

A Brief Meditation-Recitation
on
Guru Medicine Buddha

Written and Arranged
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Cover page, line drawing of Medicine Buddha © Andy Weber. Used with permission. Page 8, photograph of the seven Medicine Buddhas thangka by Bob Cayton. Used with permission. Page 12, Medicine Buddha mantra circle by Wolfgang Swamwebber.

Practice Requirements:

Anyone can do this practice. However, you are permitted to generate yourself as Medicine Buddha only if you have received:

1. the initiation (*wang*) of Medicine Buddha.
2. or the initiation of any deity of performance, yoga, or highest yoga tantra and the subsequent permission (*jenang*) of Medicine Buddha.
3. or the initiation of any deity of the tathagata type of action tantra and the subsequent permission of Medicine Buddha.

Otherwise, you should visualize Medicine Buddha above your head or in front of you.

Technical Note

Comments by the compiler or editor are contained in instruction boxes.
For example:

Recite these two verses three times.

Italics and a small font size indicate instructions and comments found in the original text or Tibetan text that are not meant to be recited. Words in square brackets have been added by the translator for clarification.
For example:

This is how to correctly follow the virtuous friend, [the root of the path to full enlightenment].

A Guide to Pronouncing Sanskrit

The following six points will enable you to learn the pronunciation of most transliterated Sanskrit mantras found in FPMT practice texts:

1. ŚH and ṢH are pronounced similar to the “sh” in “shoe.”
2. CH is pronounced similar to the “ch” in “chat.” CHH is also similar but is more heavily aspirated.
3. Ṭ, ṬH, Ḍ, ḌH, Ṇ are retroflex letters and have no exact equivalent in English. These sounds are made by curling the tongue to the palate and correspond roughly to the sounds “tra” (Ṭ), aspirated “tra” (ṬH), “dra” (Ḍ), aspirated “dra” (ḌH), and “nra” (Ṇ).
4. All consonants followed by an H are aspirated: KH, GH, CH, JH, TH, DH, PH, BH. Note that TH is pronounced like the “t” in “target” (not like the “th” in “the”) and PH is pronounced like the “p” in “partial” (not like the “ph” in “pharaoh”).
5. Vowels with a dash above—Ā, Ī, Ū, ṚĪ, and ḶĪ—are elongated to approximately double the amount of time it takes to pronounce their nonelongated counterparts: A, I, U, ṚI, and ḶI.
6. Ṃ indicates a nasal sound. At the end of a word it is generally pronounced as an “m.” Ḥ indicates an “h”-sounding aspiration. ṚĪ is pronounced similar to the “ree” in “reed.” ṆḠ is pronounced similar to the “ng” in “king.”

To facilitate correct pronunciation, FPMT practice texts use a slightly modified version of the International Alphabet of Sanskrit Transliteration (IAST). For more information, please consult the FPMT Translation Services’ *A Guide to Sanskrit Transliteration and Pronunciation*, available online: <http://fpmt.org/wp-content/uploads/education/translation/A-Guide-to-Sanskrit-Transliteration-and-Pronunciation.pdf>.

Here Is a Brief Meditation- Recitation on Guru Medicine Buddha

NAMO GURU MUNĪNDAYA

Request

The root and indirect gurus, who are the originators of [all]
attainments,
Mind-sealed deities,¹ Three Sublime Ones,
And protectors of the teachings have inconceivable power and
abilities.
Due to this, please make all my prayers succeed!

To the Root Guru, the Possessor of the Mighty One,² Vajradhara,
Manjushri, great abbot Shantarakshita and so forth,
All the direct and indirect gurus,
I request, please bless my mental continuum.

Even hearing your mere name
Protects from the precipices of the realms of the evil-gone³
transmigratory beings.
I make request to you, Guru Destroyer Qualified Gone Beyond
Medicine Buddha,
Whose great kindness exceeds that of all the victorious ones.

As you, the seven Guru Destroyer Qualified Medicine Buddhas
 Gone to Bliss,
 Have made extensive prayers in the past
 And promised to actualize them at the end of the five hundred
 degenerate age,
 Please show directly the power of that truth.

