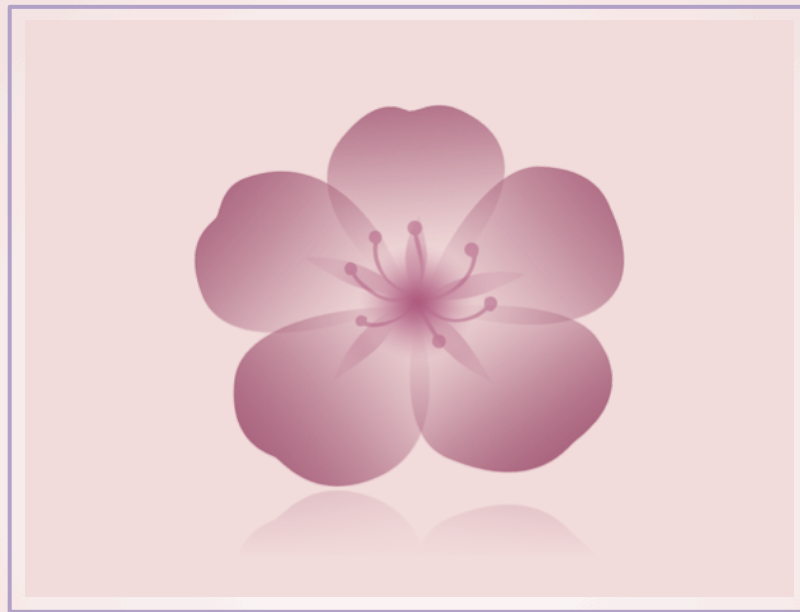


MEDICINE BUDDHA SADHANA

TOOWOOMBA TARA LOJONG CENTRE



VENERABLE GEN LOBSANG NAMGYEL

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 disk is your root guru – the Dharmakaya essence of all the Buddhas – in the form of the Medicine Buddha. He is blue in colour and is radiating light 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.



Tibetan Refuge:




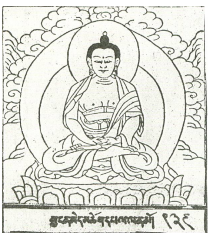



Sangye cho dang tsok kyi chok nam la,
Jangchup bardo daknyi kyab su chi,
Dag gyi jin sok gyi pai so nam kyi,
Dro la panchir sangye drup par shok (3x).

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	<p>May all sentient beings have happiness and the causes of happiness.</p> <p>May all sentient beings be free from suffering and the causes of suffering.</p> <p>May all sentient beings never be separated from the happiness which is without suffering.</p> <p>May all sentient beings abide in equanimity, free from both attachment and hatred, holding some close and others distant.</p>
Special Bodhicitta	<p>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.</p>
Seven limb prayer	<p>I prostrate to Guru Medicine Buddha.</p> <p>Each and every offering, including those actually performed and those mentally transformed I present to you.</p> <p>I confess all non-virtuous actions accumulated since beginningless time.</p> <p>I rejoice in the virtues of both ordinary and noble beings.</p> <p>As our guide I request you, O Buddha, to turn the wheel of Dharma until samsara ends.</p> <p>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.</p>
Mandala offering	<p>Sazhi pökyi jug shing me tog tram Ri rab ling zhi nyi dä gyan pa di Sang gyä zhing du mig te ul wa yi Drö kun nam dag zhing la chö par shog</p> <p>Idam Guru Ratna Mandalakam Niryatayami</p> <p>(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!)</p>
Prayer of request	<p>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.</p> <p>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.</p> <p>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.</p>

