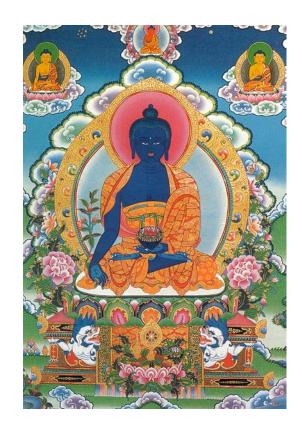


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Sadhana of **Medicine Buddha**

Ewam Choden Tibetan Buddhist Center 254 Cambridge Ave., Kensington, California 94708 (510) 527-7363, www.ewamchoden.org

Upon saying OM VAJRA MU, the wisdom deities dissolve in space and their thrones are absorbed into me. I remain silent and peaceful as long as possible.

Dedication Prayer

GE WA DI YI NYUR DU DAK SANGYE MENLA DRUB GYUR NAS DRO WA CHIIG KYANG MA LU PA DE YI SA LA GOD PAR COG

By the virtue of this practice, may I attain the state e of Medicine Buddha, and liberate all beings without exception to that state.



This sadhana was composed by Jamyang Kyentse Wangpo (Gyud-te Kun-dus, Fo1.138), and translated by Lama Kunga Thartse Rinpoche in 1993; formatted by Wolfgang Saumweber, 2/2004.

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The syllable at my heart is surrounded by a circling mantra rosary, from which rays of light extend in all directions, to honor the Tathagatas and to benefit all sentient beings. The compassion and blessings of all the Buddhas and Bodhisattvas are transformed into light which dissolves into my heart. I repeat as many times as possible:

THAYATA OM BEKANDZE BEKANDZE MAHA BEKANDZE BEKANDZE RADZA SAMUNGATE SVAHA

If one can, one should also repeat the longer mantra:

OM NAMO BHAGAVATE BEKANDZE GURU BINDURYA BAHARAJIA TATRAGATAYA ARHATE SAMAYA BUDDHAYA TEYATA OM BEKANDZE RAJA SAMUNDGATE SVAHA

The Wisdom deities spring forth from my heart and stay in the space in front of me. I perform the five sense offerings:

OM BEKADNZE GURU BINDURYA BAR BAHARAJA YA SAPARIVARA
OM VAJRA ARGHAM AH HUM
OMVAJRA PADYAM AH HUM
OM VAJRA PUSHPE AH HUM
OM VAJRA DRUPE AH HUM
OM VAJRA ALOKE AH HUM
OM VAJRA GANDHE AH HUM
OM VAJRA NAIVEDYE AH HUM
OM VAJRA SHABDA AH HUM

TUG JE KUN LA NYOM PA'I CHOM DEN DAS TSEN TSAM THO PAS NAN DRO'I DUG NEL SEL DU SUM NAD SEL SANG GYAS MEN GY I LA BINDHURYA YI 'OD LA ChAG TSAL LO

To the Enlightened One whose compassion is un-differentiating, Just by hearing your name the sufferings of all lower realms is removed, And sicknesses stemming from the three poisons are cleared away, Sangye Mengyila Bindurya 'od, to you I bow down.

"Please bestow all conventional and absolute siddhis to myself and to all sentient beings"

A Sadhana for the Medicine Buddha SANG YE MENGYILA BINDURYA 'OD KI GYALPO

Refuge & Bodhicitta

I take refuge in the venerable Root Guru and in the holy masters of the lineage; Take refuge in the Blessed Accomplished Buddhas; Take refuge in the Holy Teaching; Take refuge in the Noble Assemblies. (3 x)

I shall practice the sadhana of Medicine Buddha in order to reach the state of Buddhahood and to benefit all sentient beings. (3 x)

Spontaneously, I transform into Medicine Buddha. From the syllable letter HUM at my heart, rays of light spread out in all directions reaching the Buddhas and Bodhisattvas' natural abode which I imagine in front of myself.

