

*A Brief Meditation-Recitation*  
*on*  
*Guru Medicine Buddha*

*Written and Arranged*  
*By Lama Zopa Rinpoche*



English Translation with Tibetan Phonetics

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Set in Calibri 12/15, Century Gothic, Helvetica Light and Lydian BT.

Cover page, line drawing of Medicine Buddha © Andy Weber. Used with permission. Page 8, photograph of the seven Medicine Buddhas thangka by Bob Cayton. Used with permission. Page 12, Medicine Buddha mantra circle by Wolfgang Swamwebber.

### ***Practice Requirements:***

Anyone can do this practice. However, you are permitted to generate yourself as Medicine Buddha only if you have received:

1. the initiation (*wang*) of Medicine Buddha.
2. or the initiation of any deity of performance, yoga, or highest yoga tantra and the subsequent permission (*jenang*) of Medicine Buddha.
3. or the initiation of any deity of the tathagata type of action tantra and the subsequent permission of Medicine Buddha.

Otherwise, you should visualize Medicine Buddha above your head or in front of you.

## *Technical Note*

Comments by the compiler or editor are contained in instruction boxes.  
For example:

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Recite these two verses three times.

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Italics and a small font size indicate instructions and comments found in the original text or Tibetan text that are not meant to be recited. Words in square brackets have been added by the translator for clarification.  
For example:

*This is how to correctly follow the virtuous friend, [the root of the path to full enlightenment].*

## *A Guide to Pronouncing Sanskrit*

The following six points will enable you to learn the pronunciation of most transliterated Sanskrit mantras found in FPMT practice texts:

1. ŚH and ṢH are pronounced similar to the “sh” in “shoe.”
2. CH is pronounced similar to the “ch” in “chat.” CHH is also similar but is more heavily aspirated.
3. Ṭ, ṬH, Ḍ, ḌH, Ṇ are retroflex letters and have no exact equivalent in English. These sounds are made by curling the tongue to the palate and correspond roughly to the sounds “tra” (Ṭ), aspirated “tra” (ṬH), “dra” (Ḍ), aspirated “dra” (ḌH), and “nra” (Ṇ).
4. All consonants followed by an H are aspirated: KH, GH, CH, JH, TH, DH, PH, BH. Note that TH is pronounced like the “t” in “target” (not like the “th” in “the”) and PH is pronounced like the “p” in “partial” (not like the “ph” in “pharaoh”).
5. Vowels with a dash above—Ā, Ī, Ū, ṚĪ, and ḶĪ—are elongated to approximately double the amount of time it takes to pronounce their nonelongated counterparts: A, I, U, ṚI, and ḶI.
6. Ṃ indicates a nasal sound. At the end of a word it is generally pronounced as an “m.” Ḥ indicates an “h”-sounding aspiration. ṚĪ is pronounced similar to the “ree” in “reed.” ṆḠ is pronounced similar to the “ng” in “king.”

To facilitate correct pronunciation, FPMT practice texts use a slightly modified version of the International Alphabet of Sanskrit Transliteration (IAST). For more information, please consult the FPMT Translation Services’ *A Guide to Sanskrit Transliteration and Pronunciation*, available online: <http://fpmt.org/wp-content/uploads/education/translation/A-Guide-to-Sanskrit-Transliteration-and-Pronunciation.pdf>.

