted from perfect Gurus,
Let me enjoy the abundance of the Dharma!
Perfecting the quality stages and paths
May I quickly attain the rank of Vajradhara Buddha.

Dedication of virtue

GE-WA DI-YI NYUR-DU DAK
LA-MA SANG-GYE DRUP-GYUR NA
DRO-WA CHIK-KYANG MA-LU PA
DE-YI SA-LA GO-PAR SHUG

By this virtue, may I quickly
Realize Guru-Buddhahood,
And transfer each sentient being
Into that Enlightened state.

CHO KHI GYAL PO TSONG KHA PA
CHO TSUL NAM PAR PHEL WA LA
GEK KI TSHAN MA ZHI WA DANG
THUN KYIN MA LU TSHANG WAR SHOK

May all conducive conditions arise
and all obstacles be pacified,
in order to increase infinitely,
the doctrine of the spiritual king, Tsongkhapa.

DA DANG SHEN GI DU SUM DANG
DRIL WA TSOK NYI LA TEN NAY
GYA WA LO ZANG DRAG PA YI
TAN PAR YUN RING VAR GYUR CHIG

By the merits of the 3 times of myself and others,
May the doctrine of Lama Tsongkhapa blaze forever.

Auspicious Dedication

NYIMO DELEK TSEN TELEK
NYIME GUNG YANG DELEK SHIN
NYITSEN TAKTU DELEK PEL
KON CHOK SUM GYI JIN GYI LOB
KON CHOK SUM GYI NGOR DRUL TSOL
KON CHOK SUM GYI TRA SHI SHOK

At dawn or dusk, at night or midday,
may the Three Jewels grant us their blessing,
may they help us to achieve all realisations
and sprinkle the paths of our lives with various signs of auspiciousness.

Dedication for the Guru's long life

JETSUN LAMA KU TSE RABTEN CHING
NAMKAR TRINLEY CHOG CHUR GYE PA DANG
LOBSANG TENPE DRON ME SA SUM GYI
DRO WE MUNSEL TAKTUR NE GYUR CHIG

May the holy teachers have long lives.
May the enlightened activities be fully displayed in the ten directions,
and may the brightness of the teachings of Lama Tsongkhapa
continuously dissipate the veil of darkness covering the beings of the three realms.

Dedication for the long life of H.H. the 14th Dalai Lama

GANG RI RAWE KORWAI SHING KHAM DIR
PEN DANG DEWA MALU GYUNG WAI NE
CHENREZIG WANG TENZIN GYATSO YI
SHA PEI SITHAI BARDU DEN GYUR CHIG

In this holy Land surrounded by snow mountains,
You are the source of all benefit and happiness
May your lotus feet, O powerful Chenrezig, Tenzin Gyatso
Remain in this world until the end of existence.