

Medicine Buddha Meditation



Healing Yourself and Others

Medicine Buddha Meditation

Above the crown of your head, upon a lotus and moon disc, is the Medicine Buddha. His body is blue in color and blue light radiates from him in all directions. His right hand, in the gesture of granting sublime realizations, rests on his right knee and holds the stem of an arura plant between his thumb and index finger. His left hand, in the gesture of concentration, holds a lapis lazuli bowl filled with medicinal nectar. He is seated in the vajra posture wearing the three saffron robes of a monk and has the signs and marks of a Buddha.

Prayer of Refuge and Bodhicitta

I take refuge until I am enlightened
In the buddhas, the dharma, and the sangha.
Through the merit I create by practicing giving and the other perfections,
May I attain buddhahood for the sake of all sentient beings.

SANG GYAY CHO DANG TSOG KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PAY SO NAM GYI
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG

Seven-limb Prayer

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 until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great enlightenment.

Requests

I request you, Bhagawan Master of Healing, whose sky coloured holy body of Lapis Lazuli signifies omniscient wisdom and compassion as vast as limitless space, please inspire my mind.

I request you, compassionate Master of Healing, who holds in your right hand the king of medicines symbolizing your vow to help all sentient beings plagued by the 424 diseases, please inspire my mind.

I request you compassionate Master of Healing, who holds in your left hand a bowl of nectar symbolizing your vow to give the glorious undying nectar of Dharma to eliminate the degenerations of sickness, fear, stress, depression, grief, old age and death, please inspire my mind.

I prostrate, go for refuge and make offerings to the fully realized destroyer of all defilements, completely perfected enlightened being, who has realized the ultimate nature of all phenomena, Medicine Buddha, King of Lapis Light. May your vow to benefit all sentient beings now ripen for myself and others.

Medicine Buddha Mantra



TAYATA OM BHEKANDZE BHEKANDZE MAHA
BHEKANDZE RANDZA SAMUNGATE SOHA

MEANING OF THE MANTRA:

TAYATA = Gone beyond (beyond Samsara and Nirvana)
OM = Om: jewel holder, wish fulfilling one, auspicious one
BHEKANDZE BHEKANDZE = calling Medicine Buddha twice
MAHA BHEKANDZE = Greatness of Medicine Buddha
RANDZA SAMUNGATE = Perfectly liberated or awakened
SOHA = Dissolve in me

Healing for Yourself

VISUALIZATION AND MANTRA RECITATION

In response to your request, infinite blue rays of light stream down from the heart and body of the King of Medicine. The light completely fills your body from head to toe, purifying all diseases. If you have any pain or any specific illnesses, focus the blue light directly to this spot and visualize the light burning away the pain and disease. All ailments due to interfering forces and the negative karma and mental obscurations that cause these, as well as anxiety, fear and negative emotions are also purified. These leave you in the form of dirty liquid which then completely disappears. Your body becomes the nature of light, clean and clear like a crystal.

Light from the Medicine Buddha again fills your body, bringing with it the realizations of the path and all the good qualities of the Buddhas and bodhisattvas. Your mind is transformed into love, compassion and wisdom.

While doing the visualizations, recite the mantra as much as possible:

TAYATA OM BHEKANDZE BHEKANDZE MAHA
BHEKANDZE RANDZA SAMUNGATE SOHA

ABSORPTION

After reciting the mantra, the Medicine Buddha melts into light and absorbs into your heart. Your mind becomes non-dual with the Buddha's dharmakaya mind.

Healing for Others

Visualize the Medicine Buddha on the crown of each living being's head. You may think specifically of those who are suffering and in need of healing. Do the visualization with the light first purifying their diseases and their causes, and then bringing them the realizations of the path to enlightenment. Recite the mantra.

ABSORPTION

Imagine the Medicine Buddha on the crown of each sentient being's head melting into light and being absorbed into their hearts, bringing infinite peace, compassion and wisdom.

Bodhicitta Prayer and Dedication of Merit

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

JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GYUR CHIG
KYE PA NAM PA MAY PA YANG
GONG NAY GONG DU PEL WAR SHOG

Through this virtuous action
May I quickly attain the state of Medicine Buddha,
And lead every being without exception
Into that pure world.

GEWA DE YI NYUR DU DAG
SANG GYAY MEN LA DRUB GYUR NAY
DRO WA CHIG KYANG MA LU PA
DE YI SA LA GO PAR SHOG

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

Medicine Buddha Mandala