# *Here Is a Brief Meditation- Recitation on Guru Medicine Buddha*

NAMO GURU MUNĪNDAYA

## *Request*

NGÖ DRUB JUNG NÄ TSA GYÜ LA MA DANG

**The root and indirect gurus, who are the originators of [all]  
attainments,**

YI DAM CHHOG SUM TÄN SUNG CHÄ NAM KYI

**Mind-sealed deities,<sup>1</sup> Three Sublime Ones,**

THU TOB NÜ PA SAM GYI MI KHYAB PÄ

**And protectors of the teachings have inconceivable power  
and abilities.**

DAG GI MÖN PÄI NÄ DI DRUB PAR DZÖ

**Due to this, please make all my prayers succeed!**

TSA WÄI LA MA THUB WANG DOR JE CHANG

**To the Root Guru, the Possessor of the Mighty One,<sup>2</sup>  
Vajradhara,**

JAM PÄI YANG DANG KHÄN CHHEN ZHI TSHO SOG

**Manjushri, great abbot Shantarakshita and so forth,**

NGÖ DANG GYÜ PÄI LA MA THAM CHÄ LA

**All the direct and indirect gurus,**

SÖL WA DEB SO DAG GYÜ JIN GYI LOB

**I request, please bless my mental continuum.**

GANG GI TSHÄN TSAM NA WAR THÖ PÄ KYANG

**Even hearing your mere name**

NGÄN SONG NGÄN DRÖI YANG LÄ KYÖB DZÄ PA

**Protects from the precipices of the realms of the evil-gone<sup>3</sup>  
transmigratory beings.**

GYÄL WA KÜN LÄ THUG JE CHHE LHAG PA

**I make request to you, Guru Destroyer Qualified Gone  
Beyond Medicine Buddha,**

CHOM DÄN MÄN GYI LA LA SÖL WA DEB

**Whose great kindness exceeds that of all the victorious ones.**

CHOM DÄN MÄN LA DE SHEG CHHE DÜN GYI

**As you, the seven Guru Destroyer Qualified Medicine  
Buddhas Gone to Bliss,**

NGÖN TSHE LAB CHHEN MÖN LAM DZÄ PA NAM

**Have made extensive prayers in the past**

NGA GYA THA MAR DRUB PAR ZHÄL ZHE PÄI

**And promised to actualize them at the end of the five  
hundred degenerate age,**

DEN PÄI THU DE NGÖN SUM TÄN DU SÖL

**Please show directly the power of that truth.**

### *Seven-Limb Prayer*

CHOM DÄN MÄN LÄI LHA TSHOG KHOR CHÄ LA

**With great devotion to the Destroyer Qualified Medicine  
Buddha and entourage,**

GO SUM GÜ PA CHHEN PÖ CHHAG TSHÄL LO

**I prostrate with my three doors.**

NGÖ SHAM YI TRÜL CHHÖ TSHOG MA LÜ BÜL

**I make every offering, both actual and mentally transformed.**

THOG ME NÄ SAG DIG TÜNG THAM CHÄ SHAG

**I confess all negative karmas and downfalls collected from  
beginningless rebirths.**

KYE PHAG GE WA NAM LA JE YI RANG

**I rejoice in all the merits accumulated by ordinary and arya beings.**

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

**I request you to please abide well until samsara ends**

DRO LA CHHÖ KYI KHOR LO KOR DU SÖL

**And turn the Dharma wheel for transmigratory beings.**

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

**I dedicate all the merits collected by myself and others to the great enlightenment.**

### *Mandala Offering*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

**This ground, anointed with perfume, strewn with flowers,**

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, the four continents, the sun, and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine this as a buddha land and offer it.**

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all transmigratory beings enjoy this pure land.**

*Offer the mandala along with either one or both of these requests:*

Due to all the past, present, and future merits collected by me, all the sentient beings and all the buddhas, may I never ever be reborn in realms where there is no freedom to practice Dharma and quickly be enlightened in the essence of Medicine Buddha. May any sentient being who sees me, hears me, touches me or remembers me just by that immediately generate exchanging self for others and the precious thought of enlightenment, bodhichitta, in their heart. May they instantly purify all their physical and mental sufferings, negative karma and defilements collected from beginningless rebirths, and may they immediately achieve Guru Medicine Buddha's enlightenment.



