

Medicine Buddha

'The Lapis Lazuli River'

*- A brief daily practice to the Medicine Buddha abridged precisely from
the Sky Dharma (cycle),
itself a mind-terma that arose in the clear expanse of the mind.*

*Dedicated to
His Holiness Guru Vajradhara 12th Chamgon Kenting Tai Situpa*



Care of Dharma Books



Dharma books contain the teachings of the Buddhas; they have the power to protect against lower rebirth and to point the way to liberation. Therefore, they should be treated with respect – kept off the floor and places where people sit or walk- and not stepped over. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects should not be placed on top of Dharma books and materials. Licking the fingers to turn pages is considered bad form as well as negative karma.

If it is necessary to dispose of written Dharma materials, they should be burned rather than thrown in the rubbish. When burning Dharma texts, it is taught to first recite a prayer or mantra, such as Om, AH, HUM. Then, you can visualise the letters of the texts (to be burned) absorbing into the AH and the AH absorbing into you, transmitting their wisdom to your mind stream. After that, as you continue to recite OM, AH, HUM, you can burn the texts.

7-line prayer to Guru Rinpoche

*This is a terma that appeared on golden paper from a rock-crevice.
Therefore, at all times, keep the Lotus Born inseparable from one's mind,
and one-pointedly chant these praises:*

HUNG

ORJEN YULJI NUPJANG TSAM

At the North-Western border in the land of Orgyen,

PEMA GESAR DONGPO LA

Upon the heart of a lotus,

YATSEN CHO GI NGODRUP NYE

You of wondrous, great accomplishments

PEMA JUNGNEY SHESU DRAG

Known as the Lotus Born,

KHORDU KHANDRO MANGPUR KOR

Surrounded by your entourage of many dakinis,

CHERCHI JESU DAGDRUP CHI

So that I am able to follow your example,

JINJI LABCHIR SHEG SU SOL

Please come and bestow your blessings.

NAYCHOG DIRU JINPOB LA

Send your blessings to this excellent place,

DRUP CHOG DAGLA WANGSHI KUR

Bestow the four powers on this accomplished practitioner

GEDDANG LOGDREN BARCHEY SOL

Remove hindrances, confusion and obstacles,

CHOG DANG TUNMONG NGODRUP TSOL

And bestow the supreme and ordinary accomplishments.

OM AH HUNG BENDZA GURU PEMA SIDDHI HUNG x 3

**OM AH HUNG BENDZA GURU PEMA TURTRENG TSAL BENZA SAMAYA DZA DZA SARWA SIDDHI PALA HUNG
AH HRI MA HA RI NI SA RADZA HRI YA TSITA HRING HRING DZA DZA (x3)**

GURU KHANDROI TSOG CHEY CHI

Guru, host of Dakinis, and so on,

DAG CHAG MURPAI BUNAM LA

to us your faithful children,

LULA KUYI JINJI LOB

Bless our bodies with your body,

NGAG LA SUNG GI JINJI LOB

Bless our speech with your speech,

YILA TUG CHI JINJI LOB

Bless our minds with your mind,

WANG SHI KURWAR JINJI LOB

Grant us the blessing of the four powers,

JUSHI DAGPAR JINJI LOB

Grant us the blessing of the exalted four tantras,

LAMSHI JONGWAR JINJI LOB

Grant us the blessing of the skilful four paths,

KUSHI TOBPAR JINJI LOB

Grant us the blessing that we realise the four kayas.

**OM AH HUNG BENDZA GURU PEMA DHEWA DHAKINI KAYA ABHIKINTSA OM WAKA ABHIKINTSA AH TSITA
ABHIKINTSA HUNG SARWA ABHIKINTSA HRI**

When invited to Tagrar to do puja, I was invited to the holy place Bangri, some seven days away, in order to bring rains and benefit the harvest.

All-Accomplishing Melody - a prayer to praising those of the Practice Lineage

NYING TOB CHENPUR PAGYUL LENMANG DRO

With great courage you travelled to India many times,

DRUBPA CHENPUR CHOTRUL CHIYANG TUN

Through great accomplishments you manifested many miracles,

NUTU CHENPUR KUDRA TSAYNAY CHAY

With great power you eradicated your enemies,

TSONDRU CHENPUR DRUPPAI JALTSEN TSUG

Through great diligence, raised the victory banner,

TEGPA CHENPOI RIGCHOG YONGSU SAY

With Mahayana wisdom fully awakened,

TRINLAY CHENPO KHA DANG NYAMPAR DAL

With great activity as vast as the sky,

DAMPA NAMLA GURPAY SOL TAB TU

Through the power of my commitment, faith and prayers,

TENPA RINCHEN CHOG CHUR JEHPA DANG

May the precious teachings spread throughout the ten directions,

CHEWA KUNTU YANG DANG LAMA DANG

Throughout all births, may I meet true Lamas,

SA DANG LAMJI YUNTEN RAB DZOG NAY

And traversing the levels and paths,

LODRO CHENPUR CHURKUN DENYI ZIG

With great wisdom you saw the essence of Dharma,

LOTSA CHENPUR SHAB LA SOLWANDEP

Great Marpa, to you I pray.

KACHAY CHENPUR LAMA NYEPAR DZAY

Through great hardship, pleased your guru,

REPA CHENPUR SHABLA SOLWA DEP

Great Milarepa, to you I pray.

CHAG JAH CHENPOI TOGPA NGON DU JUR

With Mahamudra wisdom fully manifest,

NYIGOM CHENPOI SHABLA SOLWA DEP

Great Gampopa to you I pray.

DRUBJU TENDZIN CHOGNAM SHAB TEN CHING

May the great supporters of the practice lineage live long,

JIGTEN GELEG CHENPUR CHABPAR SHOG

May great happiness and goodness spread throughout the world.

DRALMAY CHUCHI PALA LONG CHURCHIG

And be inseparable from the glorious wealth of Dharma,

DORJE CHANG GI GOPANG NYURTOB SHOG

Quickly attain the state of Dorje Chang.