Seven-Limb Prayer

With great devotion to the Destroyer Qualified Medicine Buddha
 and entourage,
 I prostrate with my three doors.
 I make every offering, both actual and mentally transformed.
 I confess all negative karmas and downfalls collected from
 beginningless rebirths.
 I rejoice in all the merits accumulated by ordinary and arya
 beings.
 I request you to please abide well until samsara ends
 And turn the Dharma wheel for transmigratory beings.
 I dedicate all the merits collected by myself and others
 to the great enlightenment.

Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, the four continents, the sun,
 and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

I imagine this as a buddha land and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all transmigratory beings enjoy this pure land.

Offer the mandala along with either one or both of these requests:

Due to all the past, present, and future merits collected by me, all the sentient beings and all the buddhas, may I never ever be reborn in realms where there is no freedom to practice Dharma and quickly be enlightened in the essence of Medicine Buddha.

May any sentient being who sees me, hears me, touches me or remembers me just by that immediately generate exchanging self for others and the precious thought of enlightenment, bodhichitta, in their heart.

May they instantly purify all their physical and mental sufferings, negative karma and defilements collected from beginningless rebirths, and may they immediately achieve Guru Medicine Buddha's enlightenment.

Or

Due to all the past, present, and future merits collected by me, all the sentient beings and all the buddhas, may any sentient being who sees me, hears me, touches me or remembers me never ever be reborn in the lower realms but be reborn in a pure land of buddha where they can become enlightened.

May they at least receive a perfect human rebirth, meet the Mahayana teachings, meet a perfectly qualified Mahayana guru revealing the unmistakable path to enlightenment, and by pleasing most that Mahayana guru quickly become enlightened.

May every single action of my body, speech and mind, and whatever life [I experience], happy or suffering, good or bad, all become a cause for all sentient beings to quickly achieve the state of enlightenment.⁴

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI



Reciting the Names of the Medicine Buddhas

Recite the holy name of each Medicine Buddha seven times and then recite the mantra. This is an extremely powerful and important method to ensure the success of all your wishes.

You can either recite the whole request (“To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Renowned Glorious King of Excellent Signs I prostrate, offer, and go for refuge”) seven times or, if you don’t have much time, simply recite from “Tathagata” to “I prostrate.”

While you are reciting this, nectar flows down, completely purifying you and all sentient beings of negative karma collected since beginningless time. At the end, recite, “Whatever prayers you made in the past, may they ripen upon me and all sentient beings.” When you recite “all sentient beings,” you can think of any particular friends or people you know of who are dying or experiencing problems. Then add, “Whatever prayers I have done, may they succeed immediately, in this very second.”

After each request, think that the particular Medicine Buddha happily accepts your request, is pleased and absorbs down into the next buddha.

The Requests

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Renowned Glorious King of Excellent Signs, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha Renowned Glorious King of Excellent Signs happily accepts your request, is pleased and absorbs down into Medicine Buddha King of Melodious Sound.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha King of Melodious Sound happily accepts your request, is pleased and absorbs down into Medicine Buddha Stainless Excellent Gold.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha Stainless Excellent Gold happily accepts your request, is pleased and absorbs down into Medicine Buddha Supreme Glory Free from Sorrow.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Supreme Glory Free from Sorrow, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha Supreme Glory Free from Sorrow happily accepts your request, is pleased and absorbs down into Medicine Buddha Melodious Ocean of Proclaimed Dharma.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Melodious Ocean of Proclaimed Dharma, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha Melodious Ocean of Proclaimed Dharma happily accepts your request, is pleased and absorbs down into Medicine Buddha King Clearly Knowing.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Delightful King Clearly Knowing, Supreme Wisdom of an Ocean of Dharma, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

Think that you are purified and that Medicine Buddha King Clearly Knowing happily accepts your request, is pleased and absorbs down into Guru Medicine Buddha.

To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Medicine Guru, King of Sapphire Light, I prostrate, offer, and go for refuge. (7x)

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

After the final request, think that you are purified and that Guru Medicine Buddha happily accepts your request, is pleased and absorbs down into you.

