

Blessing Medicine

Praise

The Destroyer, Qualified Gone Beyond One, with equal compassion to all,
Merely hearing your holy name eliminates the sufferings of the evil-gone transmigratory beings,
And your beams of baidyura light eliminate the three poisons' sicknesses:
To Guru Medicine Buddha, I prostrate.

Mantra Recitation

When you recite the mantra, it is good to have a statue or thangka of Medicine Buddha or to visualize Medicine Buddha. If possible, visualize all the ten-direction buddhas in the aspect of Medicine Buddha, all having incredible, unbearable compassion for you and all transmigratory beings.

Beams emitted from the heart strike the medicine, which becomes so powerful that it not only causes immediate recovery from disease but also totally purifies all the negative karmas and obscurations of you and other sentient beings collected during beginningless rebirths. Especially think that bodhichitta has been generated, as well as the whole path. (Think this way also when you take the medicine.)

In regard to the purpose of taking the medicine, pray like this: "Today, may my life be beneficial to all sentient beings, who all have been my own kind mother and are experiencing suffering."

If you visualize well, it may help the medicine to not become the wrong medicine or cause another disease as a side-effect.

ཨྎ། ཏཏཱ། ཨོ་རྩེ་པ་ཚུ་རྩེ་པ་ཚུ། མ་དུ་རྩེ་པ་ཚུ་ [རྩེ་པ་ཚུ་] ར་ཇ་ས་མུག་ཏེ་སྐད།།

TA YA TA / OM BEKANZAY BEKANZAY / MAHA BEKANZAY [BEKANZAY] RADZA SAMUDGATAY SOHA
(as many times as possible)

By the truth of the Three Rare Sublime Ones, and especially of Guru Medicine Gone to Bliss One, the compassion of the actualized sage destroying all disease, may this medicine become sublime undying nectar destroying all disease.

Dedication

Due to the merits of myself and others, all the mothers, may the three poisonous minds, the originator of all the 424 diseases, be eliminated, and may the three kayas actualized.

Colophon:

Composed by Panchen Losang Chögyen (paN chen blo bzang chos rgyan) under the title of *sman bza' ba'i tshe*. Translated by Lama Zopa Rinpoche. Dictated to and lightly edited by Vens. Sarah Thresher and Ailsa Cameron.

Translator's note: I, Thubten Zopa, respectfully made a slight change to the advice of Panchen Losang Chögyen as to what to do after reciting the praise to Guru Medicine Buddha.