This prayer arose through King Taggyi Chuchong, who, with pure faith and devotion requested this, and I, Pema Dechen, read it from golden paper, and Orgyen Legdrup wrote it down. Eh Ma Ho! For this, the king of wishing-prayers, the Guru's seven lines, the terton king is Pema Dechen, the dharma-lord king is Tsewang Norbu, and the command-fulfiller king is Powa Tub. It provides profound meanings for beings in this excellent kalpa, and if one exerts oneself on the excellent path of the Guru's wish-prayer, one will gain excellent understanding, opportunity, and happiness to the limits, and one will certainly reach the excellent land of Dewachen. Thus it is said.

Mangalam Shubham Jee.

The Supplication:

NAMO BEKADZE MAHA RADZAYEH

SONAM YONTEN JAMTSOI TERNGAH SHING

Possessor of the ocean-like treasury of qualities and merit

DROWAI DUGNGAL DUNGWA SHI DZEHPA

Pacifies the suffering and distress of sentient beings

SHINTU SERNA DRAGPO RAB CHINGPAY

Those completely bound by overwhelming extreme avarice

CHUH TSEN TUHNA MIRCHEH CHINPA GAH

If they hear your name they will take birth as a human, taking pleasure in generosity

TSULTRIM CHAL DANG SHENLA SHEH TSONPAE

Those of loose morals in the prison of abusing others

CHUH TSEN TUHNA TORI CHEHWAR SUNG

Upon hearing your name, it is said, will take a higher birth

GANGDAG YENDANG TRAMA DUMA YI

Those who through dissension and incessant slander,

CHUH TSEN TUHNA DEHDAG TSEMI NU

Upon hearing your name, may they lose their power over lives.

TSENLEG SERZANG DRIMEH NANGWA DANG

To Tsenleg (Worthy Name) Serzang Drimeh Nangwa (Appearance of Fine Gold)

NGONCHEN JALPO DRAYANG JALPO DANG

Ngonchen Gyalpo (King of Foresight), Yang Gyalpo (Melodious King)

JAMPAL CHABDROL CHAGNA DORJE DZIN

Manjushri, Kyabdrol and Vajrapani,

NUCHIN DEPUN CHENPO CHUNYI SOG

The twelve commanders of the Yaksha tribes,

DESHIN SHEG PA DUNJI MONLAM DO

The sutra of the seven Tathagatas' aspirations,

KHENCHEN SHIWA TSUH DZEH SHUNGLA SOG

And the collections of the supreme abbot Shantarakshita,

BHODHISATO TRISONG DEO TSEN SOG

The Bodhisattva Trisong Detsen,

JUPAI LAMA DAMPA TAMCHEH DANG

All sacred lamas of the lineage,

SAMJI MICHAB TUGJEI JINLAB CHI

The blessing of your inconceivable compassion,

BENDURYAI O-LA SOLWA DEB

To the Light of Lapis Lazuli, I supplicate

YIDAK NEHSU CHEHWAI CHEWO YI

Will be born in the realm of the hungry ghosts,

CHOMDEN MENJI LA LA SOLWA DEB

To the victorious Buddha of Medicine I supplicate.

NYALWAR CHEWAI DROWA DIDAG GI

Will be born in the hells; those sentient beings,

MENJI JALPO DELA SOLWA DEB

To the King of Medicine I supplicate.

RABTU JEHCHING LUSOG DRELWA DAG

Cause schisms and loss of life,

MENJI JALPO DELA SOLWA DEB

To the King of Medicine I supplicate

NYANGEN MEHCHOG PALDANG CHODRAG YANG

Nya Ngenmeh Chogpal (Greatest One Free of Misery), Chodrag Yang (Resounding Dharma Melody),

SHACHAI JALPO NAMLA SOLWA DEB

Sakya Tubpa (King of the Sakyas), to you all I supplicate.

TSANG WANG JA JIN CHOGSHI JALPO SHI

Brahma, Indra, the Kings of the Four Directions,

CHILKHOR YONGSHU DZOGLA SOLWA DEB

To the entire mandala whole and complete, I supplicate.

MENJI LHAYI DODEH NYI DANG NI

And the sutra of Medicine Buddha,

DAMCHO LEGBAM TSOGLA SOLWA DEB

To the collection of worthy volumes of sacred dharma I supplicate.

LOBPEN JAL LON JANGCHUB SEMPAN DANG

Translators, scholars, kings, ministers, bodhisattvas,

CHOCHI WANGCHUG SOGLA SOLWA DEB

Chokyi Wangchuk (Karma Chagme's guru), and so on, I supplicate.

DETAR SOLWA TABPAI JINLAB CHI

Through the blessings of making this prayer,

NEHKAB NEHDANG JIGPA NATSOK SHI

May sickness of circumstance and all kinds of fears be pacified.

CHITSE NYENSONG JIGPA KUNSHI NEH

May the fears of a bad rebirth at the time of death be pacified

DEWACHEN DU CHEWAR JINJI LOB

And through blessings may I take birth in Dewachen.

CHOMDENDEH DESHIN SHEGPA DRACHOMPA YANGDAGPAR DZOGPAI SANGJEH MENJILA BEDURYA U-CHI JALPOLA CHAGTSAL LO

Bhagavan (Holy One), Tathagata (One Who Has Gone To Bliss), Arhat (Foe Destroyer), the genuine, authentic, complete, Buddha of Medicine, King of the Lapis Lazuli Light, to you I prostrate!

The Main Practice:**NAMO MAHA BHEKADZA YE**

Homage to the great Menla

If one has the materials then arrange the peaceful offerings, a mandala and so on, before an image of Menla, and if not then imagine Menla before one in the sky, and visualise the offerings, which is a way of practising without the need of anything.

As this is of the highest path, then practitioners need not abandon meat and alcohol, and purification ceremonies such as ablutions and rinsing the mouth are not needed, but it is certainly necessary to have received the empowerment and the oral transmission because this belongs to the Anuttaratantra tradition.