Or

Due to all the past, present, and future merits collected by me, all the sentient beings and all the buddhas, may any sentient being who sees me, hears me, touches me or remembers me never ever be reborn in the lower realms but be reborn in a pure land of buddha where they can become enlightened. May they at least receive a perfect human rebirth, meet the Mahayana teachings, meet a perfectly qualified Mahayana guru revealing the unmissed path to enlightenment, and by pleasing most that Mahayana guru quickly become enlightened. May every single action of my body, speech and mind, and whatever life [I experience], happy or suffering, good or bad, all become a cause for all sentient beings to quickly achieve the state of enlightenment.<sup>4</sup>

IDAMĀ GURU RATNA MAṄḌALAKAM NIRYĀTAYĀMI

## ***Reciting the Names of the Medicine Buddhas***

*Recite the holy name of each Medicine Buddha seven times and then recite the mantra. This is an extremely powerful and important method to ensure the success of all your wishes.*

*You can either recite the whole request (“To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Renowned Glorious King of Excellent Signs I prostrate, offer, and go for refuge”) seven times or, if you don’t have much time, simply recite from “Tathagata” to “I prostrate.”*

*While you are reciting this, nectar flows down, completely purifying you and all sentient beings of negative karma collected since beginningless time. At the end, recite, “Whatever prayers you made in the past, may they ripen upon me and all sentient beings.” When you recite “all sentient beings,” you can think of any particular friends or people you know of who are dying or experiencing problems. Then add, “Whatever prayers I have done, may they succeed immediately, in this very second.”*

*After each request, think that the particular Medicine Buddha happily accepts your request, is pleased and absorbs down into the next buddha.*

## The Requests

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ TSHÄN LEG PAR YONG DRAG PÄL GYI GYÄL PO  
LA CHHAG TSHÄL LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha Renowned Glorious King of Excellent Signs, I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha Renowned Glorious King of Excellent Signs happily accepts your request, is pleased and absorbs down into Medicine Buddha King of Melodious Sound.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ RIN PO CHHE DANG DA WA DANG PÄ MÄ RAB  
TU GYÄN PA KHÄ PA ZI JI DRA YANG KYI GYÄL PO LA CHHAG TSHÄL  
LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata, Arhat, fully enlightened Buddha King of Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha King of Melodious Sound happily accepts your request, is pleased and absorbs down into Medicine Buddha Stainless Excellent Gold.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
 DZOG PÄI SANG GYÄ SER ZANG DRI ME RIN CHHEN NANG TÜL ZHUG  
 DRUB PA LA CHHAG TSHÄL LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata,  
 Arhat, fully enlightened Buddha Stainless Excellent Gold,  
 Great Jewel Who Accomplishes All Vows, I prostrate, offer,  
 and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me  
 and all sentient beings. Whatever prayers I have done, may they  
 succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha Stainless Excellent  
 Gold happily accepts your request, is pleased and absorbs down into  
 Medicine Buddha Supreme Glory Free from Sorrow.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
 DZOG PÄI SANG GYÄ NYA NGÄN ME CHHOG PÄL LA CHHAG TSHÄL  
 LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata,  
 Arhat, fully enlightened Buddha Supreme Glory Free from  
 Sorrow, I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me  
 and all sentient beings. Whatever prayers I have done, may they  
 succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha Supreme Glory  
 Free from Sorrow happily accepts your request, is pleased and absorbs  
 down into Medicine Buddha Melodious Ocean of Proclaimed Dharma.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
 DZOG PÄI SANG GYÄ CHHÖ DRAG GYA TSHÖI YANG LA CHHAG  
 TSHÄL LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata,  
 Arhat, fully enlightened Buddha Melodious Ocean of  
 Proclaimed Dharma, I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha Melodious Ocean of Proclaimed Dharma happily accepts your request, is pleased and absorbs down into Medicine Buddha King Clearly Knowing.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
 DZOG PÄI SANG GYÄ CHHÖ GYA TSHO CHHOG GI LÖ NAM PAR RÖL  
 PA NGÖN PAR KHYEN PÄI GYÄL PO LA CHHAG TSHÄL LO CHHÖ DO  
 KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata,  
 Arhat, fully enlightened Buddha Delightful King Clearly  
 Knowing, Supreme Wisdom of an Ocean of Dharma,  
 I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

*Think that you are purified and that Medicine Buddha King Clearly Knowing happily accepts your request, is pleased and absorbs down into Guru Medicine Buddha.*

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
 DZOG PÄI SANG GYÄ MÄN GYI LA BAI DUR YÄI Ö KYI GYÄL PO LA  
 CHHAG TSHÄL LO CHHÖ DO KYAB SU CHHI O (7x)

**To the Destroyer Qualified Gone Beyond One, Tathagata,  
 Arhat, fully enlightened Buddha Medicine Guru, King of  
 Sapphire Light, I prostrate, offer, and go for refuge. (7x)**

Whatever prayers you made in the past, may they ripen upon me and all sentient beings. Whatever prayers I have done, may they succeed immediately, in this very second.

