Medicine Buddha
Sadhana
Medicine Buddha Sadhana*

Taking Refuge and Generating Bodhicitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the supreme Sangha.
Through the virtues of giving and so forth that I do,
May I achieve enlightenment for the benefit of all sentient beings. (3x)

The 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 joy that is free from sorrow,
May all sentient beings abide in equanimity, free from attachment and anger, not holding some close and others distant. (3X)

Cultivating Special Bodhicitta

Especially for the benefit of all sentient beings, may I will quickly, very quickly, attain the precious state of perfect and complete buddhahood. For this reason, I will practice the yoga method of Guru Medicine Buddha. (3X)
Visualization

About four inches above the crown of my head is a lotus flower. In the center of the lotus is a white moon disk, and seated on the moon disk is my root Guru – the dharmakaya essence of all the buddhas – in the form of the Medicine Buddha. He is blue in color and his body radiates blue light. His right hand, in the mudra of granting sublime realizations, rests on his right knee and holds the stem of the arura plant between thumb and first finger. His left hand is in the mudra of concentration and holds a lapis lazuli bowl filled with nectar. He is seated in the full vajra position and is wearing the three red-colored robes of a monk. He has all the signs and qualities of a 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 please abide well and 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.
Request to the Medicine Buddha

The fully realized destroyer of all defilements, fully completed buddha having fully realized the absolute truth of all phenomena, Guru Medicine Buddha, King of Lapis Light, to you I prostrate, go for refuge, and make offerings. May your vow to benefit all sentient beings now ripen for myself and others.

(Repeat the above request 7x)

Visualization of Receiving Healing

Granting my request, from the heart and holy body of the King of Medicine, Guru Medicine Buddha, infinite rays of white light pour down completely filling my body from head to toe. They purify all my diseases and afflictions, as well as my negative karma and mental obscurations. In the nature of light, my body becomes as clean and clear as crystal. The light rays pour down twice more, each time filling my body with blissful clean, clear light which I absorb.

(At this point, those of you who have previously received Medicine Buddha initiation from a master may also visualize yourself being transformed into the holy body of Medicine Buddha similar to the one above your crown).
Mantra Recitation and Visualization

At the heart of the Medicine Buddha above my crown, appears a lotus and moon disk. Standing at the center of the moon disk, is the blue syllable OM surrounded by the syllables of the mantra. As I recite the mantra, rays of light radiate out in all directions from the syllables at his heart. The light rays pervade the sentient beings of all six realms. Through his great love wishing them to have happiness, and through his great compassion wishing them to be free from all sufferings, the sentient beings are purified of all their diseases and afflictions as well as their negative karma and mental obscurations.

(Here again, those of you who have previously received Medicine Buddha initiation from a master may also visualize at your heart a lotus-moon disk seat with the OM syllable at the core and the whole mantra surrounding it, like the structure visualized at the heart of the Medicine Buddha above your crown, and carry out the remaining parts of the visualization from there as well).

Long Mantra

OM NAMO BHAGAVATE BHAISHAJYE / GURU BAI DURYA / PRABHA RAJAYA / TATHAGATAYA / ARHATE SAMYAKSAM BUDDHAYA / TADYATHA / OM BHAISHAJYE BHAISHAJYE MAHA BHAISHAJYE [BHAISHAJYE] / RAJA SAMUDGATE SVAHA

Short Mantra

TADYATHA / OM BHAISHAJYE BHAISHAJYE
MAHABHAISHAJYE [BHAISHAJYE] / RAJA SAMUDGATE
SVABA

[Common pronunciation: TADYATA / OM BHEKHANDZYE
BHEKHANDZYE MAHA BHEKHANDZYE [BHEKHANDZYE] / RAJA SAMUDGATE SVAHA.]

Absorption

The Guru Medicine Buddha melts into light and absorbs into my heart.
My mind becomes completely one with the dharmakaya, the essence of all buddhas.

Dedication

Due to these merits
May we soon attain the state of Medicine Buddha
So that we may lead
All sentient beings to that awakened state.

May the sublime and precious Bodhicitta
Not yet born be born.
May that which has been born not decline.
But increase forever more.
This sadhana has been adapted under the direction of Kyabje Denma Lochoe Rinpoche for the use of the members of Drepung Loseling Monastery, Inc. from the sadhana originally translated by Lama Thubten Zopa Rinpoche and prepared by Ven. Thubten Gyatso. Reprinted with the permission of the Foundation for the Preservation of the Mahayana Tradition.

*Anyone with faith may do this practice. However, if you have not had a Medicine Buddha initiation, you may not transform yourself into Medicine Buddha in the visualization. Instead, this visualization should be done above your crown.*