Following the Nyingma tradition, the visualisation of oneself and that before one are both instantaneous and not (separately) built up, and like the Nyingmas, one should contemplate the meaning of the words as you read them.

Taking refuge:**NAMO****KUNCHOG SUMDANG TSA-WA SUM**

The Three Jewels (Buddha, Dharma, Sangha) and the Three Roots (Lama, Yidam, Protectors)

CHABNEH NAMLA CHABSU CHI

To those sources of refuge I take refuge.

DROKUN SANGJEH LAGUH CHIR

That all sentient beings are established in Buddhahood,

JANGCHUB CHOGTU SEMCHEN DO

I generate the supreme mind for enlightenment.

x 3

KADAG LONGNEH TRULPA YI

From amidst the primordial purity,

NAMSA GANGWAI CHUHPAI TRIN

Arise clouds of offerings filling the sky and earth,

MANDAL JALSI LHAMOR CHEH

Mandalas, royal gifts, offering goddesses,

ZEHMEH JURCHIG PUDZA HO

May they all become inexhaustible, Pudza Ho!

DROKUN DEHDEN DUG NGAL DREL

May all beings have happiness and be free from suffering,

DEHLEH NYAM MEH TANG NYOM SHOG

May the happiness be incorruptible and equanimity arise.

Visualisation:

OM SOBHAWA SHUDDHA SARWA DHARMA SOBHAWA SHUDDHO HANG

TONGPA NYIDU JUR

All is emptiness.

TONGPAI NGANG LEH TONGSUM DI-TANA DOOG GI PODRANG DU JURPAI NANGDU SENGEI TRI-PEH DA SOSOI TENGDU

From emptiness arises a pleasing palace the size of the third-order thousand-fold (world system) within which are lion thrones, lotuses and moon-discs on top of each other,



RANGNYI DANG DUNCHEH CHI TSOWOI SABON HUNG TINGGALEH

Upon which, for oneself and the front visualisation, appears a blue seed-syllable 'Hung'

MENLA KUDOK BEDURYA TABU U-ZER TROWAI KUCHEN CHO GUHSUM JI LUBPA

from which arises Menla (the Medicine Buddha), with a body the colour of Lapis Lazuli, radiating light, his magnificent body clothed in the three dharma robes,

CHAGYEH CHOGCHIN AHRURA DANG

the right hand in the mudra of supreme generosity holds the Ahrura plant,

YUN NYAMSHAG LHUNGZEH DZINPA

the left, in equipoise mudra, holds a begging bowl,



TSENPEH DZOGSHING DORJE CHILTRUNGGI SHUGPA
with all the major and minor marks, seated in vajra posture.

CHEHPAR DU DUNCHEH CHI DABMA NAMLA TUB WANGLA SOGPAI SANGJEH DUNDANG CHOPUTI

Particularly with the front visualisation, upon the petals are Tubwang and so on (the seven Buddhas), and bound dharma texts,

DEHJAB SEM PAH CHUDRUG

beyond them the sixteen bodhisattvas,

DEHJAB JIGTEN CHONGWA CHUDANG DEHPUN CHENPO CHUNYI SOSOI KHOR DANG CHEHPA

and behind them the ten worldly protectors and the twelve commanders, each with their own retinues.

GOSHILA JALPO CHENPO SHI DANG CHEH PAI NEHSUM YIGEH SUMDANG TUGKAI HUNGLEH U-TRUH PAY

With the four great kings at the four gates, and so on. From seed-syllables in the three places and from the Hungs in the hearts, light radiates out,

SHAR CHOG CHI SANGJEH SOSOI SHINGKHAM NEH YESHEPA PAGTU MEHPA CHENDRANG NEH DAGDUN NAMLA TIMPAR JUR

and from each Buddha's realm in the Eastern direction are invoked unfathomable wisdom deities that melt into oneself and the front visualisations.

Invitation:

HUNG

MENLA CHEJEH LHA TSOG MALU NAM

The eight Medicine Buddha companions and the host of deities without exception,

NEHDIR CHENDREN JINCHEN WABTU SOL

having invited you here to this place, let your great blessing fall I pray,

KALDEN DEHDEN DAGLA WANGCHOG KUR

possessing good fortune, having faith, confer on me the supreme empowerment,

LOGDREN TSEYI BARCHEH SALDU SOL

clear away negative influences and obstacles to life, I pray.

NAMO MAHA BEKADZE SAPARI WARA BENZA SAMAYA DZA DZA

BENDZA SAMAYA TIKTA LHEN OM HUNG TRAM HRI AH ABHI KENTSA HUNG

Offerings:

HUNG

MEHTOG DUGPUH MARMEH DRI

Flowers, incense, butter lamps, perfume,

SHELZEH ROLMO LASOG DANG

food, music and so on,

ZUGDRA DRI RO REGJA CHUH

forms, sounds, smells, tastes, touch and Dharma (the six sense objects)

DAG GI LHALA CHUHPA BUL

I offer to the deities.

DAGCHAG TSOGYI DZOGPAR SHOG

May our two accumulations (of merit and wisdom) be complete.

ARGHAM PADAM PUKPE DHUPE ALOKE GENDE NEWIDEH SHABDA RUPA SHABDA GENDHE RASA SAPAR SHEH TRATITSA HUNG

HUNG

TASHI TSOYO DZEH JEH DEH

*The principal eight auspicious substances,
(1. Mirror, 2. Bezoar Medicine, 3. Curd, 4. Durva Grass,
5. Wood-apple fruit, 6. Conch Shell, 7. Vermilion Powder,
8. Mustard Seed)*

TSOCHOG JALPO YUNGKAR SOG

The supreme royal mustard seed and so on,

DAG GI LHALA CHUPA BUL

I offer to the deities

TSOG NYI YONGSU DZOGPAR SHOG

May the two accumulations be utterly complete.

