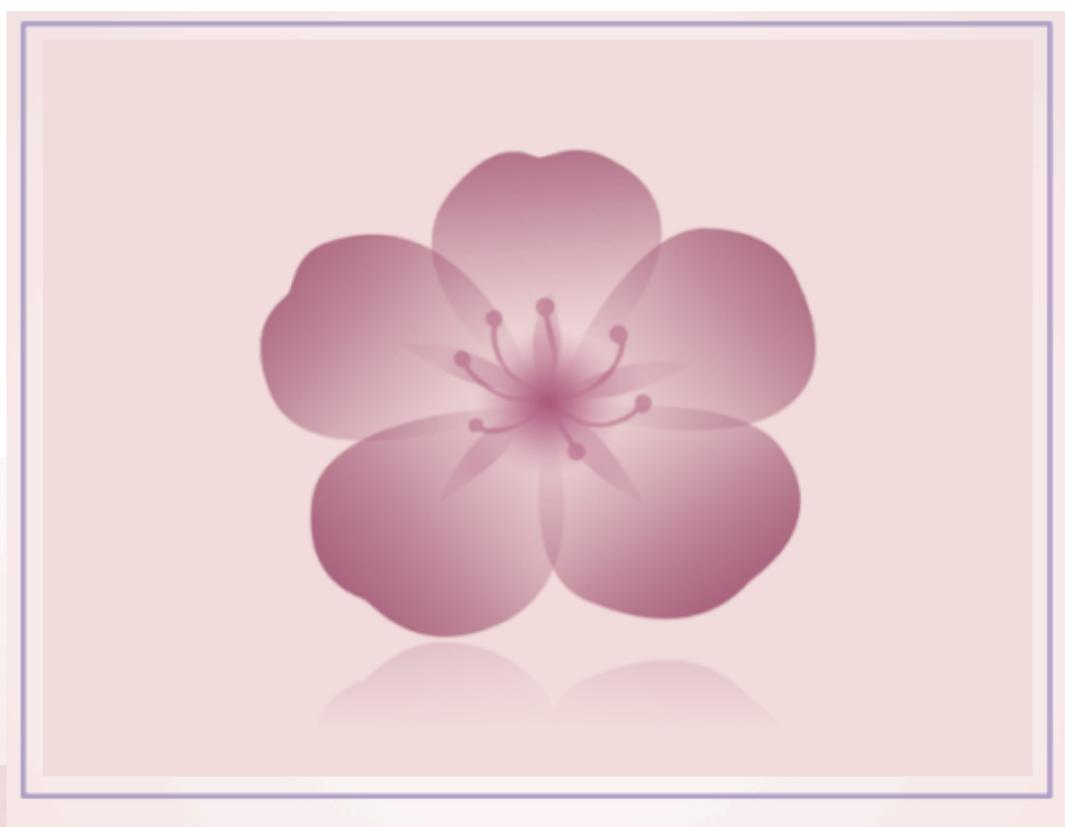


# SEVEN MEDICINE BUDDHAS SADHANA



VENERABLE GEN LOSANG NAMGYEL



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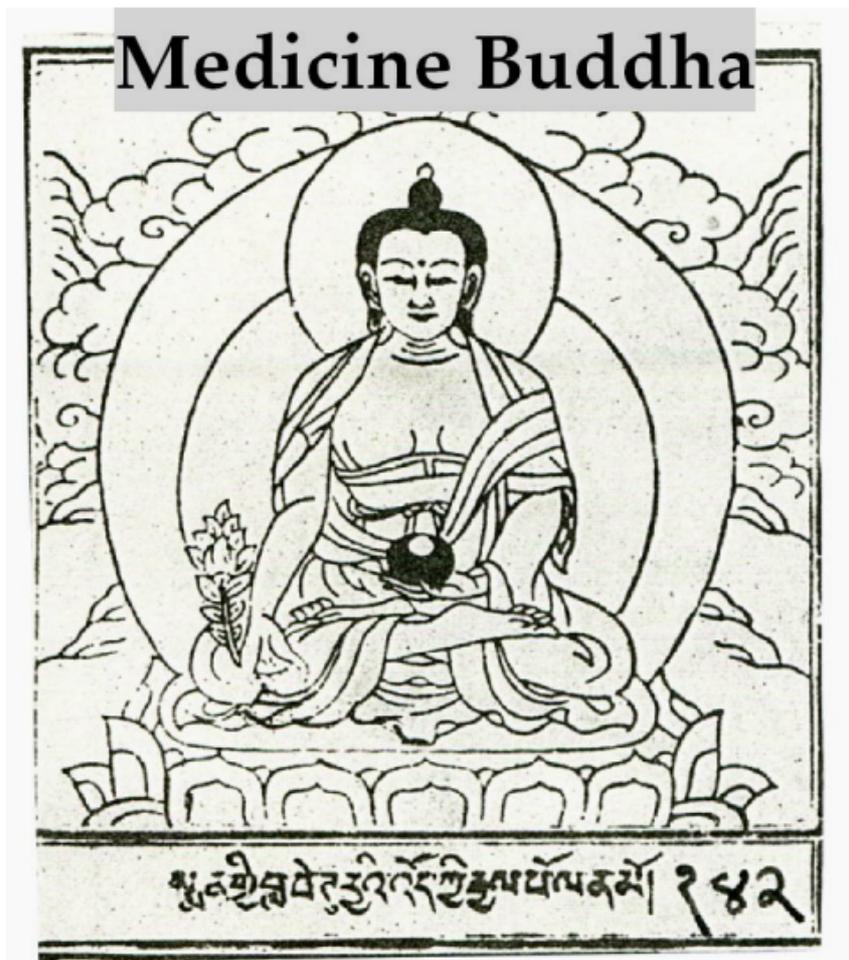
# SEVEN MEDICINE BUDDHAS SADHANA

Venerable Gen Losang Namgyel La

## Seven Medicine Buddhas Sadhana

### Visualisation

*About ten centimetres above the crown of your head is a lotus flower. In the centre of the lotus is a white moon disk and seated on the moon disc is your root guru – the Dharmakaya essence of all the Buddhas – in the form of the Medicine Buddha. He is blue in colour and is radiating light from his body. In the gesture of giving the highest goal, his right hand rests on his right knee holding a stem of the Arura plant between thumb and first finger. In the mudra of concentration, his left hand is holding a lapis lazuli bowl filled with nectar. He is seated in the full lotus posture and is wearing the three red coloured robes of a monk. He has all the signs and qualities of a Buddha.*



**Tibetan  
Refuge and  
Bodhicitta**

Sangye cho dang tsok kyi chok nam la,  
Jangchup bardo daknyi kyab su chi,  
Dag gyi jin sok gyi pai so nam kyi,  
Dro la panchir sangye drup par shok. (3x)

**Refuge and  
Bodhicitta**

To the Buddha, the Dharma and the Sublime Community  
I go for refuge until I am enlightened.  
From the virtuous merits I collect by practising giving and other  
perfections,  
May I quickly attain Buddhahood in order to lead each and every  
sentient being into that unsurpassable state. (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.

**Special  
Bodhicitta**

