

# HEALING BUDDHA SADHANA

A Practice for Preventing and Healing Disease



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## Motivation

**May the roots of virtue of this practice — and all the roots of virtue gathered in the past, present and future — free all sentient beings from their suffering and the causes of their suffering and cause the Buddhadharma to spread, virtue and true happiness to flourish, the lives of the true upholders of the Dharma to be lengthened and strengthened, their pure activities thrive, and cause them to swiftly attain the precious state of awakening.**

## Refuge Prayer

**I go for refuge until I am enlightened  
To the Buddha, the Dharma, and the Supreme Assembly  
By the accumulation of merits, of practicing generosity and so forth  
May I become a Buddha to benefit all sentient beings.  
(3x)**

## Four Immeasurables

**May all sentient beings have happiness and the causes of happiness.  
May all sentient beings be free from suffering and the causes of suffering.  
May all sentient beings never be separated from the happiness which is without suffering.  
May all sentient beings abide in equanimity, free from both attachment and hatred, holding some close and others distant.**

## Seven Limb Prayer

**Reverently I prostrate with my body speech and mind;  
I present every type of offering, actual and imagined;  
I declare all my negative actions accumulated since beginningless time  
And rejoice in the merit of all holy and ordinary beings.  
Please remain until the end of cyclic existence  
And turn the wheel of Dharma for living beings.  
I dedicate my own merits and those of others to the great enlightenment.**

## Short Mandala Offering

**This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, four continents, the sun and the moon:  
I imagine this as a Buddha field and offer it.  
May all living beings enjoy this pure land!  
IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

## Meditation

Visualise your ordinary body and, in the centre of your chest, visualise your heart-centre in the shape of a triangle pointing upwards. Inside your heart-centre is a white lotus with eight petals and in the centre of this is a moon disc, upon which sits Medicine Buddha, as Healing Buddha. His holy body is clear, in the nature of deep blue light, in the aspect of supreme transformation, holding an arura plant in his right hand and a begging bowl in his left hand.

In front of Healing Buddha is the white medicinal goddess: Actualised Wisdom. To his right is the yellow medicinal goddess: Simultaneous Wealth. Behind Healing Buddha is the red forest goddess: Neck of Peacock. To his left is the green tree goddess: Having Radiance. Each goddess is in the nature of blissful radiant light, and with one face and two arms. In her right hand, each goddess holds an arura plant and, in her left, a vase adorned with various ornaments. Each is seated cross-legged (not in the full vajra position) in an attitude of respecting Healing Buddha.

## Visualisation and Mantra Recitation

From the five deities in your heart, light beams are emitted in their respective colours: blue, white, yellow, red and green. Your whole heart and body are filled with these blissful light beams, which completely purify all disease, spirit harms, negative actions and their imprints.

Then, from all the pores of your body, five-coloured light beams are emitted. Also, nectar flows down from the begging bowl and the vases held in the left hands of the five heart deities, completely filling your heart-centre and body.

Be resolute that all diseases are being completely pacified forever, so that you can no longer experience any disease.

While one-pointedly concentrating on this visualisation, recite the short or long mantra of the Healing Buddha 7, 21, 108 or more times.

If you are ill with a disease, after reciting the mantra put some saliva on your left palm and rub it with the tip of your right ring finger. Then place the tip of the right ring finger at the base of the right and left nostrils, where there is a nerve called the All-Doing King Nerve. Then apply the saliva wherever there is disease.