MANGALAM ARTA SIDDHI HUNG

HUNG

TASHI TSOYO TAG JEH DEH

The eight principle auspicious symbols,
(1. Excellent umbrella, 2. Golden Fish, 3. Vase, 4. Lotus Flower,
5. White Conch, 6. Endless Knot, 7. Victory Banner, 8. Wheel)*

TSOCHOG JALPO BUMPA SOG

The supreme royal vase and so on,

DAG GI LHALA CHUHPA BUL

I offer to the deities.

SEMCHEN TSOGYI DZOGPAR SHOG

May all sentient beings' two accumulations be complete.

MANGALAM KUMBHA HUNG

HUNG

DOYUN TSAWA RINCHEN DUN

*The root desirables, the seven precious articles,
(1. Precious Wheel, 2. Precious Jewel, 3. Precious Queen,
4. Precious Minister, 5. Precious Elephant, 6. Precious Steed,
7. Precious General)*

DAG GI LHALA CHUHPA BUL

I offer to the deities.

OM MANI RATNA HUNG

HUNG

KUNJI TSWO RIRAB LING

The pinnacle of all, Mt. Meru,

DAG GI LHALA CHUHPA BUL

I offer to the deities.

OM RATNA MANDALA HUNG

HUNG

DAG GI DRIDEN DRICHAB CHI

With my perfumed bathing water,

LHALA DRIMA MI NGA YANG

Although the deity is without stain,

OM SARWA TATHAGATA AHBHI KEKATEH SAMAYA SHRI YEH HUNG

HUNG

REHKAR JAMDRI DENPA YI

With this white, soft cotton cloth,

LHALA DRIMA MI NGA YANG

Although the deity is without stain,

OM KAYA BISHO DHANI HUNG

HUNG

NAZAH DZEHDEN NGUR MIG DI

These beautiful saffron robes,

KULA SILWA MI NGA YANG

Although your body is not affected by cold,

OM BENZA WAYTRA AH HUNG

KUDOG BEDURYA YI RIWO DRA

With an appearance like a mountain the colour of lapis lazuli,

DROWA SEMCHEN NEHCHI DUG NGAL SEL

You dispel the sickness and suffering of sentient beings,

TSOCHOG JALPO NORBU SOG

The supreme royal jewel and so on,

DAGNI TSOGYI DZOGPAR SHOG

May my two accumulations be complete.

RIRAB LINGSHI LING TREN CHEH

Mt. Meru's four continents and the islands,

TSOG NYI YONGSU DZOGPAR SHOG

May the two accumulations be utterly complete.

DESHEG KULA KUTRU SOL

Tathagata, please bathe your body.

DIGDRIB DAGPAI TENDREL JI

*Do it as an auspicious sign of freedom from sin and
obscurations.*

JALWAI KUNYI CHIWAH JI

Dry your victorious body itself.

DUG NGAL DRELWAY TENDREL JI

Do it as an auspicious sign of freedom from suffering.

JALWAI KULA SOLWAR JI

Wear on your victorious body.

TRAG DANG PELWAI TENDREL JI

*Please do this as an auspicious sign of increasing
vitality.*

JANGCHUB SEM PAH JEHCHI KHORJI KOR

Encircled by your entourage of the eight bodhisattvas,

RINCHEN MEN DZIN LHALA CHAG TSAL TUH

To the deity who holds the precious medicine I prostrate and praise.

TSENLEG RINDA SERZANG NYA NGEN MEH

To Tsenlag (Worthy Name), Rinda (Precious Moon), Serzang (Fine Gold), Nya Ngenmeh (Free of Misery),

CHODRAG JAMTZO CHOLO SHAKYA TUB

Chodrag Gyatso (Ocean of Dharma Fame), Cholo, Shakya Tubpa (Shakyamuni),

DAMPAI CHO DANG SEMPAN CHUDRUG SOG

The sacred Dharma and the sixteen Bodhisattvas and so on,

KUNCHOG RINCHEN SUMLA CHAGTSAL TUH

To the three precious jewels (Buddha, Dharma, Sangha), I prostrate.

TSANG DANG JAJIN JALCHEN CHOG CHONG CHU

Brahma, Indra, the Four Great Kings, Guardians of the Ten Directions,

NUCHIN DEPUN CHUNYI YOGDANG CHEH

The twelve commanders of the Yaksha tribes with their servants,

LHAMI MENJI RIGDZIN DRANG SONG TSOG

The Rishi (holy people), holding the knowledge of human and divine medicines,

DUTSI MENJI LHALA CHAGTSAL TUH

To the deities of the Dutsi (Amrita) medicine, I praise and prostrate.

DAGDUN TUGKAR HUNG LA NGAG TRENGGI KORWAR JUR

(Imagine that) the mantra chain around the 'Hung' in the hearts of oneself and the front visualisation begin to turn.

**TEYATA OM BEKADZE BEKADZE MAHA BEKADZE RADZA
SAMUGATEH SOHA**

Repeat as often as one can

Then, to conclude:

DIGTUNG KUNSHAG GEWA CHANGCHUB NGO

*All sins and transgressions I confess, and dedicate
the merit towards enlightenment*

JIGTENPA NAM RANGNEH BENZA MU

You worldly ones return to your homes, Bendza Mu.

KADAG KUNZANG LONGDU EMAHO

and into the primordial purity of Samantabhadra's expanse – Emaho.

Thus, this mind-terma is a portion abridged from the Sky Dharma (a cycle revealed by Mingyur Rinpoche) by Karma Chagme (Raga Ahsye). Any contradictions or mistakes are repented before the deity.

May the merit free all sentient beings from sickness, may they quickly attain the level of Menla (Medicine Buddha).

The bathing prayers are taken from the Sutras, and they enter the highest supreme Tantras unchanged.

