



Venerable ZaChoeje
Rinpoche, founder and
spiritual director of
Emaho Foundation, is a
heart student of His
Holiness the 14th Dalai
Lama. This summer,
Rinpoche will offer a
retreat that will include
empowerment in the
Tibetan Buddhist
Medicine Buddha
meditation practice.

See the website at www.emahofoundation.org for full information.



## The Story of the Medicine Buddha

In the time of the teachings of the Buddha of this age, Shakyamuni Buddha, the Great Bodhisattva Manjushri requested a teaching about all the great beings who have completed their accumulation of merit and wisdom for the sake of all sentient beings. He requested a teaching that would benefit all beings that will be plagued with the sicknesses of birth, old age, sickness and death. The Shakyamuni Buddha then explained of a Great Bodhisattva who made 12 extraordinary vows or aspirations to attain enlightenment. These vows defined the key characteristics of what would become the Medicine Buddha. In summary, these vows relate to the healing powers of hearing of his name/mantra, seeing his image and body, and experiencing the radiance of lapis lazuli light.

The Medicine Buddha sits in lotus position with legs crossed. He holds a nectar bowl that cures all ills in his left hand and a myrobalan plant in his right hand. His body is of an illusory nature and radiant blue light, the color of lapis lazuli. "The appearance of the gem lapis lazuli is deep blue marked by sparkling golden crystals of iron pyrite like the night sky awash with bright stars." The sound of the mantra emanates from his illusory body and pervades all of space. It is through these vows and characteristics that the Medicine Buddha performs his compassionate activity.

The seven Bodhisattvas prayed for the happiness of all sentient beings and that their names would become wish-fulfilling in order to heal all sicknesses and diseases.

Their prayers will become true during the Shakyamuni Buddha's era. One of the ten powers of a Buddha is the power of prayer - that means that all the prayers that have been made get fulfilled.

They are called the Seven Medicine Buddhas. The main one is the Medicine Buddha of Lapis Lazuli Light. Buddha Shakyamuni, who taught the teachings on the Medicine Buddha, is also considered as one of the Medicine Buddhas, we sometime says Eight Medicine Buddhas for that reason.

## The Medicine Buddha Retreat

This practice is part of Kriya or Action Tantra, the first of the four classes of Tantra. During the retreat, Rinpoche will offer Empowerment in the morning of Saturday, followed by a practice session in the afternoon. We will do a few sessions on Sunday, starting with an option of taking the Eight Mahayana Precepts and Yoga practice in the morning, followed by later sessions to practice with Medicine Buddha Sadhana.

There will also be a Serkyem Puja to the Protectors and local Spirits in the evening of Friday and Saturday to bring protection and success in our practice.

The Sadhana practice consists of taking refuge, generating Bodhicitta, and making requests to the Medicine Buddha to receive invocation and conclusion with dedication. This is followed by a front generation of Eight Medicine Buddhas. In front of this elaborate, beautiful merit field, we recite the mantra of Medicine Buddha to receive blessings and healing energy. We will try to recite Mantras as much as we can.

At the end of the retreat, we will offer extensive dedication for the healing of all beings and for world peace. There will also be a Serkyem Puja to the Protectors and local Spirits in the evening of Friday and Saturday to bring protection and success in our practice.