

Healing Buddha Practice, from A Concise Set of Buddhist Healing Prayers and Practices, by Jason Espada

1. Motivation I – from ‘The Healing Buddha’, translated by Lama Zopa Rinpoche.

“The purpose of my life is to free all living beings from all their problems and the causes of these problems, which are [first] in their minds, [as obscured consciousness, and ego- grasping, and then in their emotions, energy patterns, and bodies] and to bring all beings peace and happiness, especially the peerless happiness of full enlightenment, which they desperately need. For me to be able to do this, my [own] mind and body must be perfect, pure, and healthy.’

To you who can help, I pray: for all of our sake, as much as possible, please help me to alleviate the effect, and bring about the complete end to the cause of my own suffering, and obtain true health and happiness.

I pray - May I become a fully capable being – fully capable of knowing and responding to the suffering in the world, and offering whatever will help the most, temporarily and permanently.

Moreover, all these beings, my dear family, friends, and all my dear relations everywhere and at all times need health to be able to even *hear* teachings on how to be truly and completely free from their sufferings and attain happiness; to be able to receive encouragement and to be able to practice and achieve realizations, and live well, they definitely absolutely without question need health, long life, and freedom from such overwhelming and distracting obscurity, affliction and distress.

‘Therefore to accomplish this purpose, [of benefiting myself and all others everywhere, in all situations and in all times,] I am going to do this practice.’

With so much need in this world, and in these lives that I love,
I pray that I will quickly, very quickly generate spontaneous great wisdom and compassion

‘To benefit living beings equal to the extent of space, I am going to practice this healing meditation.’

{Three verses from Shantideva}

Like a wish-granting jewel,
 a wish-fulfilling vase, a powerful mantra,
 Great Medicine and a wish-granting tree,
 May I fulfill all the wishes of sentient beings

Just like the sky and the great elements,
 May I always be the means of life
 and the cause of happiness
 for all the unimaginable number of sentient beings

As long as space endures,
 and for as long as sentient beings exist,
 May I too abide,
 and eliminate the suffering of sentient beings

For the sake of all beings

I take refuge in the Buddha
 I take refuge in the Dharma
 I take refuge in the Sangha

I go for refuge to all the glorious Holy Lamas
 I go for refuge to all the Yidams, the Dieties gathered in the Mandalas
 I go for refuge to all the Buddhas, those that have conquered and gone
 beyond
 I go for refuge to all the Supreme Dharma
 I go for refuge to all the Noble Sangha
 I go for refuge to all the Dakas, Dakinis, Protectors and Defenders of
 Dharma who possess the eye of Transcending Awareness

May I have happiness, health and peace,
 and share that with all

All others are exactly the same as me in wanting only happiness, and not

even the slightest suffering.

In all situations and at all times, all are equal in deserving our love and our care

May all beings have happiness and the causes of happiness

May all beings be free of suffering and the causes of suffering

I rejoice in all virtue and good fortune

May all beings have happiness and the causes of happiness...

May I always cherish all beings
with the resolve to accomplish for them
the highest good
that is more precious than a wish-fulfilling gem

From 'A Commentary on the Awakening Mind, by Nagarjuna

Just as the blessed Buddhas
and the Great Bodhisattvas have generated the mind of Great Awakening,
I, too, shall, from now until I arrive at the Heart of Awakening,
generate the Awakening Mind,
in order that I may save those who are not saved,
free those who are not free,
relieve those who are not relieved,
and help to thoroughly transcend sorrow
those who have not thoroughly transcended sorrow

I take refuge, until I attain Enlightenment,
in the Buddha,
I take refuge in the Dharma,
and the Noble Sangha
By the merit I have accumulated through practicing Generosity
and the other Virtues
May I accomplish Buddhahood

for the sake of all sentient beings

From The Sadhana of the Medicine Buddha, by H.H. Dudjom Rinpoche :

‘As we are all the Primordial Buddha, we have the essence of Buddha Nature. Realizing this, *relaxing* in the natural state is the absolute way of taking refuge and generating Bodhicitta (the mind of enlightenment). When doing the practice, be free of subject, object, and action.’

Om swabhava shuddho sarva dharma
swabhava shuddho hum

Rest mind.