The benefits of taking this text as a regular practice are: If one is ordained, then one's discipline will never decay. In the case of defilement, then the sin is cleansed, and one will not fall to the lower realms. If one already has the karma to be reborn in the lower realms, the hells, hungry ghosts, animals, then one can completely purify it and take human birth. But if one is (reborn in the lower realms), then in no time one will be freed to take a fortunate rebirth where, as in the greatest births, one may progress step by step to enlightenment. In this life, one will obtain food and clothing without difficulty, and harm causers, such as sickness, troublemakers, black-magic users, bureaucratic hardships and so on are all pacified. Vajrapani, Brahma, Indra, the Four Great Kings, the twelve commanders of the Yaksha tribes with the seven hundred thousand to the power of seven hundred thousand assistants, will all guard and protect (you) from the eighteen causes of untimely death, such as enemies, beasts of prey and so on, freeing one from all their dangers. All one's wishes will be accomplished, and activities will succeed. The benefits of doing the two longer Menla Sutras are inconceivable.

In the great debating halls of Jang, Domring, Pelkhor, Chode and so on, where the scholars are difficult to satisfy as they accept the good and reject the bad, one unifying characteristic is that Menla, offering long-life to the living and a purification for the dead, is practised. In Tibet, Bodhgaya, Lhasa, before Jowo, before the great shrine of Samye, there is one practice that unites them all and this is again the Menla practice. Throughout all schools, in the Buddha's teachings and terma, old and new, sutra and tantra, if one has trust in it then there is no ritual of greater benefit or qualities than Menla.

There are many extended and abridged forms; this one has few words but keeps full meaning. Belonging to the Anuttara tradition, purification practices are not needed. In this one visualises the offerings, so even though there is no torma offering, the practice is complete in all attributes.

May all be good and well.

NEHDUN DUGNGAL DRELWAY TASHI SHOG

*May sickness, negative influences and suffering be
dispelled and good fortune arise!*

YESHE DAMTSIG LHANAM DAGLA TIM

The wisdom and oath-bound deities melt into oneself,

The Dedication:

GEWA DIYI NYUR DU DAG

Through this merit may I quickly

DROWA CHIG CHANG MALUPA

And may all sentient beings without exception

SEMCHEN NEHPA JI NYEHPA

All sick sentient beings, as much as there are,

DROWAI NEHNAM MALUPA

May the afflictions of beings without exception

MENNAM TU DANG DENPA DANG

May medicines remain powerful,

KHANDRO SINPO LA SOGPA

May the dakinis, spirits and so on

SEM CHEN TAMCHEH DEHDANG DENJUR CHIG

May all sentient beings possess happiness,

JANGCHUB SEMPAH GANGDAG SAR SHUGPA

For the bodhisattvas residing at whatever level,

LOJAH TSO SHING TUNJAH TONGWA DANG

*May we live a hundred years and meet a hundred
nourishing teachers*

TEGPA CHOGLA NGENPAR JUNGWA TEH

May the truths of the supreme vehicle arise,

SANGJEH MENLA DRUBJUR NEH

Accomplish as the Medicine Buddha,

DEYI SALA GUHPAR SHOG

Be established on that level!

NYURDU NEHLEH TARJUR CHIG

May their illnesses quickly come to an end,

TAGTU JUNGWA MEHPAR SHOG

Continuously not arise!

SANG NGAG DEHJUJ DRUBPAR SHOG

May the recitation of secret-mantras remain effective,

NYINGJEI SEM DANG DENJUR CHIG

Possess compassionate minds.

NGENDRO TAMCHEH TAGTU TONGPAR SHOG

May the lower realms remain continuously empty.

DEDAG KUNJI MONLAM DRUBPAR SHOG

May all their prayers of aspiration be fulfilled.

TSERING NEHMEH DECHI PUNSUM TSOG

*May we have long lives, free of illness, with happiness,
perfectly complete.*

TASHI DECHANG DENGDIR DELEG SHOG

*From today, in this place, may auspiciousness, happiness
and goodness arise!*

The abridged Dewachen Aspiration:

EMAHO

NGOTSAR SANGJEH NANGWA THAYE DANG

Wonderous Buddha of infinite light (Amitabha),

YUNDU SEMPA TUCHEN TOB NAMLA

*And on your left, the Bodhisattva of Great Power,
(Vajrapani)*

DECHI NGOTSAR PAGTU MEPA YI

Wonderful, immeasurable joy and delight is found

DAGNI DINE TSEPUR JURMA TAG

The moment I pass from this life,

DERU CHENE NANGTAY SHALTONG SHOG

And behold the face of Amitabha.

CHOG CHUY SANGJEH CHANGSEM TAMCHE CHI

*May the buddhas and bodhisattvas of the ten
Directions*

YESU JOWO TUKJE CHENPO DANG

*On your right, the Lord of Great Compassion
(Avalokiteshvara)*

SANGJEH CHANGSEM PAGME KHORJI KOR

*All surrounded by countless buddhas and
bodhisattvas*

DEWACHEN SHE JAWAY SHINGKHAM DER

In the pureland called Dewachen.

CHEWA SHENJI BARMA CHOPA RU

Without taking another birth, may I be born here

DEKE DAGGI MONLAM TABPA DI

Having made my aspiration prayer in this way,

GEGMEY DRUBPAR JINJI LABTU SOL

*Give their blessing that it be fulfilled without
hindrances.*

TEYATA PENTSA DRIYA AWA BODHANAYE SOHA

This is the recitation of the sadhana of Dewachen which was arranged from the Sky Dharma texts by Ragahsye, Minister of Treasures, to complete the intention of the treasure discoverer. The letters were written down by the attendant Kunga. Any faults or contradictions are acknowledged before the deity. By this merit, may all beings with a connection be reborn in Dewachen. Here is the dedication prayer for the sadhana of Amitabha from the Sky Dharma:

CHOKDU JALWA SECHE GONG

Buddhas and bodhisattvas of the ten directions and three times, think of me.

DAGGI DUSUM GESAKPA

All the virtue I have gathered throughout the three times

JALWAY TENPA PEL JUR CHIG

May the teachings of the Victorious One flourish.