Especially for the benefit of all sentient beings, I will quickly, very  
quickly, attain the precious state of perfect and complete Buddhahood.  
For this reason, I will practise the yoga method of the Guru Medicine  
Buddha.

**Seven Limb  
Prayer**

I prostrate to Guru Medicine Buddha.  
Each and every offering, including those actually performed and those  
mentally transformed I present to you.  
I confess all non-virtuous actions accumulated since beginningless time.  
I rejoice in the virtues of both ordinary and noble beings.  
As our guide I request you, O Buddha, to turn the wheel of Dharma until  
samsara ends.  
All virtues, both my own and those of others, I dedicate to the ripening of  
the two Bodhicittas and the attainment of Buddhahood for the sake of all  
sentient beings.

**Outer Mandala Offering**  
 Sazhi pökyi jug shing me tog tram  
 Ri rab ling zhi nyi dä gyan pa di  
 Sang gyä zhing du mig te ul wa yi  
 Drö kun nam dag zhing la chö par shog

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!

**Inner Mandala Offering**  
 The objects of my attachment, aversion, and ignorance –  
 Friends, enemies, and strangers – and my body, wealth, and enjoyments:  
 Without any sense of loss I offer this collection.  
 Please accept it with pleasure and  
 Bless me with freedom from the three poisons.

Idam Guru Ratna Mandalakam Niryatayami

**Prayer of Request**  
 I beseech you, Bhagawan Medicine Guru, whose sky-coloured, holy body  
 of lapis lazuli signifies omniscient wisdom and compassion as vast as  
 limitless space, please grant me your blessings.

