



*Shakyamuni Tibetan Buddhist Center*  
*Geshe Kalsang Damdul, Director*

## *Medicine Buddha Practice*

### *Opening Prayers*

#### *Refuge and Bodhicitta Prayer*

SANG GYE CHÖ TANG TSOK KYI CHOK NAM LA  
CHANG CHUB BAR DU DAG NI KYAP SU CHI  
DA GI JIN SOK GYI PE SO NAM KYI  
DRO LA PEN CHIR SANG GYE DRUP PAR SHO

*Recite 3 times.*

I go for refuge to the Buddha, Dharma, and Sangha until I am enlightened.  
From the merit I collect by practicing giving and other perfections, may I attain Buddhahood for the benefit of all beings.

#### *Four Immeasurable Thoughts*

SEM CHEN TAM CHE DE WA DANG DE WAY GYU DANG DAN PAR GYUR CHIG  
SEM CHEN TAM CHE DUG NGEL DANG DUG NGEL GYI GYU DAN DREL WAG GYUR CHIG  
SEM CHEN TAM CHE DUG NGEL ME PAY DE WA DANG ME DREL WAR GYUR CHIG  
SEM CHEN TAM CHE NYE RING CHAK DANG NYI DANG DREL WAY TANG NYOM LA NE PAR GYUR CHIG

*Recite 3 times.*

May all sentient beings have happiness and its cause.  
May all sentient beings be free from suffering and its cause.  
May all sentient beings never be separated from sorrowless bliss,  
May all sentient beings abide in equanimity, free of bias, attachment and anger.

#### *Seven Limb Prayer*

Reverently, I prostrate with my body, speech and mind;  
I present clouds of every type of offering, actual and imagined;  
I declare all my negative actions accumulated since beginningless time,  
And rejoice in the merit of all holy and ordinary beings.  
Please, remain until the end of cyclic existence,  
And turn the wheel of Dharma for living beings.  
I dedicate my own merits and those of all others to the great enlightenment.

*Eight Verses on Training the Mind*

*By Langri Tangpa*

*Translated by Jeffrey Hopkins*

With a determination to accomplish  
The highest welfare for all sentient beings  
Who surpass even a wish-granting jewel  
I will learn to hold them supremely dear.

Whenever I associate with others I will learn  
To think of myself as the lowest among all  
And respectfully hold others to be supreme  
From the very depths of my heart.

In all actions I will learn to search into my mind  
And as soon as an afflictive emotion arises  
Endangering myself and others  
Will firmly face and avert it.

I will learn to cherish beings of bad nature  
And those pressed by strong sins and sufferings  
As if I had found a precious  
Treasure very difficult to find.

When others out of jealousy treat me badly  
With abuse, slander, and so on,  
I will learn to take all loss  
And offer the victory to them.

When one whom I have benefited with great hope  
Unreasonably hurts me very badly,  
I will learn to view that person  
As an excellent spiritual guide.

In short, I will learn to offer to everyone without exception  
All help and happiness directly and indirectly  
And respectfully take upon myself  
All harm and suffering of my mothers.

I will learn to keep all these practices  
Undeified by the stains of the eight worldly conceptions  
And by understanding all phenomena as like illusions  
Be released from the bondage of attachment.

### *Mandala Offering (short version)*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DÅ GYÅN PA DI  
SANG GYÅ SHING DU MIG TE UL WA YI  
DRO KUN NAM DAG SHING LA CHÖ PAR SHOG  
I DAM GU RU RAT NA MANDALA KAM NIR YA TA YA MI

This ground, anointed with perfume, strewn with flowers  
Adorned with Mount Meru, four continents, the sun and the moon  
I imagine this as a Buddha-field and offer it.  
May all living beings enjoy this pure land!

I SEND FORTH THIS JEWELLED MANDALA TO YOU PRECIOUS GURUS.

### *Medicine Buddha Sadhana*

#### *Visualization*

Visualize above the crown of your head the Medicine Buddha, seated upon a lotus and moon seat. He is blue in color and radiates blue light from his body. His right hand, resting on his right knee, is in the gesture of granting sublime realizations and holds a stem of an Arura plant. His left hand, in his lap, is in the gesture of concentration and holds a bowl filled with nectar. He is seated in the vajra posture and wears the three saffron robes of a monk. He has all the signs and marks of a Buddha. Above him are the six other medicine Buddhas, one above the other.