*After the final request, think that you are purified and that Guru Medicine Buddha happily accepts your request, is pleased and absorbs down into you.*

*(If you have received at least a great initiation of lower tantra, you are allowed to generate yourself as Medicine Buddha, but otherwise not.)<sup>5</sup>*

## Mantra Recitation

*If you have received a great initiation, you can become Medicine Buddha. Visualize the mantras on a moon disc at your heart and as you recite the mantras, beams are emitted purifying you and all six realms' sentient beings. Think that all sentient beings' negative karma and defilements collected from beginningless rebirths are purified and they are led to Medicine Buddha's enlightenment.*

*If you haven't received a great initiation of Medicine Buddha, you can't become Medicine Buddha; instead visualize Medicine Buddha above your crown.*

*You can choose which mantra to recite: long, middle-length, short or all.*

## Medicine Buddha Long Mantra

NAMO RATNA TRAYĀYA / NAMO BHAGAVATE / APRATIHATA /  
 BHAIṢHAJYE<sup>6</sup> RĀRAJĀYA / TADYATHĀ / OṂ SARVA TATHĀGATA  
 HŪṂ ĀH GHUME GHUME / IMI NIMI HI / MATI MATI / SAPTA  
 TATHĀGATE / SAMĀDHYA DHIṢHṬHITE / ATI MATE PALE  
 PĀPAṂ ŚHODHANI / SARVA PĀPAṂ NĀSHAYA / MAMA  
 BUDDHA BUDDHOTTAME / UME KUME / BUDDHA KṢHETRA  
 PARIŚHODHANI / DHAMENI DHAME MERU MERU MERU  
 ŚHIKHARA / SARVA AKĀLA MṚITYU / NIVĀRANI / BUDDHE  
 SUBUDDHE / BUDDHA ADHIṢHṬHĀNA / RAKṢHANTUME /  
 SARVA DEVA / SAME ASAME SAMANVA HARANTUME / SARVA  
 BUDDHA BODHISATVA ŚHAME ŚHAME PRAŚHAMANTUME  
 SARVA ITYU PADRAVA VYĀDHAYAḤ / PŪRAṆE SUPŪRAṆE  
 PŪRAYAME SARVA ĀŚHĀMYA / VAIDŪRYA PRATIBHĀSE SARVA  
 PĀPAṂ KṢHAYAṅKARI SVĀHĀ



## ***Middle-Length Mantra***

NAMO BHAGAVATE / BHAIṢHAJYE GURU VAIDŪRYA / PRABHA  
RĀJĀYA / TATHĀGATĀYA / ARHATE SAMYAK SAṀBUDDHAYA /  
TADYATHĀ / OM BHAIṢHAJYE BHAIṢHAJYE / MAHĀ  
BHAIṢHAJYE BHAIṢHAJYE / RĀJĀ SAMUDGATE SVĀHĀ

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**Common pronunciation:**

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NAMO BHAGAWATE / BEKANDZE GURU BAIDURYA /  
PRABHA RADZAYA / TATHAGATAYA / ARHATE SAMYAK  
SAMBUDDHAYA / TAYATA / OM BEKANDZE BEKANDZE /  
MAHA BEKANDZE BEKANDZE / RADZA SAMUDGATE SOHA