I beseech you, compassionate Medicine Guru, holding in your right hand  
 the king of medicines, symbolising your vow to help all the pitiful sentient  
 beings plagued by the four hundred and twenty four diseases, please grant  
 me your blessings.

I beseech you, compassionate Medicine Guru, holding in your left hand a  
 bowl of nectar symbolising your vow to give the glorious undying nectar –  
 of the Dharma – which eliminates the degenerations of sickness, old age  
 and death, please grant me your blessings.



## Visualisation of the Seven Medicine Buddhas

	<p><b>Buddha Renowned Glorious King of Excellent Signs</b>, gold in colour with his right hand in the mudra of giving protection and his left hand in the mudra of concentration.</p>
	<p><b>Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus</b>, yellow in colour with his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration.</p>
	<p><b>Buddha Stainless Excellent Gold</b>, pale golden yellow in colour, hands in the mudra of expounding the Dharma.</p>
	<p><b>Buddha Supreme Glory Free from Sorrow</b>, light pink in colour and hands in the mudra of concentration.</p>
	<p><b>Buddha Melodious Ocean of Proclaimed Dharma</b> with a dark pink coloured body, hands in the mudra of expounding the Dharma.</p>
	<p><b>Buddha Delightful King of Clear Knowing</b>, whose body is coral red in colour, his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration.</p>
	<p><b>Guru Medicine Buddha</b>, right hand in the mudra of giving the highest goal, left hand in the mudra of concentration holding a begging bowl full of nectar. Above the crown of Guru Medicine Buddha is a wish-granting jewel, which is in essence my Guru.</p>

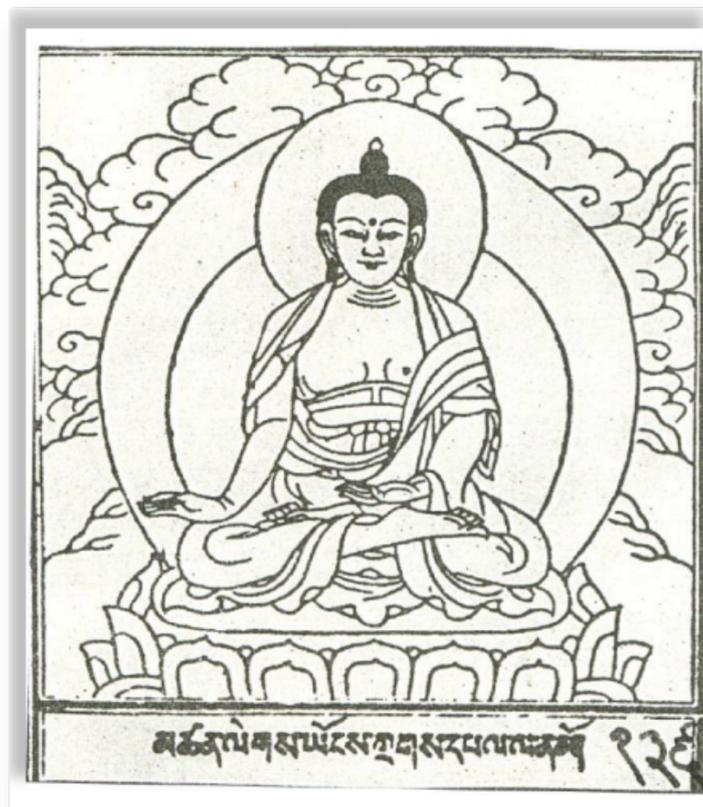
***Repeat seven times:***

The fully realised destroyer of all defilements, fully completed Buddha, having fully realised the Absolute truth of all phenomena, **Buddha Renowned Glorious King of Excellent Signs** to you I prostrate and go for refuge, to you I make offerings.

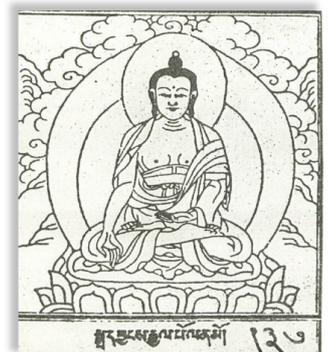
May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE TSAN  
LEG YANG DRAG LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



Now visualise **Buddha Renowned Glorious King of Excellent Signs**, gold in colour, right hand in the mudra of giving protection and left in the mudra of concentration, dissolving into the next Medicine Buddha, **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus** who is yellow with hands in the mudra of giving the highest goal and his left in the mudra of concentration.