Visualisation of the Seven Medicine Buddhas

	<p>Buddha Renowned Glorious King of Excellent Signs, gold in colour with his right hand in the mudra of giving protection and his left hand in the mudra of concentration.</p>
	<p>Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus, yellow in colour with his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration.</p>
	<p>Buddha Stainless Excellent Gold, pale golden yellow in colour, hands in the mudra of expounding the Dharma.</p>
	<p>Buddha Supreme Glory Free from Sorrow, light pink in colour and hands in the mudra of concentration.</p>
	<p>Buddha Melodious Ocean of Proclaimed Dharma with a dark pink coloured body, hands in the mudra of expounding the Dharma.</p>
	<p>Buddha Delightful King of Clear Knowing, whose body is coral red in colour, his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration.</p>
	<p>Guru Medicine Buddha, right hand in the mudra of giving the highest goal, left hand in the mudra of concentration holding a begging bowl full of nectar. Above the crown of Guru Medicine Buddha is a wish-granting jewel, which is in essence my Guru.</p>

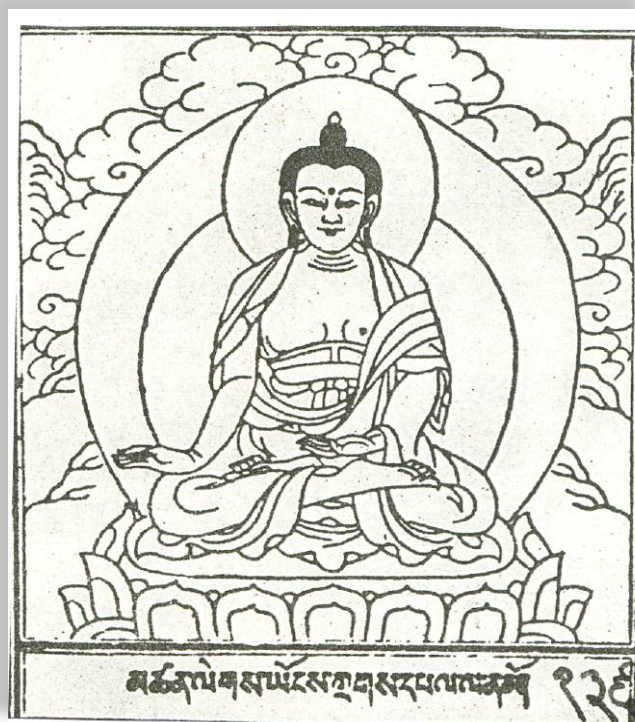
Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha, having fully realised the Absolute truth of all phenomena, **Buddha Renowned Glorious King of Excellent Signs** 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
TSAN LEG YANG DRAG LA CHAG SA LO (7x)**

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



Now visualise **Buddha Renowned Glorious King of Excellent Signs**, gold in colour, right hand in the mudra of giving protection and left in the mudra of concentration, dissolving into the next Medicine Buddha, **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus** who is yellow with hands in the mudra of giving the highest goal and his left in the mudra of concentration.

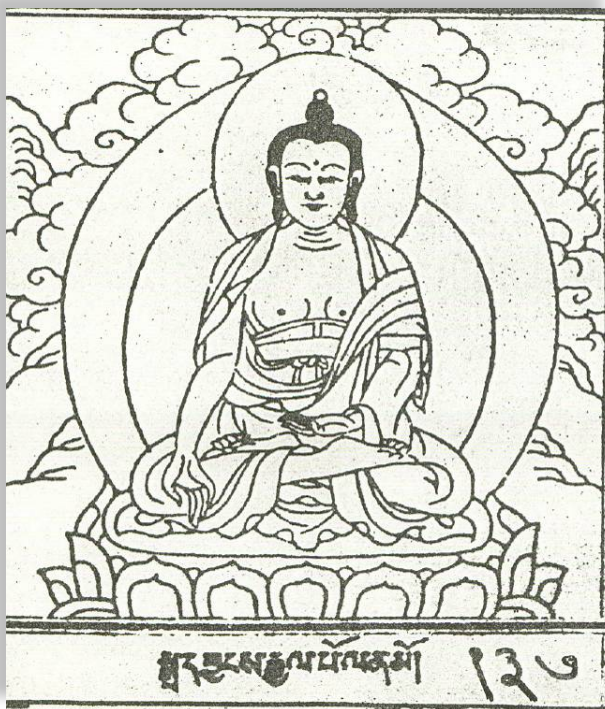
Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha, having fully realised the absolute truth of all phenomena, **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus**, 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
RINCHEN DAWA DANG PAI MA RABTU GYANPA ZIJI DRA YANG GYI
GYALPO LA CHAG SA LO (7x)**

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



Now visualise **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus**, yellow in colour and right hand in the gesture of giving the highest goal, dissolving into the next **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows**, pale golden yellow in colour, his hands in the mudra of expounding the Dharma.

Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows** 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
SER.ZANG DRI ME LA CHAG SA LO (7x)**

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



Now visualise **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows**, pale golden yellow in colour, hands in the mudra of expounding Dharma, dissolving into the next **Buddha Supreme Glory Free From Sorrow**, pink in colour and hands in the mudra of concentration.

Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Supreme Glory Free From Sorrow** 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
NYA.NGAN ME.CHOG.PAL LA CHAG SA LO (7x)**

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



Now visualise **Buddha Supreme Glory Free From Sorrow**, pink in colour and hands in the mudra of concentration, dissolving into **Buddha Melodious Ocean of Proclaimed Dharma**, with dark pink colour body and hands in the mudra of expounding Dharma.

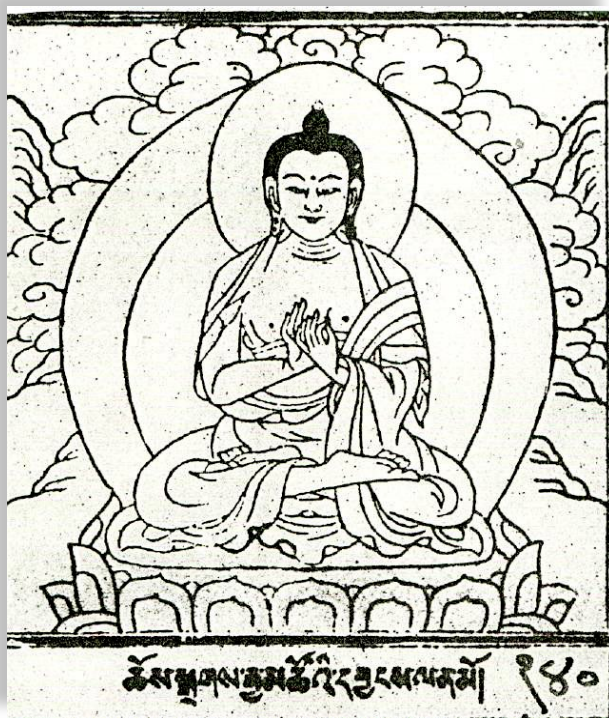
Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Melodious Ocean of Proclaimed Dharma**, 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
CHO.DRAG GYA.TSO YANG.LA CHAG SA LO (7x)**

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



Now visualise **Buddha Melodious Ocean of Proclaimed Dharma** dark pink in colour and hands in the mudra of expounding Dharma, dissolving into **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, whose body is coral red colour, his right hand in the mudra of bestowing sublime realisations and his left hand in the mudra of concentration.

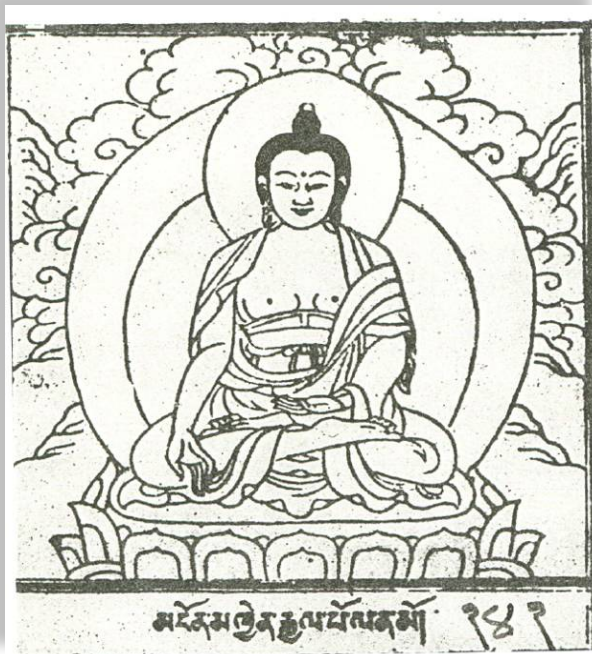
Repeat seven times:

