

# MEDICINE BUDDHA SADHANA

Compiled and translated by ZaChoeje Rinpoche



## REFUGE AND THE WISH (3X)

SANG-GYE CHOE-DANG TSOG-KYI CHOG-NAM-LA  
I go for refuge to Buddha, Dharma and Sangha,

JANG-CHUP BAR-DU DAG-NI KYAB-SU-CHI  
Until I achieve enlightenment.

DAG-GYI JIN-SOG GYI PAI SO-NAM GYI  
Through the virtues I collect by generosity and the other perfections,

DRO-LA PHEN CHIR SANG-GYE DRUP-PAR-SHOG  
May I become a Buddha for the benefit of all sentient beings.



FOUR IMMEASURABLES PRAYER (3X)

SEM-CHEN THAM-CHEY DE-WA DANG DEI-WAY  
GYU-DANG DEN-PAR GYUR CHIG

May all sentient beings be happy and have the causes of happiness.

SEM-CHEN THAM-CHEY DUG-NYAL DANG DUG-NYAL  
GYI GYU-DANG DREL-WA GYUR-CHIG

May all sentient beings be free from suffering and the causes of suffering.

SEM-CHEN THAM-CHEY DUG-NYAL ME-PAI  
DE-WA DANG MI-DREL WA GYUR-CHIG

May all sentient beings never be separated from the  
happiness that is free from suffering.

SEM-CHEN THAM-CHEY NYE-RING CHAG-DANG  
NYI-DANG DREL-WAI TANG NYOM-LA NEY-PAR GYUR-CHIG

May all sentient beings abide in equanimity,  
free from attachment and detachment.

Blessing the Offerings

OM VAJRA AMRITA HUM PHAT  
OM SVABA VA SHO DA SAR WA DHARMA SAVBA WA SHO DHO HAM  
TONG PA NYI DU GYUR

From the emptiness, from OM arise great  
offering bowls made of precious jewels with OM inside them.  
The OM melts into light and becomes infinite and pure divine offerings of Water for drink-  
ing, Water for washing, Flowers, Incenses, Lights, Perfume, Food, and Music.

OM VAJRA ARGAM AH HUM  
OM VAJRA PA DEY AH HUM  
OM VAJRA POI PAI AH HUM  
OM VAJRA DU PAI AH HUM  
OM VAJRA ALOKEY AH HUM  
OM VAJRA GENDEY AH HUM  
OM VAJRA NI O DE AH HUM  
OM VAJRA SHAPTA AH HUM



Instantly oneself appears as Medicine Buddha. Light radiates  
from the HUM and all the Buddhas and Bodhisattvas of the ten directions are invoked in  
the sky in front in the form of Medicine Buddha.

OM VAJRA SA MA ZA

OM BHEKANDZE GURU BEN DRU YA PRA BA RA ZA YA SA PARI WA RE  
ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,  
GENDEY, NI O DE, SHAPTA PAR TI TSA HUM SVAHA



THUG JE KUN LA NYOM PAI CHOM DEN DEY  
The Victorious One who is equally compassionate to all

TSEN TSAN THOI NYEN DROI DUG NYAL SAL  
The mere hearing of whose name removes all the sufferings,

DUG SUM NED SAL SAN GYE MEN GYI LHA  
And who knows how to purify the diseases of the three poisons.

BIN DRU YA YI WOE LA CHAG TSAL LO  
I pay homage to the Medicine Buddha of Lapis Lazuli Light.

Seven-Limbed Prayer

SAN-GYE MEN-GYI LHA-LA CHAG-TSAL LO  
I prostrate to the Guru Medicine Buddha,

NGOE-SHAM YI-TRUL CHOW-TRIN MA-LU-PHUL  
I offer each and every offering,  
both actually performed and imagined.

THOG-MEY NEY-SAG DIG-TUNG THAM-CHE-SHAG  
I confess and purify all transgressions  
since beginningless time.

KYE-PHAG GE-WA NAM-LA JE-YI-RANG  
I rejoice in all virtues of both common and noble beings.

KOR-WA MA-TONG BAR-TO LEG-SHUG-NEY  
I request you to remain until the end of Samsara,

DRO-LA CHOE-KYI KHOR-LO KOR-WA-DANG  
And give us your wise and compassionate guidance.

DAG-SHEN GEY-NAM JANG-CHUP CHEN-POR-NGO  
I dedicate my merit to attain Buddhahood for the sake of all beings

Mandala Offering

SA-ZHI PO-KYI JUG-SHING ME-TOG TRAM  
The universal ground purified with scent and flowers spread,

RI-RAB LING-ZHI NYI-DAY GYAN-PA-DI  
Magnificent Mountains, beautifully adorned with Sun and Moon.

