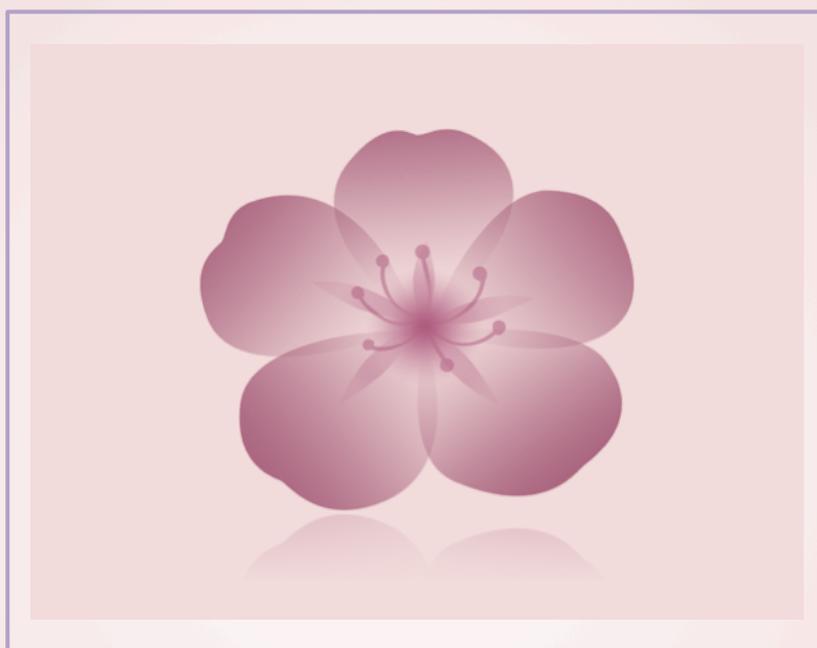


MEDICINE BUDDHA SADHANA

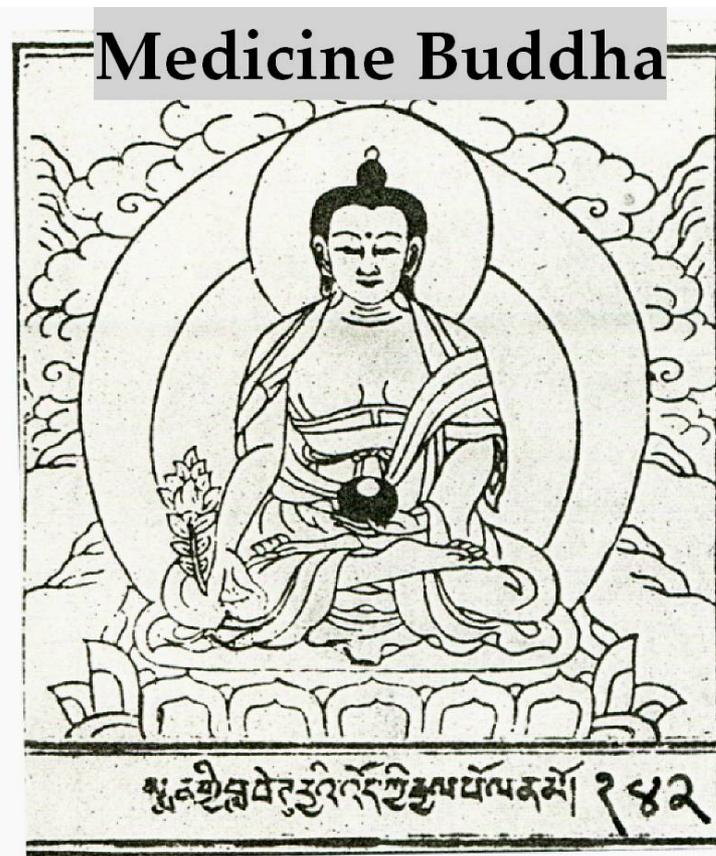


GEN LOBSANG NAMGYEL-LA

Medicine Buddha Sadhana

Visualisation

About ten centimetres above the crown of your head is a lotus flower. In the centre of the lotus is a white moon disk and seated on the moon disc is your root guru – the Dharmakaya essence of all the Buddhas – in the form of the Medicine Buddha. He is blue in colour and has light radiating from his body. In the gesture of giving the highest goal, his right hand rests on his right knee holding a stem of the Arura plant between 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 posture and is wearing the three red coloured robes of a monk. He has all the signs and qualities of a Buddha.