## ***Short Mantra***

TADYATHĀ / OM BHAIṢHAJYE BHAIṢHAJYE / MAHĀ  
BHAIṢHAJYE BHAIṢHAJYE / RĀJĀ SAMUDGATE SVĀHĀ<sup>7</sup>

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**Common pronunciation:**

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TAYATA / OM BEKANDZE BEKANDZE / MAHA BEKANDZE  
BEKANDZE / RADZA SAMUDGATE SOHA

## ***Tathagata Stainless Excellent Gold's Mantra<sup>8</sup>***

TADYATHĀ / SIDDHI SIDDHI SUSIDDHI MOCHANI / MOKṢHANI  
MUKTE VIMUKTE / AMALE VIMALE MAṀGALYE / HIRANYA  
GARBHE RATNA GARBHE / SARVA ARTHA SĀDHANI /  
PARAMĀRTHA SĀDHANI / MANASE / MAHĀ MANASE /  
ADBHUTE / ATYADBHUTE / BHĪTŪ BHAYE SUPARTE  
BRAHMAGHOṢHA / BRAHMĀDHYUṢHITE / SARVA<sup>9</sup> ARTHE  
ṢHU APARĪJITE / SARVATRA APRATIHATE / CHATUḤ  
ṢHAṢṢṬHI BUDDHA KEṬI BHĀṢHITE / NAMAḤ SARVA  
TATHĀGATĀNĀṀ SVĀHĀ

## Other Dharani-Mantras

TADYATHĀ / AGHUMA GHUTARA GHUMA MAGHU / GHURE /  
HA HU HE / MRA MRA MRA MRA / JUJURE JURA SVĀHĀ

Anybody who keeps, reads, writes in letters, and gives to others, and with extreme devotion makes offerings to these holy names of the Tathagatas and the words of these mantras (*zung*) will not be reborn in the three evil-gone<sup>10</sup> realms and there will be no returning from the peerless full buddhahood. They will be born in whatever pure land of buddha they wish. They will see the Tathagatas. They will remember past lives. They will achieve concentration and *zung*.<sup>11</sup> This was said and promised by the holy mouth [of Medicine Buddha].

TADYATHĀ / OM VAJRE VAJRE MAHĀ VAJRE VAJRA  
PĀŚHADHĀRAṆI / SAMA SAMA / SAMANTA / APRATIHATA  
VAJRE / ŚHAMA ŚHAMA / PRAŚHAMANTU / SARVA  
VYĀDHAYA / KURU KURU SARVA KARMMANĪ SAMAYA MANU  
SMARA BHAGAVAN / VAJRAPĀṆI / SARVA ŚHAM ME PARI  
PĀRAYE SVĀHĀ

Destroyer Qualified Gone Beyond One, anybody who keeps and reads the holy names of the Buddha Tathagatas, the previous special extensive prayers and the number of these Dharmas, [we, the Medicine Buddhas, will] fulfill their hopes and we will accomplish their complete purpose. If that person wants to see me, then write down the number of this Dharma in letters. Then also make seven holy bodies of these Tathagatas, also the Vajra Holder and a stupa. Even to those Tathagatas, as it is mentioned above, surround them with offerings of incense,<sup>12</sup> scented smoke, light offerings, garlands, ornaments, the sound of cymbals, the sound of *rolmo*<sup>13</sup> and tambourines.