(If you have received at least a great initiation of lower tantra, you are allowed to generate yourself as Medicine Buddha, but otherwise not.)⁵

Mantra Recitation

If you have received a great initiation, you can become Medicine Buddha. Visualize the mantras on a moon disc at your heart and as you recite the mantras, beams are emitted purifying you and all six realms' sentient beings. Think that all sentient beings' negative karma and defilements collected from beginningless rebirths are purified and they are led to Medicine Buddha's enlightenment.

If you haven't received a great initiation of Medicine Buddha, you can't become Medicine Buddha; instead visualize Medicine Buddha above your crown.

You can choose which mantra to recite: long, middle-length, short or all.

Medicine Buddha Long Mantra

NAMO RATNA TRAYĀYA / NAMO BHAGAVATE / APRATIHATA /
 BHAIṢHAJYE⁶ RĀRAJĀYA / TADYATHĀ / OṂ SARVA TATHĀGATA
 HŪṂ ĀH GHUME GHUME / IMI NIMI HI / MATI MATI / SAPTA
 TATHĀGATE / SAMĀDHYA DHIṢṢṢHITE / ATI MATE PALE
 PĀPAṂ ŚHODHANI / SARVA PĀPAṂ NĀŚHAYA / MAMA
 BUDDHA BUDDHOTTAME / UME KUME / BUDDHA KṢHETRA
 PARIŚHODHANI / DHAMENI DHAME MERU MERU MERU
 ŚHIKHARA / SARVA AKĀLA MṚITYU / NIVĀRANI / BUDDHE
 SUBUDDHE / BUDDHA ADHIṢṢṢHĀNA / RAKṢHANTUME /
 SARVA DEVA / SAME ASAME SAMANVA HARANTUME / SARVA
 BUDDHA BODHISATVA ŚHAME ŚHAME PRAŚHAMANTUME
 SARVA ITYU PADRAVA VYĀDHAYAḤ / PŪRAṆE SUPŪRAṆE
 PŪRAYAME SARVA ĀŚHĀMYA / VAIDŪRYA PRATIBHĀSE SARVA
 PĀPAṂ KṢHAYAṅGKARI SVĀHĀ

Middle-Length Mantra

NAMO BHAGAVATE / BHAIṢHAJYE GURU VAIDŪRYA /
 PRABHA RĀJĀYA / TATHĀGATĀYA / ARHATE SAMYAK
 SAMBUDDHAYA / TADYATHĀ / OM BHAIṢHAJYE
 BHAIṢHAJYE / MAHĀ BHAIṢHAJYE BHAIṢHAJYE /
 RĀJĀ SAMUDGATE SVĀHĀ

Common pronunciation:

NAMO BHAGAWATE / BEKANDZE GURU BAIDURYA /
 PRABHA RADZAYA / TATHAGATAYA / ARHATE SAMYAK
 SAMBUDDHAYA / TAYATA / OM BEKANDZE BEKANDZE /
 MAHA BEKANDZE BEKANDZE / RADZA SAMUDGATE SOHA

Short Mantra

TADYATHĀ / OM BHAIṢHAJYE BHAIṢHAJYE / MAHĀ
 BHAIṢHAJYE BHAIṢHAJYE / RĀJĀ SAMUDGATE SVĀHĀ⁷

Common pronunciation:

TAYATA / OM BEKANDZE BEKANDZE / MAHA BEKANDZE
 BEKANDZE / RADZA SAMUDGATE SOHA



Tathagata Stainless Excellent Gold's Mantra⁸

TADYATHĀ / SIDDHI SIDDHI SUSIDDHI MOCHANI /
 MOKṢHANI MUKTE VIMUKTE / AMALE VIMALE MAṂGALYE /
 HIRANYA GARBHE RATNA GARBHE / SARVA ARTHA
 SĀDHANI / PARAMĀRTHA SĀDHANI / MANASE / MAHĀ
 MANASE / ADBHUTE / ATYADBHUTE / BHĪTŪ BHAYE
 SUPARTE BRAHMAGHOṢHA / BRAHMĀDHYUṢHITE / SARVA⁹
 ARTHE ṢHU APARĪJITE / SARVATRA APRATIHATE / CHATUḤ
 ṢHAṢṢṬHI BUDDHA KEṬI BHĀṢHITE / NAMAḤ SARVA
 TATHĀGATĀNĀṂ SVĀHĀ