Refuge:

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly.
By the accumulation of merits, of practicing generosity and so forth,
May I become a Buddha to benefit all sentient beings. (3x)

Refuge/Bodhicitta

To the Buddha, the Dharma and the sublime community I go for refuge until I am enlightened. From the virtuous merits I collect by practising giving and other perfections, may I quickly attain Buddhahood in order to lead each and every sentient being into that unsurpassable state.

- 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 which is without suffering.
 May all sentient beings abide in equanimity, free from both attachment and hatred, holding some close and others distant.
- Special Bodhicitta** Especially for the benefit of all sentient beings, I will quickly, very quickly, attain the precious state of perfect and complete Buddhahood. For this reason, I will practise the yoga method of the Guru Medicine Buddha.
- Seven limb prayer** I prostrate to Guru Medicine Buddha.
 Each and every offering, including those actually performed and those mentally transformed I present to you.
 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, O 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 two Bodhicittas and the attainment of Buddhahood for the sake of all sentient beings.
- Mandala offering** This ground, anointed with perfume, strewn with flowers,
 Adorned with Mount Meru, four continents, the sun and the moon,
 I imagine this as a Buddha-field and offer it.
 May all living beings enjoy this pure land!
- Idam Guru Ratna Mandalakam Niryatayami
- Prayer of request** I beseech you, Bhagawan Medicine Guru, 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, symbolising your vow to help all the pitiful sentient beings 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 symbolising 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.

Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, Guru Medicine Buddha King of Lapis Light, to you I prostrate and go for refuge, to you I make offerings.

May your vow to benefit all sentient beings now ripen for myself and others.

DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE
MEN GYI LA BENDURYAI O GYI GYAL PO LA CHAG SA LO (7x)

Visualise white colour nectar flowing from the begging bowl to yourself as well as to all other sentient beings in the six realms.



Visualization

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

The light rays pour down twice more, each time filling your body with blissful clean-clear light which you absorb. You are thereby transformed into the holy body of the Guru Medicine Buddha.

At your heart appears a lotus and moon disk. Standing at the centre of the moon disk, is the blue seed-syllable HUM surrounded by the syllables of the mantra. As you recite the mantra, visualise rays of light radiating out in all directions from the syllable at your heart. The light rays pervade the sentient beings of all six realms. Through your great love wishing them to have happiness, and through your great compassion wishing them to be free from all sufferings, they are purified of all diseases and afflictions due to spirits and their causes, all their negative karma and mental obscurations are purified and removed.

Long Mantra:

OM NAMO BHAGAWATE BHEKANDZYAI, GURU BENDURYA,
PRABHA RADZAYA, TATHAGATAYA, ARHATE, SAMYAKSAM BUDDHAYA,
TAYATA OM BHEKANDZYAI BHEKANDZYAI,
MAHA BHEKANDZYAI BHEKANDZYAI, RADZA SAMUDGATE SOHA.

Short Mantra:

TAYATA OM BHEKANDZYAI BHEKANDZYAI MAHA BHEKANDZYAI RADZA
SAMUDGATE SOHA.

Feel great joy and think: *All Sentient beings are 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 Enlightenment.*

Dissolution: *Now you dissolve everything into what they call space-like emptiness. As Lama Yeshe says, this is not the actual meaning of emptiness but in tantra it is a very powerful way of getting to emptiness. First you imagine that the entire universe dissolves into empty space: your place, the planet, the galaxies. This universe, and all the beings in it, which we cling to as so real, as existing from its own side, just dissolves into vast empty space, not one atom left: 'zero' as Lama says.*

Then you dissolve your body, the basis of this I, the thing we know most, identify with most: you imagine that from your feet up towards your heart chakra and from your crown down towards your heart chakra it just dissolves; you feel that everything absorbs into your heart chakra.