## *Prayers and Requests to Persuade Medicine Buddha's Holy Mind*

THONG WA DÖN DÄN DZÄ PA TSHÄN PEI KU

**Your holy body of signs and exemplifications does the action of being meaningful to behold.**

THÖ PÄ NYÖN MONG DUNG SEL TSHANG YANG SUNG

**Hearing your perfectly melodious holy speech eliminates the suffering of delusions.**

DRÄN REG JE DZIN KÜN ZIG THUG NGA WA

**Your enriched holy mind, seeing all, guides whoever touches or remembers you.**

CHOM DÄN MÄN GYI LA LA SÖL WA DEB

**To you, the Destroyer Qualified Medicine Buddha, I request.**

DE SHEG GYÄ LA CHHÖ CHING SÖL DEB DANG

**If you make offerings, prayers,**

THA NA TSHÄN TSAM DZIN PA THAM CHÄ KYANG

**Or at the very least just hold the mere names of the eight gone to bliss ones,**

SI ZHI JIG PA KÜN LÄ NGE KYOB CHE

**It was said [by the Medicine Buddha], "I will guide from all the dangers of samsara and peace"<sup>14</sup>**

THUB PÄI WANG PÖ GYA CHHER NGAG PA DZÄ

**This was highly admired by the Possessor of the Mighty One.<sup>15</sup>**

TSHÜL DE SAM NÄ SHUG DRAG DÄ PA YI

**Thinking this way, with strong dauntless devotion,**

GYÜN DU DE SHEG GYÄ LA SÖL WA DEB

**I continuously request the eight gone to bliss ones,**

DAG CHAG YI CHHÄ GYI LUG MI GYUR WAR

**Please quickly reveal the power of compassion,**

THUG JEI THU DE NYUR DU TÄN DU SÖL

**Which frees us from mental fatigue and laziness.**

CHHOG CHÜI ZHING NA DRA KÄ CHI DRAG PA

**Whatever sound spreads out in the pure field of the ten directions**

THAM CHÄ DRIB ME NYÄN GYI SÄN LAG NA

**Is heard by the unobscured ears of all the [medicine buddhas],**

NYAM THAG DAG GI O DÖ DI SÖN LA

**So please pay heed to us pitiful ones pleading for help.**

KU YI NANG WA NYUR DU TÄN DU SÖL

**Please quickly reveal the appearance of your holy body.**

SEM CHÄN KUN GYI SAM PA CHI CHHI PA

**Whatever the thoughts of all sentient beings,**

THAM CHÄ DRIB ME THUG KYI ZIG LAG NA

**Your holy mind sees them all without obscuration.**

GON PO KHYÖ LA NYING NÄ RE CHHA WA

**From my heart, I rely on you the savior**

DAG GI RE WA NYUR DU KONG DU SÖL

**And request you to quickly fulfill my hopes.**

ÖN TE DAG CHAG MA RUNG CHÖ NGÄN PÄ

**But if, due to our evil and bad habits,**

ZIG PAR MI ZHE JIN LAB MI TSÖL NA

**You do not accept to look upon [us] and grant blessings,**

MA RUNG TSÖ DÜ DRO WÄI GÖN PO ZHE

**Then there would be no reason for you to be extensively admired as**

GYA CHER NGAG PA DZÄ LA GÖ PA CHI

**“The savior of the transmigratory beings of this evil quarrelling time.”**

NYIG MÄI JIN ZA CHHE CHER RAB BAR WÄ

**Due to the greater and greater blazing of the faults of degeneration,**

GYÄL ZHÄN THA DAG TRAG PAR GYUR PÄI TSHE

**At this time when all other victorious ones become scared,**

THUG JE CHHE LHAG GÖN PO KHYE NAM KYI

**Your kindness is unsurpassed.**

DAG CHÄ DRÖL ZHE DAM CHA MA DZÄ DAM

**Did you, the saviors, not promise to liberate us?**

ÖN KYANG DE WAR ZHEG PÄI THUG JE LA

**Just like a cave facing north that never receives sunlight,**

CHHI SHÖL NYEL WA NAM YANG MI NGA YANG

**We are obscured by our heavy karma and disturbing thoughts,**

JANG TÄN PHUG PAR NYI Ö MI CHHAR ZHIN

**But these are finished by the compassion of those gone  
to bliss,**

DAG CHAG LÄ NYÖN THUG PÖ DRIB PAR ZÄ