2. Requesting Prayers - I - Medicine Buddha practice as Guru Yoga

A shorter form:

Lama Medicine Buddha,
please pacify and remove the suffering of living beings,
and bring health and happiness

A longer form:

Guru Medicine Buddha,
Supreme Healer,
pray, pacify this suffering and bring happiness
May all beings benefit

Guru Medicine Buddha
Quintessence of all Buddhas and Bodhisattvas,
The Three Jewels and The Three Roots,
all vehicles
and all protectors,

Quintessence of all that is healing,

You have taken oceans of vows
to remove every level of living beings' suffering,
and to replace it with peace, health, well-being,
strength, and happiness

May your vows ripen for us all now

And because I have this same aim in my life,
to benefit all others in this same way
to bring about healing
and the firm establishment of true health and happiness for all,
I pray you will help me

In these times especially,
I pray again and again that your activities will increase

In these times especially,
there is so much need,
and so I pray again and again that you will give me your blessing
to become more and more like you in this world

May I completely become you in this world

Just as you have done,
May I also accomplish this practice
and with this realization
actualize these qualities and activities

Just as you have done,
May I become a healer of all beings

May I realize myself fully as the Healing Buddha in this world,

Until that time, while I am still on the path,
with total trust and respect,
faith and devotion,
seeing you on the crown of my head,
I take refuge in you
Please give us your blessing

and,

May all beings benefit

Precious children, Venerable Elders, all my dear family and friends,
may this practice benefit us all.

O, All my ten directions three times family,
near and distant relations,
May I make a gift of my life

May my life, and this practice benefit us all,
all living beings
pervading all existences

every mind,
every body, every cell
earth and sky

May this practice surely benefit us all, extensively

May all my past, present and future selves benefit from this
and may all the past, present and future selves of all beings
benefit from this

By this practice, may we all be completely free from illness,
spirit harm, and from all the afflictive emotions forever
May we all be free from all samsaric states forever

May we all completely realize the Dharmakaya

May this practice be the medicine that frees everyone from suffering ¹

May this bring health wherever it is needed
May this bring about the firm establishment of true health and well being,
long life, and happiness for us all

¹ a prayer inspired by the Noble Spiritual Friend Lama Zopa Rinpoche

May this itself be (the practice of) all-inclusive, all encompassing great universal love and compassion.

II– From The Healing Buddha’, translated by Lama Zopa Rinpoche

O Destroyer, Complete in All Qualities and Gone Beyond,
and you four medicinal goddesses,
please pacify immediately
the illnesses that afflict me now,
and help me to avoid all future sickness

[and

please pacify immediately
the illnesses that afflict the ones we pray for now,
and help them to avoid all future sickness]

III – From A Stream of Lapis Lazuli, The supplication:

NAMO BEKENDZE MAHA RADZAYE

You are endowed with an oceanic treasury of qualities and merit;
By the blessing of your inconceivable compassion
You calm the suffering and torment of sentient beings.
I supplicate you, Light of Lapis Lazuli.

Those bound by very intense greed
Are born in the hungry ghost realm.
If they hear your name, they are said to be born human and
take delight in generosity.
I supplicate you, victorious Menla.

Violating morality and abusing others,
Beings are born in the hell realms.
Hearing your name, they are said to be born in the higher
realms.

I supplicate you, King of Medicine.

Whoever by repeated dissension and slander
Creates serious schisms and takes life,
Hearing your name, they cannot harm others.
I supplicate you, King of Medicine

IV - From the Medicine Buddha Sadhana, translated by Lama Zopa

The fully realized destroyer of all defilements, fully completed buddha
having fully realized the absolute truth of all phenomena, Guru Medicine
Buddha, King of Lapis Light, to you I prostrate, go for refuge,
and make offerings. May your vow to benefit sentient beings now ripen for
myself and others.

3. Instructions for visualization and mantra recitation

From The Medicine Buddha Sadhana

As you recite the mantra, visualize as follows:

Purifying rays of light pour down from the Guru Medicine Buddha's heart
and holy body, eliminating your sicknesses and afflictions due to spirits, and
their causes, all your negative karma and mental obscurations. Your body is
completely filled with light and becomes clean-clear like crystal. Then the
rays radiate out in all directions, purifying the sicknesses and afflictions of
all mother sentient beings.

III - From The Healing Buddha', translated by Khyabje Zopa Rinpoche

Light rays of the appropriate color emanate from each of the five deities at
your heart. Your heart and body are full of blissful light, which
completely purifies all disease, spirit harms, and negative actions and their
imprints.

Beams of five-colored light radiate from all the pores of your body, while
nectar flows down from the Healing Buddha's begging bowl and the vases

held by the four goddesses, completely filling your heart and body.