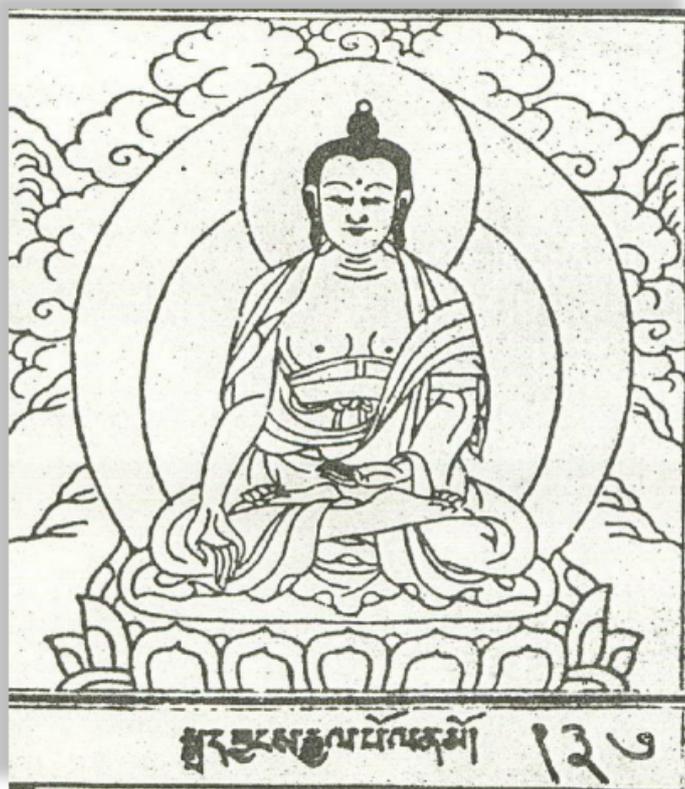
***Repeat seven times:***

The fully realised destroyer of all defilements, fully completed Buddha, having fully realised the absolute truth of all phenomena, **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus**, to you I prostrate and go for refuge, to you I make offerings.

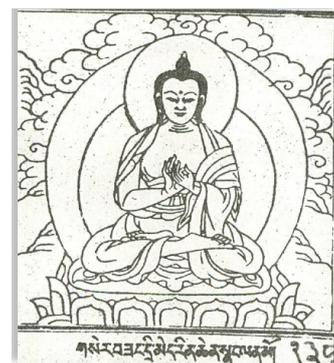
May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE  
RINCHEN DAWA DANG PAI MA RABTU GYANPA ZIJI DRA YANG GYI  
GYALPO LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



Now visualise **Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon and Lotus**, yellow in colour and right hand in the gesture of giving the highest goal, dissolving into the next **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows**, pale golden yellow in colour, his hands in the mudra of expounding the Dharma.



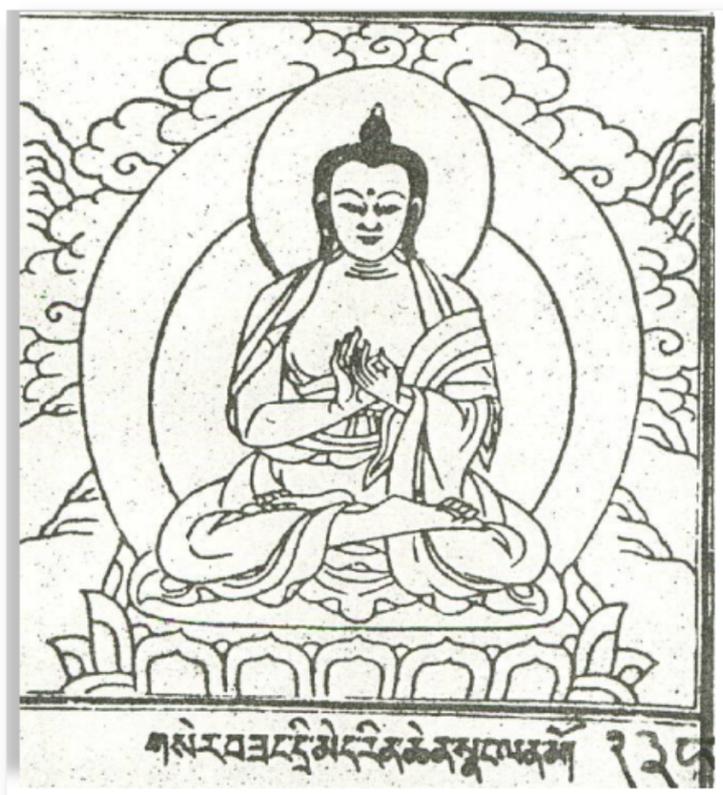
**Repeat seven times:**

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows** to you I prostrate and go for refuge, to you I make offerings.