**Which has no delay or forgetfulness at all.**

DENG NÄ ZUNG TE JANG CHHUB NYING PÖI BAR

**Therefore, from now until the essence of enlightenment  
is achieved,**

LA MA GYÄL WA SÄ CHÄ KHYE NAM LÄ

**There is no hope except for you,**

LHAG PÄI RE SA ZHÄN DU MA CHHI PÄ

**The Guru Victorious Ones and your sons.<sup>16</sup>**

THUG JEI CHHAG GI DRÄL ME ZUNG DU SÖL

**I request to be held by your compassionate hand without  
separation.**

*Then do either or both of these prayers:<sup>17</sup>*

KHYÄ PAR TSHE DII NANG WA GAG PÄI TSHE

**Especially when the appearance of this life stops,**

ZHING KHAM DE WA CHÄN DANG KHA CHÖ DU

**Please bless me to immediately**

DE LAG NYUR DU DRÖ WAR JIN GYI LOB

**Go to the Amitabha or Vajrayogini pure land<sup>18</sup>**

YANG NA DÄL TEN JOR CHU TSHANG WÄI TEN ZANG THOB

**Or receive the eight freedoms and ten riches,**

TSHE DER SA LAM RIM PA NYUR DRÖ DE

**Quickly actualize the path and bhumis in that life**

DRO KÜN DZOG JANG SA LA NYUR KÖ SHOG

**And quickly lead all the transmigratory beings to the state  
of completion and cessation.<sup>19</sup>**

*Or*

MÄN PÄI GYÄL PÖI THAB KHÄ TRÜL PA YI

**By the wise, skillful method of transformation of the King  
of Medicine,**

JIG PA KÜN SÄL LAM ZANG CHHOG TÄN TE

**Which eliminates all dangers and shows the sublime pure  
path,**

BAI DUR YA NANG ZHING DU KYE WAR SHOG

**May I be born in the pure land of the Sapphire Appearance.**

KYE MA THAG TU MÄN LÄI ZHÄL THONG TE

**The moment I'm born there, may I see the holy face of  
Medicine Buddha**

THEG CHHOG CHHÖ KYI DÜ TSII PÄL NYONG NÄ

**And experience glorification, the nectar of Mahayana  
Dharma,**

SA DANG LAM GYI RIM PA NYUR DRÖ DE

**Quickly proceed along the graduated path and bhumis,**

TOB CHU NGA WÄI GO PHANG THOB GYUR CHIG

**And receive the state enriched with the ten powers.**

### *Dedication*

DAG DANG SEM CHÄN THAM CHÄ DANG SANG GYÄ THAM CHÄ KYI  
DÜ SUM DU SAG PÄI GE WÄI TSA WA LA TEN NÄ

**Due to all the past, present, and future merits collected  
by me, all the numberless sentient beings and the  
numberless buddhas,**

JANG CHHUB KYI SEM RIN PO CHHE DRO WA RIG DRUG GI SEM CHÄN  
DANG

**May the precious thought of bodhichitta be generated  
in the hearts of the sentient beings.**

LHAG PAR JAM BU LING DII DRO WA NAM DANG

**Especially may it be generated in the hearts of the transmi-  
gratory beings in this world and in this country.**

YANG GÖ THEG CHHEN DZIN KYONG PEL WÄI CHHÖ TSHOG KYI LOB  
THRUG JIN DAG NAM DANG RANG NYI DÖ SA CHHÖ TSHOG YIN NA  
CHHÖ KYI MI

**Especially may it be immediately generated in the hearts  
of the students and benefactors of the FPMT,**

TSHOG PA DANG RANG GI NANG MI DANG RANG GI GYÜ LA KÄ  
CHIG KYANG MA GYANG PAR DE LAG TU KYE PA DANG

**Of the center where I am, and of my family without even  
a second's delay.**

ZHÄN GYÜ LA KYE PA NAM MI NYAM PAR GONG DU PHEL WAR GYUR  
CHIG

**Whatever bodhichitta has been generated, may it increase  
without degeneration.**

DAG DANG SEM CHÄN DRANG LÄ DÄ PA DANG SANG GYÄ DRANG  
LÄ DÄ PA RE RE GYI DÜ SUM SAG PÄI GE WÄI TSA WA TOG PÄ PHAR  
TAG TSAM YIN PA DE LA TEN NÄ

**Due to all the past, present, and future merits collected  
by me, the numberless sentient beings and numberless  
buddhas, which are merely labeled by the mind,**