Generate the strong recognition that you have vanquished all disease forever and will never be sick again.

While concentrating single-pointedly on this visualization, recite the short or long Healing Buddha mantra seven, twenty-one, one hundred and eight, or more times.

IV - from The Sadhana of the Medicine Buddha, by H.H. Dudjom Rinpoche (lightly edited)

When we recite the mantra, rays of light emanate from the heart of the Buddha, like a hundred rising suns, curing all the diseases and obscurations of beings, and their causes. By the power of this practice may all sufferings and problems be removed.

Recite while concentrating on the rays of light. At the end of the practice, by the power of these rays of light, sufferings are completely removed, like darkness is dispelled by light.

The long Medicine Buddha mantra can be done if one wishes:

Om Namo Bhagavate Behandze / Guru Baidurya / Prabha Radzaya /
Tathagataya / Arhate Samyaksam Buddhaya //
Tadyatha / Om Bhekhandzye Bekhandzye / Maha Bekhandzye
[Bekhandzye]* / Radza Samudgate Svaha //

** The syllables in the mantras in brackets [] are optional. The Medicine Buddha mantra can be recited both with and without the optional syllables.*

Here is the shorter Medicine Buddha mantra:

Tayata Om Bekandze Bekandze Maha Bekandze [Bekandze]
Radza Samungate Soha

4. Concluding practices

After the recitation of the Medicine Buddha mantra, recite the Vajrasattva mantra three times, to purify omissions and mistakes.

Om Benzra Sato Samaya Manu Palaya Benzra Sato Tenopa Tishsta Dri Bo
 Me Bhawa Suto Kayo Me Bhawa Supo Kayo Me Bhawa Anurakto Me
 Bhawa Sarwa Siddhi Mem Prayatsa Sarwa Karma Su Tsa Me Tsi Tang Shri
 Ya Ku Ru Hung Ha Ha Ha Ho Ba Ga Wan Sarwa Ta Ta
 Ga Ta Benzra Ma Me Mun Tsa Benzra Ba Wa Ma Ha Sa Ma Ya Sato Ah

Dedication

May all beings benefit.

Here are a few short dedication prayers that contain the complete meaning:

By this virtue,
 gathered together with all the merit
 of all of the Buddhas and Bodhisattvas,
 Saints and Sages
 of the ten directions and the three times:

May all beings benefit.
 May all beings have happiness and causes of health and happiness.

May the supreme jewel, bodhicitta
 arise where it has not yet arisen
 Where it has arisen, may it not diminish
 May it ever grow and flourish

May our intentions equally penetrate
 every being and place
 with the true merit of Buddha's Way.

May this bring healing wherever it is needed.
 May this bring about the firm establishment of true health and happiness for

us all.

By this virtue,
 May I attain the realization of Guru Medicine Buddha,
 and bring all others to that same state.

May all holy teachers live long, and guide us until samsara ends.
 And may there be peace and joy in all the world.

Here is a longer dedication prayer:

By this merit,
 gathered together with all the virtue,
 of all the ten-directions and the three times
 Buddhas and Bodhisattvas,
 Saints and Sages,

Realized Beings,
 Lamas, Monks and Nuns,
 Yogis and Yoginis,
 Contemplatives of all Traditions, and excellent practitioners,

all these limitless skies of merit,

gathered together with all the virtue and pure good wishes
 of family, friends,
 and noble, kind hearted people everywhere,

by the merit and positive energy of all the good that exists,

by all the virtue of the Ultimate Nature,

By all this merit,
 May the benefit of beings everywhere effortlessly arise:
 May all beings benefit.
 May all beings have happiness and causes of health and happiness.

May this bring healing wherever it is needed.
 May this bring about the firm establishment of true health and happiness for

us all.

By the virtue of this practice, by all this merit, may we all be completely free
 from all illness, spirit harm,
 and from all of the afflictive emotions forever
 May we all be completely free from all samsaric states forever
 May all beings completely realize the Dharmakaya

May this be the medicine that frees everyone from suffering
 (a prayer by the Noble Spiritual Friend Lama Zopa Rinpoche)

By this merit, may all those who are unhappy in any way, (confused, angry,
 anxious, afraid, attached, sad or depressed, with distorted views), instantly
 be completely freed from those states. May they be comforted, and may
 they have perfect peace, wisdom, strength and lasting joy