#### *Special 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 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 Medicine Buddha*

The fully realized destroyer of all defilements, fully completed Buddha having fully realized the absolute truth of all phenomena,

### **BUDDHA MAN GYI LA BENDURYA O GYI GYAL PO LA**

to you I prostrate and go for refuge; to you I make offerings.  
May your vow to benefit sentient beings now ripen for myself and others.  
*Repeat seven times.*

### *Visualization and Mantra Recitation*

Visualize that from the heart and body of the Medicine Buddha, the King of Medicine, infinite rays of white light flow down, completely filling your body.

They purify all disease and afflictions due to spirits and their causes: your negative karmas and mental obscurations.

All this exits your body in the form of thick black liquid. Your body becomes as clean and clear as crystal.

Imagine that all other sentient beings are being purified in the same way.

**TAYATA OM BHAY KAN DZAY BHAY KAN DZAY  
MAHA BHAY KAN DZAY BHAY KAN DZAY  
RADZA SAMUDGATE SOHA**

Then visualize that the light from the Medicine Buddha fills you again, bringing all the realizations of the path to enlightenment, and all the qualities of the Buddhas and bodhisattvas.

Imagine the same taking place for all other sentient beings.

Feel that all beings and yourself have actually received all these excellent qualities; that you have received the blessings and inspiration of the Medicine Buddha.

**TAYATA OM BHAY KAN DZAY BHAY KAN DZAY  
MAHA BHAY KAN DZAY BHAY KAN DZAY  
RADZA SAMUDGATE SOHA**

Finally, visualize that the Medicine Buddha melts into light, which absorbs into your heart.

Your mind becomes one with the enlightened mind of all Buddhas.

### *Dedication*

Due to these merits, may I complete the ocean-like actions of the children of the Victorious Ones.

May I become the holy savior, refuge and helper for the sentient beings who have repeatedly been kind to me in past lives.

By the virtues received from attempting this practice, may all living beings who see, hear, touch or remember me – even those who say my name – at that moment be released from their miseries and experience happiness forever.

As all sentient beings, infinite as space, are encompassed by the Guru Medicine Buddha's compassion, may I also become the guide of sentient beings existing throughout all ten directions of the Universe.

Because of these virtues, may I quickly become Guru Medicine Buddha and lead each and every sentient being into his enlightened state.

### *Closing Prayers*

*Long Life Prayers for His Holiness the Dalai Lama*

KANG RI RA WE KOR WE SHING KAM DIR  
PEN TANG DE WA MA LU JUNG WE NEI  
CHEN RE ZI WANG TEN DZIN GYA TSO YI  
SHAP PE SI TE BAR DU TEN GYUR CHIK

Until worldly existence itself comes to an end, may Avalokiteshvara, source of all benefit and joy in this land that snowy mountains encircle, remain in the form of His Holiness Tenzin Gyatso.

### *Dedication of Merit*

CHANG CHUP SEM CHOK RIN PO CHE  
MA KYE PA NAM KYE GYUR SHING  
KYE PA NYAM PA ME PA TANG  
GONG NE GONG DU PEL WAR SHO

May the priceless Bodhicitta be awakened in those in whom it is absent, in those for whom it has dawned, may it not fade but grow always from height to height.

JAM PEL PA WO JI TAR KYEN PA TANG.  
KUN TU SANG PO DE YANG DE SHIN TE.  
DE DAG KUN GUI JE SU DAG LOP CHIR.  
GE WA DI DAK TAM CHE RAP TU NGO.

In whatever way valiant Manjushri and Samantabhadra know how to transfer merit, so do I dedicate all of my own virtues that I might train to be like them.

*Long-Life Prayer for Geshe Kalsang Damdul*

Oh Buddhas and Bodhisattvas, our gratitude for your teachers and teachings is as deep as the ocean.

Please bless us with the presence of Geshe Kalsang Damdul for a long time to come and remove any obstacles to his practice, so that he may continue to lead us and others along the path to enlightenment.

*Shakyamuni Tibetan Buddhist Center*

<http://www.stbc-portland.org>



*Dharma materials*

Please treat this prayer book with respect as you would all Dharma materials.

Keep this book off the floor.

If you want to discard this book, do not throw it in the garbage, but burn it separately.