DROKUN SANGJEH TOB JUR CHIG

May they all attain awakening.

DAGGI JULA MINGYUR CHIG

May they ripen in my mindstream.

TSERING NEME NYAMTOG PEL

May there be long life and no illness along with deepening experience and realisation.

NAM SHIG TSEPUR JURMA TAG

At the time of passing from this life,

CHENEY PEMA KHACHETE

Once born there, may the lotus open,

CHANGCHUB TOBNE JISI DU

Having attained enlightenment,

TSOKNYI DZOGLA JEYI RANG

I rejoice in the completion of the two accumulations.

KONCHOG SUMLA CHOPA BUL

I offer to the three jewels.

GEWA SEMCHEN KUNLA NGO

This virtue I dedicate to all sentient beings

GETSA TAMCHE CHIGTU TE

Having collected all the roots of virtue into one,

DRIP NYI DAGNE TSOK DZOG TE

The two obscurations purified and the accumulations complete,

TSEDIR SACHU NUN JUR CHIG

In this life, may I move through the ten bodhisattva levels.

DEWACHEN DU CHE JUR CHIG

May I immediately be born in Dewachen.

LUTEN DELA SANGJEH SHOG

And with that body as a support, may I become enlightened.

TRULPE DROWA DRENPAR SHOG

may my emanations forever guide beings.

Samaya Gya Gya Gya. On the first day of the Chuto (Sixth Tibetan) month, this is the prayer received from Amitabha by Tulku Mingyur Dorje when he was thirteen years old.

The Short Torma Dedication to The Protectors and their Entourage

OM

MADAG NUCHUR TONGPAR JANG

This unclean world and its contents become pure and empty.

LUNGMEY TUR JEY TENG NYIDU

And upon a hearth of heads,

LUNGMEY KOLWAI DAMTSIG PAI

The wind and fire boils and mixes the mixture,

YESHE DUTSI CHEN DRANG NAY

That emits brilliant blazing light,

JINLAB DRIRO TSUNGMAJ JUR

Creating a most splendid, unequalled blessing smell and taste

**PAHWO KHANDRO CHUCHONG TSOG
CHENDRANG**

*Yidam deities, Dakas, Dakinis and a mass of
Dharma Protectors*

YIDAM KUNDU TSAWAI LAMA CHUR

*To the Root-Lama in whom all Yidams are
assembled I offer,*

CHUCHONG KUNDU TSAWAI LAMA CHUR

*To the Root-Lama in whom all Dharma Protectors
are assembled, I offer,*

PALDEN LHAMO RANGJUNG JALMO NI

the self-arising Goddess Palden Lhamo,

JALPO NAM MANG TUSAY NGAG CHIDAG

To the King Namang Tusay, Ngagchi Dagpo,

KHARNAG DORJE JALPO LA SOGPAL

Karnag Dorje, and the other kings,

ZAGMAY SHA NGA DUTSI NGA CHOG GI

I offer the unstained five meats and five nectars,

DZAGE RAKTAI YUNCHAB CHURPAR SHEY

And pure unborn blood; please accept them.

DEKO NAYI KUNZANG CHURPAY CHUR

I offer just like Kuntuzangpo's offerings.

NAYTSUL JISHIN TOG PAI GOSUM JI

who understand the state of everything;

TONGPAI NGANG LAY YESHE CHI

From this voidness arises a wisdom, wind and fire,

TURPA SHA NGA DUTSI NGA

Is a skull-cup containing the five meats and five nectars,

DUTSI RAB BAR O NYI DEY

Creating a perfect commitment-dutsi

YERMAY OM DANG AH HUNG GI

*Invoking the wisdom-nectar, inseparable from the letters Om,
Ah, Hung,*

TSAJU LAMA YIDAM LHATSOG DANG

I invite all of the lineage Lamas, hosts of

DUNJI NAMKHAR TRISHIN TIBPAR JUR

*Assembled like a great cloud gathered before me in the
sky*

KUNCHOG KUNDU TSAWAI LAMA CHUR

*To the Root-Lama in whom the Three Jewels are assembled,
I offer,*

CHERPAR CHUCHING BERJI NAZAH CHEN

Especially to the Dharma Protector Bernachen,

CHEYCHAM KHORDANG CHAYPA CHURPAR JI

To their entourage and retinue I offer.

DORJE LEGPA SINGON SHINGCHONG DANG

Dorje Legpa, Singon, Shingkyong,

KARMAPA YI TENPA CHONG NAMLA

To the guardians of the Karmapa's lineage,

TORMA TSAJEH PENTSA AMRITA

The eight root tormas, five amritas,

DUYUN NGA DANG SANGWAI CHURPA DANG

I offer my five senses, and the secret offerings.

CHUCHI CHUNDAG YUNTEN DZOGPA DE

You excellent ones completely cleansed of faults

TUPA MALUPA YI TURPA JI

With my three gates, my entire self praises you.

CHULA DUDUN SOLWA DABPA NI

I beg you, please fulfil my desires,

NGODRUB TENTOG DILA TSOLWA DANG

Here in this very place bestow accomplishments,

YILA SAMTSEY KECHIG TSAM NYILA

May whatever I wish be instantly fulfilled,

DAG GI MALU NYURDU DRUBPA DANG

Be completely and quickly accomplished by me,

DAG GI TALWA SHINDU LOGPA YI

Be destroyed completely, may I turn them to dust!

DETAR CHUTUR DAYPAY GEWA DEY

*May all the virtue gained through these offerings
and praises*

DZOGPAI SANGJEH GOPANG TOBCHIR NGO

Causing them to reach the highest realisation of the Buddhas.