OM VAJRA SAMADZA

TUG JE KUN LA NYOM PA'I CHOM DEN DAS TSEN TSAM THO PAS NAN DRO'I DUG NEL SEL DU SUM NAD SEL SANG GYAS MEN GYI LA BINDHURYA YI 'OD LA CHAG TSAL LO

To the Enlightened One whose compassion is un-differentiating, Just by hearing your name the suffering of all lower realms are removed, And sicknesses stemming from the three poisons are cleared away, Sangye Mengyila Bindurya'od, to you I bow down.

One then performs the offerings:

OM BEKANZE GURU BINDURYA BAR BAHARAJA YA SAPARIVARA
OM VAJRA ARGHAM AH HUM
OM VAJRA PADYAM AH HUM
OM VAJRA PUSHPE AH HUM
OM VAJRA DHUPE AH HUM
OM VAJRA ALOKE AH HUM
OM VAJRA GANDHE AH HUM
OM VAJRA SARAH HUM
OM VAJRA NAIVEDYE AH HUM
OM VAJRA SHABDA AH HUM

The Seven fold Prayer

In the Three Jewels I take refuge and before them reveal all the wrongs I have done.

I rejoice in the virtues of living beings and keep in my heart remembrance of the Buddha's enlightenment.

Until I, too, have attained Buddhahood, I rely upon the Enlightened One, His Teachings and exalted Assembly. I am resolved to become a Buddha in order to bring about my own and others' well-being.

Awakening thus this aspiration to supreme liberation, I invite all beings also to share in my spiritual career. May I accomplish all the wondrous deeds of a Bodhisattva and win enlightenment for their sake. (3 x)

The Four Immeasurables

May all sentient beings have happiness and the cause of happiness.

May they be free of suffering and the causes of suffering.

May they not be separate from the bliss that is without suffering.

May they dwell in equanimity, free of nearness or distance, attachment or aversion.

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO'HAM

From the state of emptiness the syllable-letter PAM appears and transforms into a lotus. On top of the lotus the syllable AH appears and transforms into a moon cushion on top of which my mind rests as the blue syllable HUM. Rays of light extend from the HUM, to honor the Aryas and to benefit all sentient beings. The light returns to the syllable HUM and I instantly appear as Bindurya Sangye Mengyila 'Od Ki Gyalpo, Medicine Buddha, King of Light. I have a blue body, with one face and two arms. My right hand is in the giving mudra, holding the Arura medicine which cures the three poisons. My left hand is in the Samadhi mudra, holding a begging bowl filled with the nectar of medicine. I am wearing the three orange dharma robes; my body is ornated with the auspicious signs. I am sitting in the Vajra cross position.

To my right, on top of a lotus seed, the syllable-letter MAM transforms into Bodhisattva Nithar Nangje, the One Who Radiates Sun-rays. His body is orange, with one face, and two arms. His left hand holds the stem of a lotus flower upon which the sun disc rests.

To my left, on top of a lotus seed, the syllable-letter AH transforms into Bodhisattva Dawathar Nangje, the One Who Radiates Moon-rays. His body is white, with one face, and two arms. His left hand holds the stem of a lotus flower upon which the moon disc rests.

Both have their hands in the giving mudra. They are ornated with precious jewels and garments. They are standing, slightly leaning toward the Medicine Buddha, as a mark of respect.

On my forehead there is a white syllable OM. a red AH at my throat, and a blue HUM at my heart. Rays of light extend from the syllable HUM invoking the Medicine Buddha and the two Bodhisattvas, surrounded by all the Tathagatas of the ten directions who present themselves in the space in front of me. The wisdom deities dissolve into me.

DZA HUM BHAM HO

Again, from the heart syllable rays of light extend invoking the Five Initiation Buddhas

OM VAJRA SAMADZA

"To you I pray, please bestow the abiseka to me"

The Tathagatas reply:

OM VAJRI BAHAVA ABISEKA HUM

Saying this, they pour the water of initiation on top of my crown and my two attendants' crown. When the sacred water overflows, the Buddha Aksobhya appears on top of my head. On top of the two Bodhisattvas' heads the Medicine Buddha appears.