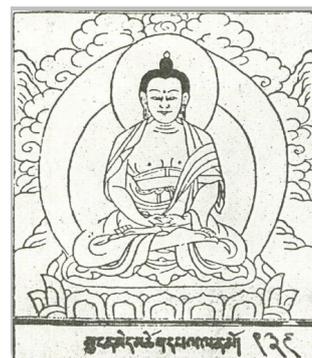
May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE  
SER.ZANG DRI ME LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



*Now visualise **Buddha Stainless Excellent Gold, Great Jewel Who Accomplishes All Vows**, pale golden yellow in colour, hands in the mudra of expounding the Dharma, dissolving into the next **Buddha Supreme Glory Free From Sorrow**, pink in colour and hands in the mudra of concentration.*



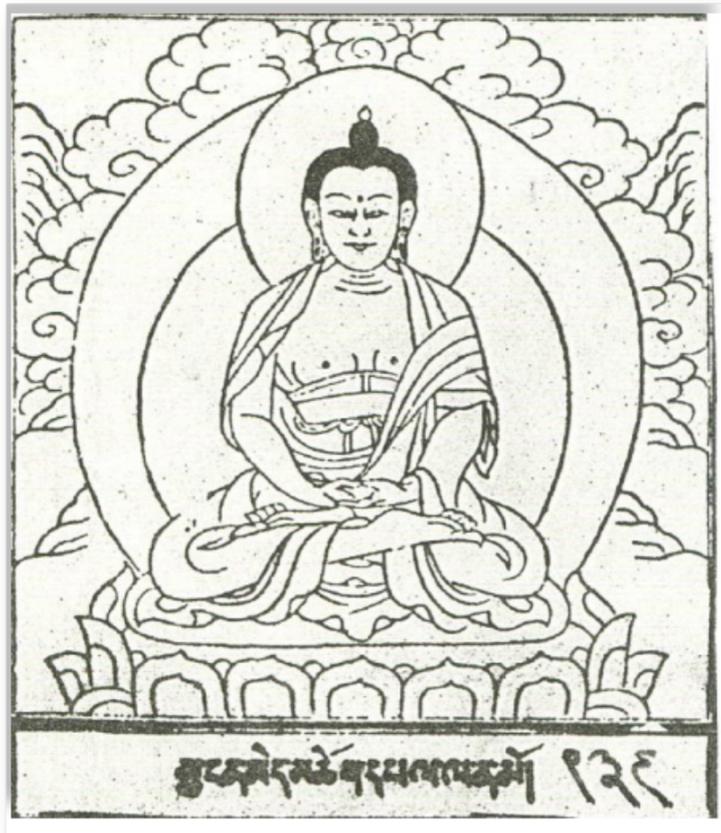
**Repeat seven times:**

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Supreme Glory Free From Sorrow** to you I prostrate and go for refuge, to you I make offerings.

May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE  
NYA.NGAN ME.CHOG.PAL LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



*Now visualise **Buddha Supreme Glory Free From Sorrow**, pink in colour and hands in the mudra of concentration, dissolving into **Buddha Melodious Ocean of Proclaimed Dharma**, with dark pink coloured body and hands in the mudra of expounding the Dharma.*