DAGSOG KUNLA CHOGDANG TUNMONG GI

Grant myself and all others the supreme and ordinary siddhis,

CHERPAR TSERING NAYMAY PALJOR JEH

*Especially a long life without illness and with increasing
splendour*

DRUBNAY KARMAPA YI SHEYPA KUN

May all that the Karmapa wishes

KARMAPA YI TENLA NUJEH NAM

May all who wish to damage the Karmapa's doctrine,

NUPA DATA NYIDU TSALDU SOL

Give me the power in this very instant to accomplish this!

MAJUR DROWA SEMCHEN TAMCHAY KUN

Go unchanging to all beings without exception,

At the request of Rinchen Palmo, Jetsun Karmapa Mikyo Dorje composed this wishing prayer.

DAGNI CHEWA TAMCHEY DU

Throughout all my lives,

LAMA MIKYO DORJE DANG

From the Lama Mikyo Dorje,

YIDAM DORJE NALJORMA

The Yidam Dorje Naljorma

CHUCHOG DORJE BERCHEN SOG

And the Dharma Protector Dorje Bernagchen

NAMYANG YERMAY GOPANG SHOG

May I always remain inseparable!

DECHEN TSOKJI KHORLOR TAG ROLPAR

*You who continuously turn the wheel of the
accumulation of great bliss,*

DUSUM JALWAI TERCHEN KARMAPA

*Great treasure revealer of the Buddhas of the
three times, Karmapa,*

YABSAE JUPAR CHEYPA SI TSO DIR

*the lineage holders and followers in this ocean of
samsara,*

KALPA KALPAI BARDU SHABTEN SOL

Please remain for aeon upon aeon.

GANG GI ZAB SANG SUNG GI SANGWA LA

The secret holders of the profound secret teachings,

TURSAM DRUBPA NYINGPOR JERPA YI

*Through, listening, reflecting and practicing you have taken
them to your heart.*

PONG DANG LOGPAI DENAM TAMCHEY NI

May all the gatherings of hermits and scholars

YARJI CHUWO TA BUR JEH JUR CHIG

Increase like the rivers in the rainy season.

Dedication Prayers

KUNCHOG RINCHEN SUMLA CHAG TSAL LO

I pay homage to the precious three jewels.

GEWA DIYI NYERWAR TSUN NAYNI

With this good action serving as a symbol

SEMCHEN NAMCHI DUSUM SAGPA YI

All the merit accumulated in the three times by all beings

ZAG CHEN ZAG MAY ZUNJUG GEWA NAM

All the tainted, perfect, and unified good actions

LAMA JANGCHUB CHENPOR NGOWAR JI

I dedicate to the unsurpassable great Enlightenment.

DROKUN TAMCHAY CHENPA TOBPAR SHOG

May all beings attain Omniscience.

CHUR YING JANG CHUB SEMCHI CHILKOR DU

Within the Dharmadhatu Bodhicitta Mandala

DAG SOG SEMCHEN TAMCHEY CHI

Through the realisations and accumulations of

DUSUM SAGDANG TOGPA YI

Myself and all beings in the three times,

DRODRUG SEMCHEN MALU PA

May all beings in the six existences without exception

KU NGA YONG DZOG SANGJEH TOBPAR SHOG

Attain the five Kayas, complete Buddhahood.

SANGJEH KUSUM NYERPAI JINLAB DANG

Through the blessing of the Buddhas attainment of the Three Kayas

CHO NYI MINJUR DENPE JINLAB DANG

Through the blessing of the Dharmata's unchanging truth,

GENDUN MICHEY DUNPAY JINLAB CHI

Through the blessing of the Sangha's unwavering aspiration

JITAR NGOWA MUNLAM DRUBPAR SHOG

May the dedication and wishing prayers I have made be fulfilled.

DENPAR DRUBCHING DENPAR SUNGPA GANG

That which is true, the truth that has been taught,

TSUNG MAY TUNPA NYICHI RANG GI TEN

That which the unequalled Teacher taught

JIGTEN KHAM DIR YUNRING BARJUR PAR

May it shine for aeons in this world,

MUNLAM DZEYPA DESHIN CHERWAR SHOG

May it shine intensely, as in the prayer.

OGMIN NAYSU KUNI RABDRUB NAY

His body having been perfectly created in the Akanista realm in Tushita,

GADEN DUNI JAL TSAB SACHUI GON

He is the regent, the Lord of the Tenth Bhumi

MAONG DZAMLING DIRU TRULPAI KUR

In the future he will manifest in this world in nirmanakaya form

NANG DZAY DEYI MUNLAM DAGDRUB SHOG

May I fulfil his wishing-prayers.

JALWA JAMPAL JAL TSAB NYI DZAY NAY

Having become the regent of the Buddha Maitreya, He will be the sixth Buddha of this excellent kalpa

KALZANG SANGJEH DRUGPA NAY ZUNG TAY

NANG DZAY BARJI TRULPAI DZULTRUL TUN

And until Vairochana will manifest miraculous emanations

KARMAPA YI MUNLAM DAG DRUB SHOG

May I fulfil the Karmapa's wishing prayers.

This was composed in Tsetang Monastery by Gyalwang Chodrak Gymtso, (7th Karmapa)

GENDUN DAYJEH CHAY TSUR TSOMPA DANG

May the Sangha increase, and the activities of explaining, debating and composing;

TURSAM GOMPAI JAWA KUNPEL SHING

And of study, contemplation and meditation develop.

DUPA TUN DANG TSERING NAYMAY SOG

May there be a harmonious community, long life health and so on.

DUGU DUMAY PONGPAR MAJUR CHIG

May there be wealth that is unrivalled by Vaishravana

JORPA NAMTUR BUR CHANG DRENMAY CHING

Without deprivation of the many requisites of life.

TSUL TSUL NYEWA KHOR TAR BAG YURPAR

May there be noble conduct of mindfulness like that of the Buddhas closest disciples

SHENDUN CHENREZIG CHI TRINLAY SHIN

May there be activity like that of Chenrezig,

KARMAPA YI TENPA JEH JEY SHOG

May the teachings of the Karmapa increase.

This was composed by Mikyo Dorje, (the Eighth Karmapa).

