

NYINGMA KATHOK BUDDHIST CENTRE

MEDICINE BUDDHA REGULAR PRACTICE TEXT

Those who wished to pacify disease causing spirits, negativities and obscurations should meditate on Medicine Buddha.

SANG GYE CHHOE TANG TSHOG CHHOG LA
JANG CHUB BAR DU KYAB SUN CHHI
RANG ZHEN THON NYI RAB DRUB CHYIR
JANG CHUB SEM NI KYED PAR GYI

To the Buddha, Dharma and Supreme Sangha
Until enlightenment is attained, I go for refuge.
In order to accomplish the benefit of myself and others,
I generate bodhicitta.

*Fervently take refuge and generate bodhicitta.
The four immeasurables practice can be used as an expansion on this.*

TONG PI NGANG LE KED CHIG GI
RANG GI CHI WOR PE DI TENG
LA MA MEN PI GYAL PO THING
CHYAG YE CHHOG JIN AH RU RA
YON PE NYAM ZHAG LHUNG ZED NI
DUD TSI MEN GYI KANG WA NAM
TSHEN PI ZI JIN WOD TU BAR
CHHOE GOE SUM SOL KYIL TRUNG ZHUG
KYAB KUN DU PI NGO WOR GYUR

From the state of emptiness, there appears instantly
Above one's head a lotus and moon disk, on which
Is the lama in the form of Medicine Buddha, blue in colour,
His right hand, in the mudra of supreme generosity, holding an arura flower;
His left hand, in the mudra of meditative equipoise, holding an alms bowl,
Filled with amrita medicine.
Endowed with the majestic splendour of the major and minor marks, radiant with dazzling
light,
He seats in the immovable lotus posture, attired in the three robes of a monk.
He is in essence the site where all refuges are gathered.

CHOM DEN DE THE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PI
SANG GYE MEN GYI LA BE DUR YA WOD KYI GYAL PO LA CHYAN TSAL LO
/ CHHOD DO KYAB SUN CHHI O /

DAG TANG SEM CHEN THAM CHED KYI NED DON DIG DRIB THAM CHED
JANG ZHING THAG PA TANG NYUR TU NGON PAR DZOG PAR TSHANG
GYAR WAR JIN GYI LAB TU SOL

To the Bhagavan, Tathagata, Arhat, Samyaksambuddha, Medicine Deity, King Lapis Lazuli
Light, I prostrate, make offering, and go for refuge.

Please bestow your blessings so that I and all sentient beings are purged and purified of
disease causing spirits, negativities and obscurations, and so that we will manifest
completely the awakening of a buddha.

Recite three times. After that, the long or short mantra as appropriate.

OM NAMO BHAGAWATE BHEKANZE GURU BEDURYA PRABHA RAHDZA YA
TATHAGATAYA ARHATE SAMYAKSAM BUDDHAYA TEYATHA OM
BHEKANZE BHEKANZE MAHA BHEKANZE BHEKANZE RAHDZA SAMUNGATE
SVAHA

OM BHEKANZE BHEKANZE MAHA BHEKANZE RAHDZA SAMUNGATE
SVAHA

Recite one hundred times, etc., or as much as possible.

CHOM DEN WOD ZHU RANG LA THIM
NED DON DIG DRIB KUN JANG GYUR

The Bhagavan melts into light that then sinks into oneself.
Disease causing spirits, negativities and obscurations - all are purged.

GE WA DI YI NYU TU DAG
MEN PI GYAL PO DRUB GYUR NE
DRO WA CHIG KYANG MA LU PA
THE YI SA LA GOED PAR SHOG

By these virtues may I quickly
Accomplish the King of medicine,
And thereby establish transmigrating beings without exception
In that very state.

And so forth, recite verses of dedication and aspiration.

*Composed by Jamyang Khyentse Rinpoche. Hence, the practice carries very great blessings and should be
taken up. May excellent virtues increase! May virtues prevail! May virtues prevail! May virtues prevail!*