Other Dharani-Mantras

TADYATHĀ / AGHUMA GHUTARA GHUMA MAGHU / GHURE /
 HA HU HE / MRA MRA MRA MRA / JUJURE JURA SVĀHĀ

Anybody who keeps, reads, writes in letters, and gives to others, and with extreme devotion makes offerings to these holy names of the Tathagatas and the words of these mantras (*zung*) will not be reborn in the three evil-gone¹⁰ realms and there will be no returning from the peerless full buddhahood. They will be born in whatever pure land of buddha they wish. They will see the Tathagatas. They will remember past lives. They will achieve concentration and *zung*.¹¹ This was said and promised by the holy mouth [of Medicine Buddha].

TADYATHĀ / OM VAJRE VAJRE MAHĀ VAJRE VAJRA
 PĀṢHADHĀRAṆI / SAMA SAMA / SAMANTA / APRATIHATA
 VAJRE / ŚHAMA ŚHAMA / PRAŚHAMANTU / SARVA
 VYĀDHAYA / KURU KURU SARVA KARMMĀNI SAMAYA MANU
 SMARA BHAGAVAN / VAJRAPĀṆI / SARVA ŚHAM ME PARI
 PĀRAYE SVĀHĀ

Destroyer Qualified Gone Beyond One, anybody who keeps and reads the holy names of the Buddha Tathagatas, the previous special extensive prayers and the number of these Dharmas, [we, the Medicine Buddhas, will] fulfill their hopes and we will accomplish their complete purpose. If that person wants to see me, then write down the number of this Dharma in letters. Then also make seven holy bodies of these Tathagatas, also the Vajra Holder and a stupa. Even to those Tathagatas, as it is mentioned above, surround them with offerings of incense,¹² scented smoke, light offerings, garlands, ornaments, the sound of cymbals, the sound of *rolmo*¹³ and tambourines.

Prayers and Requests to Persuade Medicine Buddha's Holy Mind

Your holy body of signs and exemplifications does the action
of being meaningful to behold.

Hearing your perfectly melodious holy speech eliminates
the suffering of delusions.

Your enriched holy mind, seeing all, guides whoever touches
or remembers you.

To you, the Destroyer Qualified Medicine Buddha, I request.

If you make offerings, prayers,

Or at the very least just hold the mere names of the eight gone to
bliss ones,

It was said [by the Medicine Buddha], "I will guide from all the
dangers of samsara and peace."¹⁴

This was highly admired by the Possessor of the Mighty One.¹⁵

Thinking this way, with strong dauntless devotion,
I continuously request the eight gone to bliss ones,
Please quickly reveal the power of compassion,
Which frees us from mental fatigue and laziness.

Whatever sound spreads out in the pure field of the ten directions
 Is heard by the unobscured ears of all the [medicine buddhas],
 So please pay heed to us pitiful ones pleading for help.
 Please quickly reveal the appearance of your holy body.

Whatever the thoughts of all sentient beings,
 Your holy mind sees them all without obscuration.
 From my heart, I rely on you the savior
 And request you to quickly fulfill my hopes.

But if, due to our evil and bad habits,
 You do not accept to look upon [us] and grant blessings,
 Then there would be no reason for you to be extensively
 admired as
 “The savior of the transmigratory beings of this evil quarrelling
 time.”

Due to the greater and greater blazing of the faults of
 degeneration,
 At this time when all other victorious ones become scared,
 Your kindness is unsurpassed.
 Did you, the saviors, not promise to liberate us?

Just like a cave facing north that never receives sunlight,
 We are obscured by our heavy karma and disturbing thoughts,
 But these are finished by the compassion of those gone to bliss,
 Which has no delay or forgetfulness at all.

Therefore, from now until the essence of enlightenment
 is achieved,
 There is no hope except for you,
 The Guru Victorious Ones and your sons.¹⁶
 I request to be held by your compassionate hand without
 separation.

Then do either or both of these prayers:¹⁷

Especially when the appearance of this life stops,
 Please bless me to immediately
 Go to the Amitabha or Vajrayogini pure land¹⁸
 Or receive the eight freedoms and ten riches,
 Quickly actualize the path and bhūmis in that life
 And quickly lead all the transmigratory beings to the state
 of completion and cessation.¹⁹

Or

By the wise, skillful method of transformation of the King
 of Medicine,
 Which eliminates all dangers and shows the sublime pure path,
 May I be born in the pure land of the Sapphire Appearance.

