



Sadhana
of
Medicine Buddha

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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.