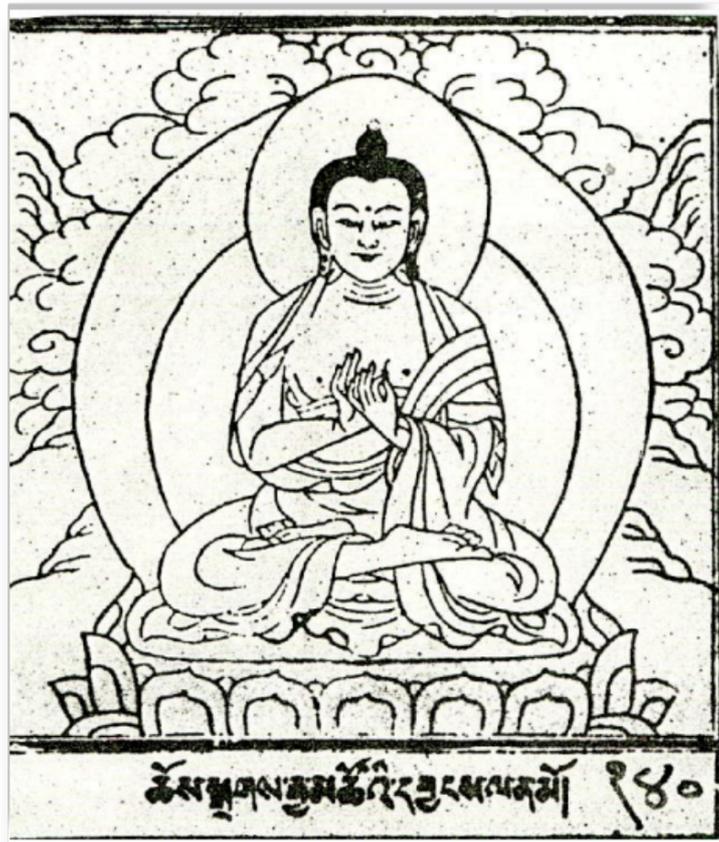


**Repeat seven times:**

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Melodious Ocean of Proclaimed Dharma**, to you I prostrate and go for refuge, to you I make offerings. May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE  
CHO.DRAG GYA.TSO YANG.LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



Now visualise **Buddha Melodious Ocean of Proclaimed Dharma** dark pink in colour and hands in the mudra of expounding the Dharma, dissolving into **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, whose body is coral red in colour, his right hand in the mudra of bestowing sublime realisations and his left hand in the mudra of concentration.



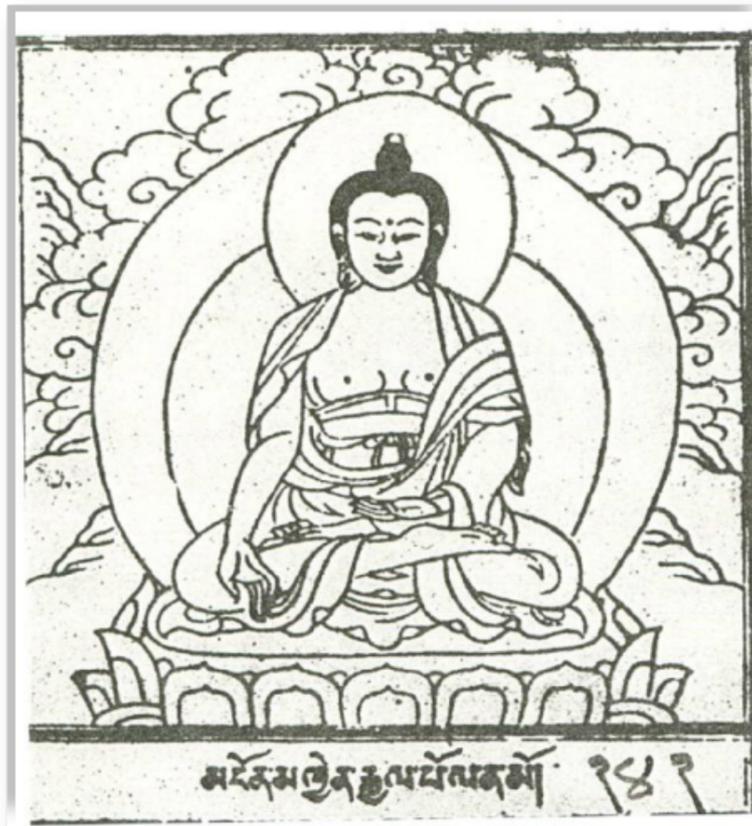
**Repeat seven times:**

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, to you I prostrate and go for refuge, to you I make offerings.

May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE  
NGON.KYEN GYAL.PO LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



Now visualise **Buddha Delightful King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma**, whose body is coral red in colour, his right hand in the mudra of giving the highest goal and his left hand in the mudra of concentration, dissolving into **Guru Medicine Buddha King of Lapis Light**, whose body is blue in colour and radiating blue light. His right hand is in the gesture of giving the highest goal, holding a stem of the Arura plant between thumb and first finger. In the mudra of concentration, his left hand is holding a lapis lazuli bowl filled with nectar.



