

# Medicine Buddha deity sadhana with guided meditation

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**\*read collectively italicized sections**

## Visualization

Above the crown of your head is a lotus. In its center is a white moon disc and seated upon that is your root guru—the dharmakaya essence of all the Buddhas—in the form of the Medicine Buddha. He is blue and his body radiates blue light. His right hand, in the mudra of granting sublime realizations, rests on his right knee and holds a stem of the aurora plant between his thumb and index finger. His left hand, in the mudra of concentration, holds a lapis lazuli bowl filled with nectar. Seated in the vajra position, he wears the three saffron robes of a monastic. He has all the signs and marks of a Buddha.

## **Refuge and bodhicitta**

*I take refuge until I am awakened in the Buddhas, the Dharma, and the Sangha. By the merit I create by engaging in generosity and the other perfections, may I attain buddhahood in order to benefit all sentient beings. (3x)*

## **The four immeasurables**

*How wonderful it would be if all sentient beings were to abide in equanimity, free of bias, attachment, and anger. May they abide in this way. I shall cause them to abide in this way. Guru Medicine Buddha, please inspire me to be able to do so.*

*How wonderful it would be if all sentient beings had happiness and its causes. May they have these. I shall cause them to have these. Guru Medicine Buddha, please inspire me to be able to do so.*

*How wonderful it would be if all sentient beings were free from suffering and its causes. May they be free. I shall cause them to be free. Guru Medicine Buddha, please inspire me to be able to do so.*

*How wonderful it would be if all sentient beings were never parted from upper rebirth and liberation's excellent bliss. May they never be parted. I shall cause them never to be parted. Guru Medicine Buddha, please inspire me to be able to do so.*

## **Special bodhicitta**

*Especially for the sake of all mother sentient beings, I must quickly and more quickly—in this very life—attain the precious state of complete and perfect buddhahood. Therefore I shall practice the yoga method of Guru Medicine Buddha.*

## **Seven-limb prayer to purify and accumulate positive potential**

*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 as our guide  
until cyclic existence ends, And turn the wheel of Dharma for sentient beings.*

*I dedicate all the virtues of myself and others to the ripening of the two bodhicittas and  
the attainment of buddhahood for the benefit of all sentient beings.*

## **Mandala offering**

*This ground, anointed with perfume, flowers strewn,  
Mount Meru, four lands, sun and moon,  
Imagined as a Buddha land and offered to you.  
May all beings enjoy this pure land.*

*The objects of attachment, aversion, and ignorance—friends, enemies and strangers,  
my body, wealth and enjoyments—I offer these without any sense of loss. Please  
accept them with pleasure, and inspire me and others to be free from the three  
poisonous attitudes.*

*idam guru ratna mandala kam nirya tayami.*

## **Request**

*I request you, Bhagawan Medicine Guru, whose sky-colored holy body of lapis lazuli  
signifies omniscient wisdom and compassion as vast as limitless space, please inspire  
my mind.*

*I request you, compassionate Medicine Guru, who holds in your right hand the king of  
medicines symbolizing your vow to help the pitiful sentient beings plagued by the 404  
diseases, please inspire my mind.*

*I request you, compassionate Medicine Guru, who holds in your left hand a bowl of  
nectar symbolizing your vow to give the glorious undying nectar of the Dharma which  
eliminates the degenerations of sickness, aging, and death, please inspire my mind.*

## **Visualization**

Imagine the Medicine Buddha above the crown of your head and make the following request:

*To the Bhagavan, completely perfected Buddha having realized the ultimate nature of all  
phenomena, Medicine Buddha King of Lapis Light, I prostrate, go for refuge, and make  
offerings. May your vow to benefit all sentient beings now ripen for myself and others.  
(7x)*

Then continue with one of the visualizations below.

In response to your request, infinite white rays of light stream down from the heart and body of Guru Medicine Buddha. Completely filling your body, they purify all disease, spirit harm, and the negative karma and mental afflictions that cause these. Your body becomes the nature of light, clean and clear like crystal. The light pours into you a second and third time filling your body with great bliss. The light beams then radiate out in all directions to heal the sicknesses and afflictions of all mother sentient beings.

Recite the mantra while doing these visualizations. At the conclusion of the mantra recitation, the Medicine Buddha melts into light and absorbs between your eyebrows, blessing your body, speech, and mind. Then dedicate the merit.

Long mantra:

*Om namo*

*bhagavate bhaisajyaguru vaidurya prabha rajaya tathagataya arthate samyaksam  
buddhaya tadyatha om bhaisajye bhaisajye bhaisajya- samudgate svaha.*

Short mantra:

*(Tayata) om bhekandze bhekandze maha bhekandze randza samungate soha.*

## **Dedication**

*Due to this merit may we soon  
Attain the enlightened state of Medicine Buddha,  
That we may be able to liberate  
All sentient beings from their sufferings.*

*May the precious bodhi mind  
Not yet born arise and grow.  
May that born have no decline,  
But increase forever more.*

*Due to the virtue accumulated by doing the Medicine Buddha practice,  
may I complete the ocean-like deeds of the bodhisattvas.  
May I become the protector, refuge, and guide of migratory beings,  
who have been infinitely kind to me.*

*Just as Guru Medicine Buddha with compassion guides all sentient beings, infinite as space, may I also become a compassionate guide of all sentient beings existing in all directions of the universe.*

*Due to the positive potential accumulated by myself and others in the past, present, and future, may anyone who merely sees, hears, remembers, touches, or talks to me be freed in that very instant from all sufferings and abide in happiness forever.*

*Due to this virtue (which is empty), may I (who is empty) quickly achieve Guru Medicine Buddha's enlightenment (which is empty) and lead all sentient beings (who are empty) to that enlightenment (which is empty) by myself alone (who is also empty.)*

Sadhana written by Ngulchu Dharmabhadra and translated by Kyabje Zopa Rinpoche.

1 Translation:

*I honor the Buddha Master of Healing, the King of Lapis Lazuli Light, Tathagata, Arhat, Perfectly Enlightened Buddha, saying: To the healing, to the healing, to the supreme healing, hail!*