CHOGCHUI SHINGDU DUSUM SANGJEH CHI

The Buddhas of the three times in the realms of the ten directions

TRINLAY MALU DRUBPAI KARMAPA

He who accomplishes their every single activity, the Karmapa

CHUDRAK JAMTZO SHAY JAR DRAGDAY YI

Especially the one who is renowned as Chodrak Gyamtso

DENGDOR TASHI DELEG JUNG JUR CHIG

May there arise on this day perfect happiness and good fortune.

DUSHI LAY JAL JALWAY TRINLAY PA

The one Victorious over the four Maras,

KARMAPA TEN TENPAI NYINGPO NI

May the essence of the teachings of the Karmapa,

CHOGTAR KUNCHAB CHAB CHING JUNMI CHAY

Continuously pervade to the limits of every direction,

TENPA RABPEL PELWAY TASHI SHOG

May there be good fortune of growth that is perfect and everlasting.

KUNCHOG SUMJI DENPA DANG

Through the truth of the three jewels,

SANGJEH DANG JANGCHUB SEMPAN TAMCHEYJI CHI JINJI LAB DANG

Through the blessing of all the Buddhas and Bodhisattvas,

TSOG NYI YONGSU DZOGPAI NGA TANG CHENPO DANG

Through the great power of the total completion of the two accumulations,

CHUCHI YING NAMPAR DAGCHING SAMJI MICHAB PAY

And through the might of the inconceivability and total purity of the Dharmadhatu

TOBCHI DESHINDU DRUBPAR JUR CHIG

May these prayers be fulfilled.

TASHI PALBAR DZAMLING JEN

In the shining splendour of good fortune,

NGAR RI JALKHAM BURCHI YUL

The adornment of the world, the kingdom of Nagari,

KHAWA CHENJI YULJONG SU

The land of Tibet, the country that is the Land of Snow

CHUDRUB JUCHI TENPA DARWA DANG

May the teaching of the lineage of Dharma practice spread,

DZAMLING DEWAI TASHI SHOG

And may there be the good fortune of worldwide happiness.

DZAMBULING DEWAR DZAY DU SOL

I pray that you make the world happy.

SHORT PRACTICES

Menla's Dharani – Daily Medicine Buddha Practice

TUGJE KUNLA NYOMPAI CHOMDENDEH
Holy One who looks on all being equally with compassion

TSEN TSAM TUHPEH NGENDROI DUG NGAL SEL
To hear your name clears the suffering of the lower realms,

DUGSUM NEHSEL SANGJEH MENJILA
And clears illnesses of the three poisons (passion, aggression, delusion)

BEDURYA YI-UH LA CHAGTSAL LO
To the Medicine Buddha of Lapis Lazuli light I prostrate.

OM NAMO BHAGAWA TEH BEKADZE GURU BEDURYA TRABHA RADZAYA TATHAGATA YA ARHA TEH SAMYAKSAM BUDDHA YA

TEYATA OM BHEKADZE BHEKADZE MAHA BHEKADZE RADZA SAMU GATEH SOHA

Repeat the long mantra:

TEYATA OM BHEKADZE BHEKADZE MAHA BHEKADZE RADZA SAMU GATEH SOHA

Repeat as much as you can.

Lastly dedicate:

GEWA DIYI NYUR DU DAG
Through this merit may I quickly

DESHEG MENLA DRUBJUR NEH
Accomplish as Medicine Buddha,

DROWA CHIG CHANG MALUPA
May all sentient beings without exception

DEHYI SALA GUHPAR SHOG
Be established on that level!

SEMCHEN NEHPA JI NYEHPA
All sick sentient beings, as much as there are,

NYURDU NEHLEH TARJUR CHIG
May their sickness quickly come to an end,

DROWAI NEH NAM MALUPA
May the illnesses of beings without exception

TAGTU JUNGWA MEHPAR SHOG
Continuously not arise!

Medicine Buddha's special prayers taken from Karma Chagme's Richo:

RANG GI TUGLEH OZER TINGKAH TRUH
From my heart, dark blue light emanates,

SHARCHOG BEDURYA NANG SHING KHAM SU
Towards the Eastern direction in the lapis lazuli-coloured pure-land,

CHOMDEN MENLA SHUGPAI TUGKAR POG
Where the Medicine Buddha dwells, and it touches his heart

NGON JI DAMCHA TUGCHEH MONLAM DREN
Causing him to remember previous promises and recall his aspiration prayers.

OZER BEDURYA YI DOKDRA TRUH
Light the colour of lapis lazuli emanates,

DAGDANG SUNGJA NAMCHI LULA TIM
Melting into me and those I protect.

NEHKUN BAMUH NYIZER POGDRA GOM
Imagine that all sicknesses melt like the frost touched by the sun.

SANGJEH MENJILA BEDURYA UCHI JALPO LA CHAGTSEL LO
To the Medicine Buddha, the King of Lapis Lazuli Light, I prostrate.

SANGJEH MENJILA BEDURYA UCHI JALPOI MONLAM CHENPO CHU NYI TABPAI DENPA DANG

Through the truth of the twelve great aspiration prayers of the Medicine Buddha, the king of lapis lazuli light,

DENPEH TSIGDEH DAGSOG SEMCHEN NEH TAMCHEH DATA NYIDU SHIWAR JUR CHIG

Through the truth of these words may the sicknesses of myself and all sentient beings, now, in this moment, be cured.

TEYATA OM BHEKADZE BHEKADZE MAHA BHEKADZE RADZA SAMU GATEH SOHA

NEH SARWA SHINTAM KURU SOHA

So, repeat this one hundred times, a thousand times, and so on, in accordance with the seriousness of the sicknesses. Except for ripening-illnesses (those due to fully maturing karma), all sicknesses will be pacified, without a doubt. So it is said in both the extensive and abridged Medicine Sutras.



Palpung Changchub Dargyeling
Tibetan Buddhist Meditation Centre

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