***Repeat seven times:***

The fully realised destroyer of all defilements, fully completed Buddha having fully realised the absolute truth of all phenomena, **Guru Medicine Buddha King of Lapis Light**, to you I prostrate and go for refuge, to you I make offerings.

May your vow to benefit all sentient beings now ripen for myself and others.

**DE SHING SHEG PA DRA JOM PAR YANG TAG PAR TSOG PAI SANGYE MEN  
GYI LA BENDURYAI O GYI GYAL PO LA CHAG SA LO (7x)**

*Visualise white nectar flowing from the begging bowl to oneself as well as to all other sentient beings in the six realms.*



### **Visualisation**

*Granting your request, from the heart and holy body of the King of Medicine, infinite rays of white light pour down completely filling your body from head to toe. They purify all your diseases and afflictions due to spirits and their causes, all your negative karma and mental obscurations.*

*In the nature of light, your body becomes as clean and clear as crystal. The light rays pour down twice more, each time filling your body with blissful clean-clear light which you absorb. You are thereby transformed into the holy body of the Guru Medicine Buddha.*

*At your heart appears a lotus and moon disk. Standing at the centre of the moon disk, is the blue seed-syllable HUM surrounded by the syllables of the mantra. As you recite the mantra, visualise rays of light radiating out in all directions from the syllable at your heart. The light rays pervade the sentient beings of all six realms. Through your great love wishing them to have happiness, and through your great compassion wishing them to be free from all sufferings, they are purified of all diseases and afflictions due to spirits and their causes, all their negative karma and mental obscurations are purified and removed.*

*Long Mantra:*

**OM NAMO BHAGAWATE BHEKANDZYAI, GURU BENDURYA, PRABHA  
RADZAYA, TATHAGATAYA, ARHATE, SAMYAKSAM BUDDHAYA,  
TAYATA OM BHEKANDZYAI BHEKANDZYAI, MAHA BHEKANDZYAI  
BHEKANDZYAI, RADZA SAMUDGATE SOHA**

*Short Mantra:*

**TAYATA OM BHEKANDZYAI BHEKANDZYAI MAHA BHEKANDZYAI  
RADZA SAMUDGATE SOHA**

**Feel great joy and think:**

All sentient beings are transformed into the aspect of Guru Medicine Buddha. How wonderful that I am now able to lead all sentient beings into the Medicine Buddha's Enlightenment.

**Dissolution:**

*Now you dissolve everything into what they call space-like emptiness. This is not the actual meaning of emptiness but in tantra it is a very powerful way of getting to emptiness. First you imagine that the entire universe dissolves into empty space: your place, the planet, the galaxies. This universe, and all the beings in it, which we cling to as so real, as existing from its own side, just dissolves into vast empty space, not one atom left: zero.*

*Then you dissolve your body, the basis of this I, the thing we know most, identify with most: you imagine that from your feet up towards your heart chakra and from your crown down towards your heart chakra it just dissolves; you feel that everything absorbs into your heart chakra.*

*Then you dissolve your thoughts, these elaborate conceptual constructions, all the thoughts of I, which have no basis in reality, which are completely made up, an hallucination, as Lama Zopa says. All of it dissolves into empty space, not one atom left, zero.*

*All that is left is your Medicine Buddha consciousness, very subtle, pure, as vast as space: "I am the dharmakaya," you think, "This is who I am." Feel completely blissful - this is your nature. And you feel that you are in the nature of emptiness. For a moment you meditate conceptually on emptiness, at whatever level you understand its meaning. Then you let go of all thoughts and you abide in this vast, blissful, space-like emptiness for as long as you like.*

*When it's time to finish, you are roused out of this blissful emptiness by your compassion, your wish to benefit others: you manifest again in your body and imagine that your mind is oneness with Medicine Buddha's mind. And you make strong prayers that with this body and speech you will benefit whichever sentient beings you come into contact with: human, animal, whatever, that the purpose of your body and speech is to benefit others. And then you do the dedication prayers.*

**Dedication:**

Due to these merits, may I complete the ocean-like actions of the sons and daughters of the Victorious Ones. May I become the Holy Saviour, refuge and helper for sentient beings who have repeatedly been kind to me in past lives.

By the virtues received from attempting this practice, may all living beings who see, hear, touch or remember me – even those who say my name – at that moment be released from their miseries and experience happiness forever.