TOG PÄ PHAR TAG TSAM GYI NGA DI

**May the I, which is merely labeled by the mind,**

TOG PÄ PHAR TOG TSAM GYI SANG GYÄ MÄN LÄI GO PHANG DRUB  
NÄ

**Achieve Medicine Buddha's enlightenment, which is merely  
labeled by the mind,**

TOG PÄ PHAR TOG TSAM GYI SEM CHÄN THAM CHÄ

**And lead all the sentient beings, who are merely labeled by  
the mind,**

TOG PÄI PHAR TOG PÄ TSAM GYI SANG GYÄ MÄN LÄI GO PHANG LA

**To that Medicine Buddha's enlightenment, which is merely  
labeled by the mind,**

TOG PÄ PHAR TOG TSAM GYI RANG CHIG PÜ DE LAG TU GÖ THUB  
PAR SHOG

**By myself alone, who is merely labeled by the mind.**

DAG NI YI ZHIN NOR TAR DRO WA YI

**May I accomplish all the wishes of transmigratory beings,**

DÖ PÄI NGÖ PO THA DAG DRUB PA DANG

**Who are far more precious than a wish-granting jewel.**

YI LA RE WA YONG DZOG GYI PA YI

**And may I be more precious than a wish-granting jewel**

PAG SAM GYI NI SHING DANG DRA WAR SHOG

**By fulfilling all the hopes in the minds of sentient beings.**

### Colophon:

I, Thubten Zopa, carrying the name of “incarnation,” wrote and arranged this, in the hope of benefiting my own practice and that of others who have the same level of fortune. May virtue increase.

### *Publisher's colophon:*

This practice is based on Lama Zopa Rinpoche's *A Brief Meditation-Recitation on Guru Medicine Buddha, sangs rgyas sman bla'i bsgom bzlas mdor bsdu*s, unpublished, 2017. It was dictated to and lightly edited by Ven. Sarah Thresher in Santa Fe and North Carolina, August 2017; and completed in Italy, October 2017. Lightly edited by Ven. Ailsa Cameron in November 2017 and July 2018. Mantras transliterated by Joona Repo and Ven. Tenzin Tsomo, FPMT Education Services, July 2018. Phonetics prepared by Ven. Tenzin Tsomo, July 2018.

# Notes

- 1 Tib. *yi dam*.
- 2 Shakyamuni Buddha.
- 3 Evil-gone (Tib. *ngan song*) refers to the realms and not the beings.
- 4 The total cessation of obscurations and completion of all qualities.
- 5 Please read the practice requirements on page 2 if you are unsure.
- 6 The Tibetan gives BHAIKHAJYE. This typing error has been corrected to BHAIṢHAJYE in this instance and in the subsequent appearances of the term in the middle-length and short mantras.
- 7 The short mantra is extracted from the middle-length mantra.
- 8 The mantras of Tathagata Stainless Gold, the other dharani-mantras, and the sutra passages that follow were extracted from Fifth Dalai Lama Ngawang Lozang Gyatso (rgyal dbang Inga pa ngag dbang blo bzang rgya mtsho), *The Wish-Granting Sovereign: A Ceremony for Worshipping the Seven Sugatas*, *bder gshegs bdun gyi mchod pa'i chog sgrigs yid bzhin dbang rgyal*, s.l.: s.n., s.d., 91–92, 153–157.
- 9 This and most subsequent instances of the term "SARVA" in this mantra and the dharanis that follow, are written in the variant form of "SARVVA" in the Tibetan (see note 6). These have been edited here, for the sake of consistency, to "SARVA".
- 10 See note 3.
- 11 *Zung* (Tib. *bzung*) Remembrance and wisdom.
- 12 Good smelling incense powder.
- 13 Protector cymbals.
- 14 Nirvana.
- 15 See note 2.
- 16 Bodhisattvas.
- 17 These two prayers to be born in a pure land were written by Thubten Zopa, who has no this life or future lives.
- 18 Sky-enjoyment (*Dagpa khachö*, Tib. *dag pa mkha' spyod*).
- 19 Buddhahood.



Foundation for the Preservation of the Mahayana Tradition