

Kopan Monastery Prayers and Practices

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Medicine Buddha Practice

The Mantra of Medicine Buddha

TAYATHA OM BEKANDZYAI BEKANDZYAI MAHA BEKANDZYAI BEKANDZYAI
RANDZA SAMUGATE SOHA

Reciting the Mantra of Medicine Buddha brings many benefits, worldly and spiritual.

Lama Zopa Rinpoche said:

"Medicine Buddha is called 'encompassing all the buddhas'. This means that offering the seven-limb practice is the same as offering the seven limbs to numberless buddhas, so one accumulates numberless inconceivable merits like limitless sky.

"Reciting Medicine Buddha mantra has inconceivable merit. Manjushri requested to reveal in front of the "Eight Gone to Bliss Ones" (Guru Shakyamuni Buddha and the Seven Medicine Buddhas), the special mantra that makes the Eight Gone to Bliss Ones quickly actualize the prayer they made in the past: to actualize sentient beings' happiness by attaining the path to enlightenment and pacifying various problems, for them to see all the buddhas, and for all their wishes to be quickly fulfilled; for the sentient beings of the five degenerate eras who have small merit and who are possessed and overwhelmed by various diseases and spirit harms.

"During that time, all the Eight Gone to Bliss Ones in one voice taught the mantra. Therefore, if one recites that mantra every day one will always be paid attention by the buddhas and bodhisattvas, they will guide you. Vajrapani, owner of the secrecy, and the Four Guardians will always protect and guide you. All your negative karmas will be pacified and you will never be born in the three lower realms. Even just hearing the names of the Eight Gone to Bliss Ones and reciting them pacifies all the disease and spirit harms, even spirit harms which become a condition for disease; and all your wishes are fulfilled.

"This is just a brief explanation of the benefits of the Medicine Buddha practice. This practice is especially good if you are helping others, especially if you are doing healing work it helps you to be more accurate and beneficial. You will receive much support, not only from the Eight Gone to Bliss Ones but from the four clairvoyant devas. These devas help you diagnose and understand the right method to heal, they are associated with the Eight Gone to Bliss Ones.

"If one doesn't get the recitation of Medicine Buddha practice done it is a greater loss than losing trillions of dollars. In terms of the benefits of the practice, one has missed out, lost trillions of dollars."

Medicine Buddha Sadhana

The method for Making Requests to the Assembly of Seven Medicine Gurus

Namo Gurubya

Going for refuge and Generating Bodhicitta

Until I attain enlightenment I respectfully go for refuge
To the Guru, Buddha, Dharma and Sangha.
To attain buddhahood for the welfare of all living beings
I shall make requests to the Seven Sugatas. (3x)

Visualizing the Seven Tathagatas

On the crown of my head sits the Tathagata '**Medicine Guru**'.
His body is blue, his right hand in the mudra of supreme giving holds an Arura plant and
his left hand in the mudra of meditative equipoise holds a bowl filled with medicine
nectar.

On his crown is the Tathagata '**King of Clear Knowing**'.
His body is red, his right hand is in the mudra of supreme giving and his left hand is in the
mudra of meditative equipoise.

On his crown is the Tathagata '**Melodious Ocean of Dharma Proclaimed**'.
His body is light red and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata '**Supreme Glory Free from Sorrow**'.
His body is pale red and both his hands are in the mudra of meditative equipoise.

On his crown is the Tathagata '**Stainless Excellent Gold**'.
His body is golden and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata '**King of Melodious Sound**'.
His body is golden, his right hand is in the mudra of supreme giving and his left hand is in
the mudra of meditative equipoise.

On his crown is the Tathagata '**Glorious Renown of Excellent Signs**'.
His body is golden, his right hand is in the mudra of granting protection and his left hand
is in the mudra of meditative equipoise.

They all wear the three robes of a monk and are adorned with the major and minor
marks. They sit in the vajra posture on seats of lotus and moon.

Offering the Seven Limbs.

Merely through the touch of the smallest part of your supreme medicinal plant you cool
the fires of the deepest hell, transforming them into lotus pools. To you, Assembly of
Protectors of impure beings, with my body, speech and mind, respectfully I prostrate.

I offer a vast collection of offerings, both actually set out and emanated through the
power of mantra, wisdom and imagination. I confess all negativities and downfalls, rejoice
in virtue, beseech you to remain and request you to teach. I dedicate these virtues to
great enlightenment.

Making requests

O Great Assembly of Blessed Ones, please listen to me.
Previously you Seven Sugatas made prayers,
To fulfill the promises you have made
In this the final five hundred years of
Buddha Shakyamuni's teachings;
I request you now to show me the truth directly.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
Great King, Glorious Renown of Excellent Signs, to you I prostrate, make
offerings and go to for refuge (x7)

The Tathagata 'Glorious Renown of Excellent Sign' melts into light and
dissolve into the Tathagata 'King of Melodious Sound'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
King of Melodious Sound, Brilliant Radiance of Skill, Fully adorned with
Jewels, Moon and Lotus, to you I prostrate, make offerings and go for
refuge. (x7)

The Tathagata 'King of Melodious Sound' melts into light and dissolves into
the Tathagata 'Stainless Excellent Gold'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
Stainless Excellent Gold, Jewel Radiance who Accomplish your Vows, to
you I prostrate, make offerings and go for refuge. **(x7)**

The Tathagata 'Stainless Excellent Gold' melts into light and dissolves into
the Tathagata 'Supreme Glory Free from Sorrow'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
Supreme Glory Free from sorrow, to you I prostrate, make offerings and
go for refuge. **(x7)**

The Tathagata 'Supreme Glory Free from Sorrow' melts into light and
dissolves into the Tathagata 'Melodious Ocean of Dharma Proclaimed'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
Melodious Ocean of Dharma Proclaimed, to you I prostrate, make
offerings and go for refuge. **(x7)**

The Tathagata 'Melodious Ocean of Dharma Proclaimed' melts into light
and dissolves into the Tathagata 'King of Clear Knowing'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha,
King of Clear Knowing, who Fully Enjoy a Supreme Wisdom of an Ocean
of Dharma, to you I prostrate, make offerings and go for refuge. **(x7)**

The Tathagata 'King of Clear Knowing' melts into light and dissolves into
the Tathagata 'Medicine Guru'.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Medicine Guru, Great King with the Radiance of a Lapis Jewel, to you I prostrate, make offerings and go for refuge. **(x7)**

The Tathagata 'King of Medicine' melts into light and dissolves into me. All sickness, spirits, negativities and obstructions that afflict me are purified and I become the Buddha, Medicine Guru.

Recitation of Mantra

At my heart on a moon is a letter HUM surrounded by the mantra rosary.

TAYATHA OM BEKANDZYAI BEKANDZYAI MAHA
BEKANDZYAI BEKANDZYAI RANDZA SAMUGATE SOHA

Dedication

Through my virtues from prostrating, making offerings,
and reciting the names of the Assembly of Seven Sugatas,
May the supreme prayers that they previously made,
The two sets of eight, the four sets of four and the twelve promises,
Immediately ripen upon myself and all other living beings.

This practice was composed by Panzug Dharmabhadra by condensing the words of Tartse Namkha Palzang and Kusali Dharmavajra.

This practice is available as a booklet and as a CD (the prayers chanted by the monks of Kopan) from the Kopan Monastery Shop:

www.kopanmonastery.com

May all virtue and excellence increase!