





MEDICINE BUDDHA

CONCISE MEDITATION

REFUGE

དཀོན་མཆོག་གསུམ་དངོས་བདེ་གཤེགས་ཙ་བ་གསུམ་། ཙ་ལྷུང་ཐིག་ལེའི་རང་བཞིན་བྱང་ཆུབ་སེམས་།

KÖNCHOK SUM NGÖ DESHEK TSAWA SUM / TSA LUNG THIGLE RANGSHYIN CHANGCHUB SEM

I take refuge in the Buddha, the Dharma and Sangha

I take refuge in the Lama, Yidam and Khandro

ངོ་བོ་རང་བཞིན་སྤྱགས་རྗེའི་དབྱིས་འཁོར་ལ་། བྱང་ཆུབ་སྣང་པོའི་བར་དུ་སྐྱབས་སུ་མཆི་།

NGOWO RANGSHYIN TUKJE KYILKHOR LA / CHANGCHUB NYINGPO BARDU KYAB SU CHI

I take refuge in the tsa, lung, thigle, and their nature, the bodhicitta,

I take refuge in complete openness, lucid presence and compassion.

BODHICHTTA

ཧོ། ལྷ་ཚལ་སྤང་བ་ཚུ་ཟླའི་རྩྱུན་རིས་ཀྱིས། འཁོར་བ་ལུ་གུ་རྒྱུད་དུ་འབྱམས་བའི་འགོ།

HO NATSOK NANGWA CHUDE DZUN RI KYI/ KHORWA LUGU GYU DU KHYAMPE DRO

Ho! Mesmerized by the sheer variety of appearances, which are like the illusory reflections of the moon in water, beings wander endlessly astray in samsara's vicious cycle.

རང་རིག་འོད་གསལ་དབྱིངས་སུ་ངལ་བ་སོའི་ཕྱིར། ཚད་མེད་བཞི་ཡི་ངང་ནས་སེམས་བསྐྱེད་དོ།

RANGRIG OSAL YING SU NGALSO CHIR / TSEME SHYI YI NGANG NE SEMKYE DO

In order that they may find comfort and ease
in the luminosity and all-pervading space of the true nature of their minds, I generate the immeasurable
love, compassion, joy and equanimity of the awakened mind, the heart of bodhicitta.

4 BODHI VOWS

Sentient beings are numberless,
I train in order to free them

Delusions are inexhaustible
I train in order to transform them

About Medicine Buddha

Medicine Buddha is timeless and assumes countless forms for the benefit of beings. He manifested enlightenment out of the vow, the Bodhi resolve, to benefit, enlighten, and rescue all beings from physical and mental diseases. His nirmankaya or reincarnation manifested as Jivaka, the physician of the Buddha, and later as Orgyen Menla, Guru Rinpoche carrying the Ayurvedic wisdom to Tibet. Orgyen Menla is the healing wisdom of the Buddha and the intrinsic healing wisdom of our body-mind. He is the healing potency in all herbs, elixirs and formulas. He is the energy of the innate wisdom of the elements and of all living things. He is the Buddha of all healers and the energy that heals. He is the embodiment of boundless compassion and the vow to relieve the suffering, pain and illness of all sentient beings.

Medicine Buddha Visualization and Mantra

Visualizing Medicine Buddha

From the dimension of pure space Orgyen Menla, Guru Rinpoche in his form as the Medicine Buddha, arises. His body is blue, a shining mountain of lapis lazuli and is radiating light. He wears the red crown, cradles the Khatvanga in his left arm and sits on a lotus with his right foot extended slightly forward. In his left hand he holds a skull-cup on his lap with lapis lazuli in it, with an arura plum and a long-life vase. In his right hand he holds the gesture of supreme generosity and the myrobalan plant, a cure all remedy. He sits in front of you and his presence resounds as the mantra.

ཏཏ་ཐ། ཨོྫེ་པ་ཏེ་ཨོྫེ་པ་ཏེ་མ་དུ་ཨོྫེ་པ་ཏེ་ཨོྫེ་པ་ཏེ་རྩ་ཇ་ས་མུག་ཏེ་སྤྲ་དུ།

**TEYATA OM BHEKANZE BHEKANZE MAHA
BHEKANZE BHEKANZE RADZA SAMUDGATÉ SOHA**

[Recite 9, 18, 54, 108 or 1008 times according to the length of your session]

Visualize Endless Stream of 5 Element Medicine Buddhas

I gaze into the vision of Orgyen Menla before me. Then I notice that above behind him is another Orgyen Menla, green in color, above and behind that, another white in color, above and behind that another, yellow in color, above behind that another, red in color... and I see before me an endless line of Buddhas extending into the far reaches of time and space in all directions. Their multi-colored lights, the healing rays of all the five wisdoms and the five elements, stream into Orgyen Menla's heart and through his heart into mine. His heart is radiating thousands of rainbow lights. Through this light, I receive the blessings of all the Buddhas. A healing Lapis Lazuli colored light shines to every place in my body and mind that needs healing. This healing happens at a level that is beyond my imagination.

The Medicine Buddha mantra resounds from all of the heart-minds of all these Buddhas and from my heart all together at the same time. It resolves the cause of all imbalances, heals all disease, dissolves all karma and restores the elements of my body to harmonious balance.

All of these Buddhas now descend into my heart blessing me with boundless compassion, mercy, forgiveness and healing energy. They dissolve into my heart-mind as the mantra resounds.

Generation Stage

My body is transformed and suddenly manifests as Orgyen Menla, the embodiment of compassion and healing.

As I continue to recite the mantra, other beings appear around me, including everyone I have ever known surrounding me, one by one sitting with me doing this practice. Brilliant blue light rays extend from my heart as Orgyen Menla's heart. As they do, each person is completely healed, filled with the Medicine Buddha energy of all healing and restoration. All beings transformed into Orgyen Menla.

One by one, I see each person, completely healed and each transformed into the Medicine Buddha. Every being is transformed into Medicine Buddha, we all sit together, streaming with white light and the energy of total healing, well-being and majestic love. [Remain silent with this visualization as long as possible]

Completion Stage

Everything dissolves into its own place of profound openness, I no longer remain, all visions dissolve. I realize all visions, all mind, all experiences, all forms are innately empty of form and formed by emptiness, yet are luminous and apparent as clear light. Everything is now dissolved into basic goodness and primordial purity. I recognize the clear light vastness that extends into space as unlimited awareness. I rest as presence in space as space.

Dedication

I am now awake, aware of my body, mind and surroundings.

I recite the mantra to pray for my healing and for the healing of all beings.

May all be loved and healed by the great wisdom of the Medicine Buddha, Orgyen Menla appearing in whatever form is needed.

May the many sentient beings who are ill, discontent or diseased quickly be freed.

May illness, discontentment and disease never arise again.

Colophon

This is the concise version of the Orgyen Menla, Medicine Buddha meditation composed by Pema Khandro for her students in 2002 in San Diego, California, for those who need a powerful practice in a pithy form. Through this merit, may the Buddha of medicine be swiftly accomplished and lead every sentient being to the level of Orgyen Menla.