### Short Healing Buddha mantra

**TADYATHA / OM BHEKHANDZYE BHEKHANDZYE MAHA BHEKHANDZYE  
[BHEKHANDZYE] / RADZA SAMUDGATE SVAHA**

### Long Healing Buddha mantra

**OM NAMO BHAGAVATE BHEKHANDZYE / GURU BAIDURYA / PRABHA  
RADZAYA / TATHAGATAYA / ARHATE SAMYAKSAM BUDDHAYA / TADYATHA /  
OM BHEKHANDZYE BHEKHANDZYE MAHA BHEKHANDZYE  
[BHEKHANDZYE] / RADZA SAMUDGATE SVAHA**

Then make this request:

**You, the destroyer, the qualified one gone beyond, Medicine Buddha, and the four medicinal goddesses, please help me to avoid experiencing the various diseases and to pacify immediately those that I am already experiencing.**

After doing this, recite the following mantras of the Sanskrit vowels and consonants as much as possible, and also the Heart of Dependent Arising mantra:

Sanskrit vowels

**OM A AA I II U UU RI RII LI LII E AI O AU AM AH SVAHA**

Sanskrit consonants

**OM KA KHA GA GHA NGA/CHA CHHA JA JHA NYA/TA THA DA DHA NA/TA  
THA DA DHA NA/PA PHA BA BHA MA/YA RA LA VA/SHA SHA SA HA KSHA  
SVAHA**

The Heart of Dependent Arising

**OM YE DHARMA HETU PRABHAVA HETUN TESHAN TATHAGATO HYAVADAT  
TESHAÑ CHA YO NIRODHA EVAM VADI MAHA SHRAMANA YE SVAHA (3X)**

Translation – not to be recited: OM The Tathagata has proclaimed the causes of those phenomena that arise from causes and he also has proclaimed their cessation. So has spoken the great renunciate. SVAHA

This practice protects you from diseases not yet experienced and from those already being experienced. It is the terma (treasure) advice instruction of the Lotus Arisen One (Padmasambhava).

Dedication

From Master Shantideva's Bodhicharyavatara

**May all beings everywhere  
Plagued by sufferings of body and mind  
Obtain an ocean of happiness and joy  
By virtue of my merits.**

**May no living creature suffer,  
Commit evil, or ever fall ill.  
May no one be afraid or belittled,  
With a mind weighed down by depression.**

**May the blind see forms  
And the deaf hear sounds.  
May those whose bodies are worn with toil  
Be restored on finding repose.**

**May the naked find clothing,  
The hungry find food;  
May the thirsty find water  
And delicious drinks.**

**May the poor find wealth,  
Those weak with sorrow find joy;  
May the forlorn find hope,  
Constant happiness and prosperity.**

**May there be timely rains  
And bountiful harvests;  
May all medicines be effective  
And wholesome prayers bear fruit.**

**May all who are sick and ill  
Quickly be freed from their ailments.  
Whatever diseases there are in the world,  
May they never occur again.**

**May the frightened cease to be afraid  
And those bound be freed;  
May the powerless find power,  
And may people think of benefiting each other.**

**For as long as space remains,  
For as long as sentient beings remain,  
Until then may I too remain  
To dispel the miseries of the world.**

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## The Vajra Speech of the Mahasiddha Thang Tong Gyälpo



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### THE PRAYER LIBERATING SAKYA FROM DISEASE

#### Refuge

**I and all sentient beings go for refuge to the precious guru-buddha.  
We go for refuge to the Buddha, the Dharma and the Sangha.  
We go for refuge to the assembly of gurus, meditational deities and dakinis.  
We go for refuge to the empty clarity of our own minds: the dharmakaya.  
(3x)**

#### Mantra Recitation

**OM MANI PÄDME HUM** (Recite many times)

#### The Actual Prayer

**May all diseases from which sentient beings suffer due to karma and temporary conditions such as spirits, illnesses and the elements, never occur again in all realms.**

**May all embodied beings be unharmed by acute, chronic and infectious diseases and all disorders of mind and body.**

**May all sentient beings be unharmed by the 80,000 classes of harmful interferers, the 360 evil spirits that harm suddenly, the 424 diseases and so on.**

**May all suffering due to disturbances of the four elements — that deprive the body and mind of pleasure — be fully pacified, and may the body and mind have radiance and power, and be endowed with long life, good health and well-being.**

**By the compassion of the gurus, the Buddha, the Dharma and the Sangha; by the power of the dakinis, Dharma protectors, and guardians; and by the strength of the infallibility of karma and its results, may these many dedications and prayers be fulfilled immediately.**

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