As all the sentient beings, infinite as space, are encompassed by the Guru Medicine Buddha's compassion, may I also become the guide of all sentient beings existing throughout all ten directions of the universe. Because of these virtues, may I quickly become Guru Medicine Buddha and lead each and every sentient being into his enlightened realm.

Due to the merits of these virtuous actions  
May I quickly attain the state of a Guru-Buddha  
And lead all sentient beings, without exception,  
Into that enlightened state.

May the supreme jewel bodhicitta  
That has not yet arisen, arise and grow,  
And may that arisen not diminish,  
But increase more and more.

Just as the brave Manjushri and Samantabhadra too  
Realised things as they are,  
Also I dedicate all these merits in the best way,  
That I may follow their perfect example.

I dedicate all these roots of virtue  
With the dedication praised as the best  
By the victorious ones thus gone of the three times,  
So that I might perform the noble bodhisattvas' deeds.

### **Master Shantideva's Bodhicharyavatara Dedication**

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.

## **Prayer for Venerable Namgyel's Online Sangha (VNOS)**

May all interdependent beings—  
With needs and desires the same:  
Avoidance of suffering and achieving nirvana—  
Attain the state of full enlightenment.

May we abandon karma and delusion,  
Leaving behind all sorrow and suffering.  
May our members and benefactors be successful  
In their activities to benefit sentient beings.

May all supporters of VNOS be successful,  
Free from illness, fear and harm;  
Be devoted and humble in our Dharma practice,  
United in love and compassion for each other.

May the organisation always be nurtured  
With generosity, respect and joy,  
Extending the Dharma to all who need it,  
For the benefit of all sentient beings.

## **Long Life Prayer for All Spiritual Mentors**

May the spiritual teachers who lead me on the sacred path  
and all spiritual friends who practice it have long life.

May I pacify completely all outer and inner hindrances –  
grant such inspiration, I pray.

May the lives of the venerable spiritual mentors be stable,  
and their virtuous actions spread in the ten directions.

May the light of Losang's teachings, dispelling the darkness of the beings in  
the three worlds, always increase.

## **Long Life Prayer for Venerable Gen Losang Namgyel-la**

Wisdom light of True Compassion,  
Source of Tara's Love Maternal,  
Losang's Doctrine perfect holder,  
We request your life eternal.



Teacher, Father, Mother, Guru -  
We entreat you, live forever,  
Guiding all to liberation,  
Perfecting our minds forever.

With your always skilful guidance  
and profound, compassionate ways,  
Shining Tara's light eternal,  
Guiding to Her Tathagata Mind.

### **Long Life Mantra**

OM A GURU VAJRADHARA SUMATI VIJAYA SARVA SIDDHI HUM

### **White Tara Long Life Mantra**

OM TARE TUTTARE TURE GURU SUMATI VIJAYA AYUR PUNYE JNANA  
PUSHTIM KURU YE SVAHA

## Multipling Mantras

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ NAM PAR NANG DZÄ Ö KYI GYÄL PO LA CHHAG  
TSHÄL LO

(1x)

JANG CHHUB SEM PA SEM PA CHHEN PO KÜN TU ZANG PO LA CHHAG  
TSHÄL LO

(1x)

TADYATHA PÄNCHA GRIYA AVA BODHANI SVAHA OM DHURU  
DHURU JAYA MUKHE SVAHA

(7x)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ MÄN GYI LHA BAIDURYA Ö KYI GYÄL PO LA  
CHHAG TSHÄL LO

(1x)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG  
PAR DZOG PÄI SANG GYÄ NGO WA DANG MÖN LAM [THAM CHÄ RAB  
TU] DRUB PÄ GYÄL PO LA CHHAG TSHÄL LO

(1x)

Due to the power of the blessings of the eminent Buddhas and Bodhisattvas, the power of infallible dependent arising, and the power of my pure special attitude, may all my pure prayers succeed immediately.



Venerable Namgyel's  
Online Sangha  
We Serve

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*We are following the lineage of Shakyamuni Buddha through Nagarjuna to Lama Atisha to Lama Tsong Khapa and then through many other authentic lamas including the reincarnation of Geshe Bengungyel (Choeding Rinpoche). Finally, to Venerable Gen Losang Namgyel-la. However, we do follow a rimé, non sectarian view of Buddhism, that all traditions are valuable and should be respected.*

[www.venerable-namgyel-online-sangha.com](http://www.venerable-namgyel-online-sangha.com)