The moment I'm born there, may I see the holy face of Medicine
 Buddha
 And experience glorification, the nectar of Mahayana Dharma,
 Quickly proceed along the graduated path and bhūmis,
 And receive the state enriched with the ten powers.

Dedication

Due to all the past, present, and future merits collected by me, all
 the numberless sentient beings and the numberless buddhas,
 May the precious thought of bodhichitta be generated in
 the hearts of the sentient beings.
 Especially may it be generated in the hearts of the transmigratory
 beings in this world and in this country.
 Especially may it be immediately generated in the hearts of
 the students and benefactors of the FPMT,
 Of the center where I am, and of my family without even a
 second's delay.

Whatever bodhichitta has been generated, may it increase
without degeneration.

Due to all the past, present, and future merits collected by me,
the numberless sentient beings and numberless buddhas,
which are merely labeled by the mind,
May the I, which is merely labeled by the mind,
Achieve Medicine Buddha's enlightenment, which is merely
labeled by the mind,
And lead all the sentient beings, who are merely labeled by the
mind,
To that Medicine Buddha's enlightenment, which is merely
labeled by the mind,
By myself alone, who is merely labeled by the mind.

May I accomplish all the wishes of transmigratory beings,
Who are far more precious than a wish-granting jewel.
And may I be more precious than a wish-granting jewel
By fulfilling all the hopes in the minds of sentient beings.

Colophon:

I, Thubten Zopa, carrying the name of "incarnation," wrote and arranged this, in the hope of benefiting my own practice and that of others who have the same level of fortune. May virtue increase.

Publisher's colophon:

This practice is based on Lama Zopa Rinpoche's *A Brief Meditation-Recitation on Guru Medicine Buddha, sangs rgyas sman bla'i bsgom bzlas mdor bsdus*, unpublished, 2017. It was dictated to and lightly edited by Ven. Sarah Thresher in Santa Fe and North Carolina, August 2017; and completed in Italy, October 2017. Lightly edited by Ven. Ailsa Cameron in November 2017 and July 2018. Mantras transliterated by Joona Repo and Ven. Tenzin Tsomo, FPMT Education Services, July 2018.

Notes

- 1 Tib. *yi dam*.
- 2 Shakyamuni Buddha.
- 3 Evil-gone (Tib. *ngan song*) refers to the realms and not the beings.
- 4 The total cessation of obscurations and completion of all qualities.
- 5 Please read the practice requirements on page 2 if you are unsure.
- 6 The Tibetan gives BHAIKHAJYE. This typing error has been corrected to BHAIṢHAJYE in this instance and in the subsequent appearances of the term in the middle-length and short mantras.
- 7 The short mantra is extracted from the middle-length mantra.
- 8 The mantras of Tathagata Stainless Gold, the other dharani-mantras, and the sutra passages that follow were extracted from Fifth Dalai Lama Ngawang Lozang Gyatso (rgyal dbang Inga pa ngag dbang blo bzang rgya mtsho), *The Wish-Granting Sovereign: A Ceremony for Worshipping the Seven Sugatas, bder gshegs bdun gyi mchod pa'i chog sgrigs yid bzhin dbang rgyal*, s.l.: s.n., s.d., 91–92, 153–157.
- 9 This and most subsequent instances of the term "SARVA" in this mantra and the dharanis that follow, are written in the variant form of "SARVVA" in the Tibetan (see note 6). These have been edited here, for the sake of consistency, to "SARVA".
- 10 See note 3.
- 11 *Zung* (Tib. *bzung*) Remembrance and wisdom.
- 12 Good smelling incense powder.
- 13 Protector cymbals.
- 14 Nirvana.
- 15 See note 2.
- 16 Bodhisattvas.
- 17 These two prayers to be born in a pure land were written by Thubten Zopa, who has no this life or future lives.
- 18 Sky-enjoyment (*Dagpa khachö*, Tib. *dag pa mkha' spyod*).
- 19 Buddhahood.



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