Then you dissolve your thoughts, these elaborate conceptual constructions, all the thoughts of 'I', which have no basis in reality, which are completely made up, a hallucination as Lama Zopa says. All of it dissolves into empty space, not one atom left, zero.

All that is left is your Medicine Buddha consciousness, very subtle, pure, as vast as space: "I am the dharmakaya," you think, "This is who I am." Feel completely blissful - this is your nature. And you feel that you are in the nature of emptiness. For a moment you meditate conceptually on emptiness, at whatever level you understand its meaning. Then you let go of all thoughts and you abide in this vast, blissful, space-like emptiness for as long as you like.

When it's time to finish, you would be roused out of this blissful emptiness by your compassion, your wish to benefit others: you manifest again in your body and imagine that your mind is oneness with Medicine Buddha's mind. And you make strong prayers that with this body and speech you will benefit whichever sentient beings you come into contact with: human, animal, whatever; that the purpose of your body and speech is to benefit others. And then you do the dedication prayers.

Dedication: Due to these merits, may I complete the ocean-like actions of the sons and daughters of the Victorious Ones. May I become the Holy Saviour, refuge and helper for sentient beings who have repeatedly been kind to me in past lives.

By the virtues received from attempting this practice, may all living beings who see, hear, touch or remember me – even those who say my name – at that moment be released from their miseries and experience happiness forever.

As all the sentient beings, infinite as space, are encompassed by the Guru Medicine Buddha's compassion, may I also become the guide of all sentient beings 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 enlightened realm.

Due to the merits of these virtuous actions
May I quickly attain the state of a Guru-Buddha
And lead all sentient beings, without exception,
Into that enlightened state.

May the supreme jewel bodhicitta
That has not yet arisen, arise and grow,
And may that arisen not diminish,
But increase more and more.

From Master Shantideva's Bodhicharyavatara

May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil, or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.

For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.

Long Life Prayer for Venerable Gen Lobsang Namgyel-la

Wisdom light of True Compassion,
Source of Tara's Love Maternal,
Lobsang's Doctrine perfect holder,
We request your life eternal.

Teacher, Father, Mother, Guru -
We entreat you, live forever,
Guiding all to liberation,
Perfecting our minds forever.

With your always skilful guidance
and profound, compassionate ways,
Shining Tara's light eternal,
Guiding to Her Tathagata Mind.

Long Life Mantra

OM A GURU VAJRADHARA SUMATI VIJAYA SARVA SIDDHI HUM

White Tara Long Life Mantra

OM TARE TUTTARE TURE GURU SUMATI VIJAYA AYUR PUNYE JNANA PUSHTIM
KURU YE SVAHA

Multiplying Mantras

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI
SANG GYÄ NAM PAR NANG DZÄ Ö KYI GYÄL PO LA CHHAG TSHÄL LO (1x)

JANG CHHUB SEM PA SEM PA CHHEN PO KÜN TU ZANG PO LA CHHAG TSHÄL
LO (1x)

TADYATHA PÄNCHA GRIYA AVA BODHANI SVAHA OM DHURU DHURU JAYA
MUKHE SVAHA (7x)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI
SANG GYÄ MÄN GYI LHA BAIDURYA Ö KYI GYÄL PO LA CHHAG TSHÄL LO (1x)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI
SANG GYÄ NGO WA DANG MÖN LAM [THAM CHÄ RAB TU] DRUB PÄ GYÄL PO
LA CHHAG TSHÄL LO (1x)

Due to the power of the blessings of the eminent Buddhas and bodhisattvas, the power of infallible dependent arising, and the power of my pure special attitude, may all my pure prayers succeed immediately.