The Heart of Benefit and Well-being
A Medicine Buddha Daily Practice Sadhana

I prostrate to the Medicine Buddha, king of lapis lazuli light. A yogi wishing to engage in the practice should assume the proper meditation posture on a comfortable seat, and having gone for refuge, conjure the following while remaining within the non-conceptual state.

NAMO TSA SUM KUN DU SANG GYE MEN GYI LAR / DAG SOG KYAB CHI JANG CHUB SEM KYE DOE

Namo, To the Medicine Buddha, embodiment of the Three Roots, I and others go for refuge and generate the mind of awakening.

MA GYUR DRO KUN SANG GYE TOB PE CHIR / MEN LA NAL JOR NYAM SU LEN PAR GYI

So that all wandering beings who have been my mothers may attain Buddhahood, I will practice the yoga of the Medicine Buddha.

Recite three times

AH TRÖ DRAL MI MIG NYING JE TSAL / NANG TONG RIG PE CHO TRUL LE / SENG GE TRÌ DANG PE DE TENG

Ah, through the unfabricated, non-conceptual display of compassion, magical emanations that are the empty appearances of awareness arise as a lion throne with a lotus and moon cushion.

RANG SEM HUNG TING TRO DU LE / DAG NYI CHOM DEN MEN LHAY KU / TING KA LONG KU GYEN NAM DZOG

Above that is my own mind in the form of a deep blue hung syllable. By sending out and reabsorbing light rays I become the enlightened form of the Medicine Buddha, cobalt blue and in sambhogakaya form, complete with all the ornaments.

CHYAG YON LHUNG ZE MEN KANG NAM / YE PE SA NÖN TEB SIN GYI / NAM GYAL MEN DRE LO DAB DZIN

My left hand holds an alms bowl filled with medicine, and my right is in the earth-subduing mudra, holding between
the thumb and ring finger, a sprig from the all-curing medicinal [arura] plant with leafy foliage and fruits.

Covered in silk and jewel necklaces, I am resplendent like a fish leaping from water. At the heart level inside the avadhuti, at the center of an eight-petaled citta lotus,

is my consciousness, the samadhi being, in the form of a hung, endowed with the five wisdoms and engulfed in its own light rays. Around it circles the mantra, radiating light which makes offerings to the victorious ones, then clears away the four hundred and twenty four types of illness afflicting sentient beings and vanquishes the ailing pains of heat and cold.

While generating love for wandering beings, recite the mantra:

In conclusion: My body dissolves from the bottom up and disappears into the empty awareness luminosity of the hung. The non-conceptual spacious expanse of dharmakaya is primordially unobstructed, Ah la la.

Recite additional prayers of dedication and auspicious good fortune. This abbreviated daily practice sadhana of the Medicine Buddha, was composed by the tantric master Nuden Dorje. By this virtue may all living beings in entirety be healed.
Again I arise in the enlightened form of the Medicine Buddha as I set out on the path of activity that is the spontaneously accomplished indivisibility of meditation and post meditation.

May there always be temporal happiness and goodness throughout space and time.

All the virtue accumulated by myself and others through our three doors, I dedicate to the expanse of great awakening. May all sentient beings without exception dwelling within samsara in the three times, reach the state of buddhahood together.

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