By this merit, may all those who are suffering from pain or illness
 immediately be totally freed from that pain,
 may they immediately be completely healed,
 and may they be firmly established in true and lasting health and happiness
 well being and strength,
 comfort and ease

By all this merit,
 may all those who want to go on retreat
 have the opportunity to do so without delay;
 may they all have the resources they need,
 may they find all suitable conditions,
 and may their retreat go exceedingly well
 may they have all excellent realizations

By all this merit,
 May health increase everywhere
 May ethics, and meditation and wisdom increase
 May loving kindness and compassion increase, and
 May peace and harmony increase everywhere

By all this merit,
 may all those who work to heal
 have their healing qualities increase limitlessly

By all this merit,
 may all monasteries, monks, nuns, and lay practitioners,
 Dharma Centers, and social service centers
 have everything they need to serve beings most effectively
 May monastics and laity the everywhere all keep completely pure ethics,
 develop the supreme good heart, and wisdom,
 and may all their good works effectively flourish forever

By all this merit,
 may all beings have all they need in their lives
 May those who need a job find a job
 May those who need a place to live find a place to live
 May those who need food and drink find good food and drink
 May those who need a friend find a friend

By all this virtue,
 May we all have everything we need to be truly happy

By all this merit,
 May everything we see, hear, think about and dream be auspicious

By all this merit, may all the pure positive wishes we have for each other
 be completely fulfilled,
 instantly, and effortlessly,
 just as in a Pure Land

(the following two prayers I have heard and admired from Lama Zopa Rinpoche)

May those I hear about that are sick immediately be healed

May all those who have come to my attention
 who have any illness,
 or who are unhappy, or in need in any way
 be blessed
 May they be healed
 May they all benefit
 May they all have happiness
 and the all the completely actualized causes of health and happiness

and

May those I have heard about who have passed away be reborn in a Pure Land, without taking birth any place else

May their families be comforted
May they all know blessed peace

By all this merit,
May those I hear about who are experiencing difficulties
be free from those difficulties,
and may all fortunate circumstances come to them right away

May the supreme jewel, bodhicitta
arise where it has not yet arisen
Where it has arisen, may it not diminish
May it ever grow and flourish

By the merit of this practice,
gathered together with all the virtue,
of all the ten-directions and the three times
Buddhas and Bodhisattvas,
Saints and Sages,
Realized Beings,
Lamas, Monks and Nuns,
Yogis and Yoginis,
Contemplatives of all Traditions, and excellent practitioners,

by all these limitless skies of merit,

gathered together with all the virtue and pure good wishes
of family, friends,
and noble, kind hearted people everywhere,

by the virtue and positive energy of all the good that exists,
by all the merit of the Ultimate Nature

May warfare cease,
 may all injury be healed,
 and all danger pacified

May we all produce the conditions
 for countless generations, starting now,
 to experience genuine peace

May our intentions equally penetrate
 every being and place
 with the true merit of Buddha's Way.

without grasping or clinging to anything at all,
 may it be this way

By all this merit,
 may all those to whom I am connected
 by good or bad karma,
 have every happiness
 May they be free of all suffering
 and receive every joy, and all good fortune,
 May they all have good health, wisdom,
 long life,
 well being, and strength,
 comfort and ease

May all the prayers of the Buddhas and Bodhisattvas
 be completely realized now
 and may all of my prayers succeed immediately

By this virtue,
 May those who are in need in any way whatsoever
 receive every benefit
 May all have happiness
 and all the actualized complete causes of health and happiness

{at this point, a review of the names and circumstances of those particular
 individuals that you wish to pray for can be inserted here}

By all this virtue,
 May those who are in need in any way whatsoever
 receive every benefit
 May all have happiness

and all the fully actualized complete causes of health and happiness

By this merit,
 In my mind, may I not withhold any gift whatsoever
 from any being in any place,
 wishing them all a great abundance of joys!

By all the limitless good that exists,
 may all the needs of all living beings everywhere be completely fulfilled

By all this merit, for every one of us,
 when this life is over, may we each be born immediately in a Pure Land,
 and in all our lives
 May we never be separate from qualified teachers,
 and from conducive environments, with all the supportive conditions for
 continuing our practice of the Dharma

By all this virtue
 May I attain the complete realization of all practice
 and bring all others to that same state

May we all individually attain the complete realization of our practice,
 genuine happiness, health and peace, and all good things,
 wisdom, compassion, and ability

By all this merit,
 May all holy teachers live long, and guide us until samsara ends.
 And may there be peace and joy in all the world.