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, 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
NGON.KYEN GYAL.PO LA CHAG SA LO (7x)**

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



Now visualise **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, whose body is coral red colour, his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration, dissolving into **Guru Medicine Buddha King of Lapis Light**, whose body is blue in colour and radiating blue light. His right hand is in the gesture of giving the highest goal, 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.

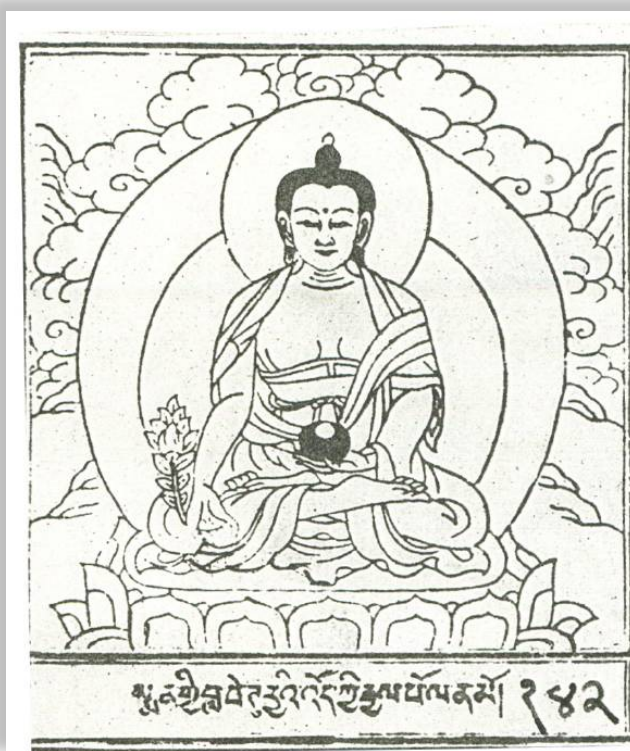
Repeat seven times:

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 myself as well as to all other sentient beings in the six realms.



Visualisation

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.

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

**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.

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.

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.

Jang chub sem chog rin po che
Ma kye pa nam kye gyur chig
Kye pa nyam pa me par yang
Gong nä gong du pel war shog

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

Long life prayer for H.H. the Dalai Lama

Gang ri ra wä kor wäi žing kam dir
Pän dang de wa ma lü jung wä nä
Chen rä zig wang tän dzin gya tso yi
Zhab päi si täi bar du tän gyur chig

In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenrezig, Tenzin Gyatso,
Please remain until samsara ends.

Prayer that Spontaneously Fulfils all Wishes of His Holiness the Dalai Lama

Tong nyi nyinge je zung du jug pa'i lam
Che cher sāl dzā gang chān tām dro'i gön
Chag na pä mo tām dzin gya tso la
Sol wa deb so zhe dön lhün drub shog

Saviour of the Snow Land Teachings and transmigratory beings,
Who makes extremely clear the path that is unification of emptiness and compassion,
To the Lotus Holder, Tenzin Gyatso, I beseech –
May all your holy wishes be spontaneously fulfilled!

Long Life Prayer for All Spiritual Mentors

May the spiritual teachers who lead me on the sacred path and all spiritual friends who practice it have long life. May I pacify completely all outer and inner hindrances – grant such inspiration, I pray.

May the lives of the venerable spiritual mentors be stable, and their virtuous actions spread in the ten directions. May the light of Lobsang's teachings, dispelling the darkness of the beings in the three worlds, always increase.

Long Life Prayer for Venerable Gen Lobsang Namgyel

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.