SANG-GYAY ZHING-DU MIG-TE UL-WA-YI  
I offer this to the pure realm of the Buddhas,

DRO-KUN NAM-DAG ZHING-LA CHO-PAR-SHOG!  
May all sentient beings attain the pure realm!

IDAM GURU RATNA MANDALAKA NIRYATAYAMI!



Generating Bodhicitta (3X)

KON CHOG SUM LA DAG KYAB CHI,  
I go for refuge to Buddha, Dharma and Sangha.

DIG PA THAM CHE SO SOR SHAG  
I confess and purify all my negative karma.

GRO WEI GEY LA JE YI RANG  
I rejoice in all virtuous deeds.

SAN GYE JANG CHUB YI KYI ZUNG  
I will achieve enlightenment for the benefit of others.

Actual Self-Generation Practice

OM SVABA VA SHO DA SAR WA DHARMA SAVBA WA SHO DHO HAM  
TONG PA NYI DU GYUR

Everything becomes empty. From the emptiness a PAM appears and from PAM a lotus appears. An AH appears and from AH a moon disc appears. On the moon disc is a blue HUM. The HUM invokes all the noble beings and this benefits all sentient beings. Light comes and dissolves into the HUM. HUM gradually becomes Guru Medicine Buddha, whose body is in the nature of deep blue light, the color of Lapis Lazuli. Guru Medicine Buddha is very serene. He is adorned with silk robes and magnificent jewel ornaments. His right hand rests on his right knee, palm outward in the gesture of giving realizations. His left hand rests in his lap, holding a nectar bowl full of Medicine that cures all ills, hindrances and obstacles. To the right is a red Bodhisattva, to the left is a white Bodhisattva. They are both adorned with silks and jewels. Each stand on a lotus and a moon disc in the posture of bowing to the Guru Medicine Buddha.



Marked with White OM at the forehead,  
Red AH at throat and Blue HUM at the heart.







Hundred Syllable Mantra

OM VAJRA SATTVA SAMAYA  
MANU PALA YA, VAJRA SATTVA TVENOPA TI TSA,  
DRIDHO MEBHAVA, SUDHO KHAYO MEBHAVA, SUPO KAYO  
MEBHAVA ANU RA DHO MEBHAVA SARVA SIDDHI ME PRAYA CHA,  
SARVA KARMA SU CHA ME, CHI TTAM SHRI YAM KURU HUM,  
HA HA HA HA HO, BHAGAVAN  
SARVA TATHA GATA, VAJRA MAME MUN CHA,  
VAJRA BHA MAHA SAMAYA SATTVA AH HUM PHAT!

RING GYI NYING GA NEY YESHE PA DUN KYI NAM KHAR CHEN TRANG  
Radiating the light from one's heart, invite the wisdom beings in front.

OM BHEKANDZE GURU BEN DRU YA PRA BA RA ZA YA SA PARI WA RE  
ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,  
GENDEY, NI O DE, SHAPTA PAR TI TSA HUM SVAHA

THUG JE KUN LA NYOM PAI CHOM DEN DEY  
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And who knows how to purify the diseases of the three poisons

BIN DRU YA YI WOE LA CHAG TSAL LO  
I pay homage to the Medicine Buddha of Lapis Lazuli Light.

Great Buddha, please grant your supreme blessing  
and healing power to myself and all sentient beings.

Dissolution

OM VAJRA MU  
YESHE PA SHEG  
KHOR DANG DEN RANG LA THIM

The wisdom aspect dissolves back into Emptiness.  
The retinue and seats dissolve into oneself.

OM AH HUM



DEDICATION

GE-WA DI-YI NYUR-DU DAG  
By this virtue may I quickly

MEN PAI GYAL PO DRUB-GYUR NEY  
Become Medicine Buddha,

DRO-WA CHIG-KYANG MA-LUE PA  
And thus lead all beings

DEY-YI SA-LA GOE-PAR SHOG  
To that ground without exception.

JANG CHUP SEM CHOG RINPOCHE  
May the precious, supreme Bodhicitta,

MA KYE PA NAM KYE GYUR CHIG  
Grow where it has not yet grown,

KYE PA NYAM PA MEY PAR YANG  
Never diminish where it has grown,

GONG NE GONG DU PHAL WAR SHOG  
But flourish for evermore.

GANG-RI RA-WA KOR-WAI ZHING-KAM-DIR  
In the heavenly realm of Tibet  
(surrounded by snow mountains)

PAN DANG DE-WA KOR-WAI MA-LU JUNG-WAI-NE  
The source of all happiness and help for beings

CHAN-RA-ZIG WONG TAN-DZIN GYA-TSO-YI  
Is Tenzin Gyatso—Chenrezig in person

ZHAB-PA SI-TAI BAR-DU TAN-GYUR-CHIG  
May his life be long and secure for hundreds of aeons!



