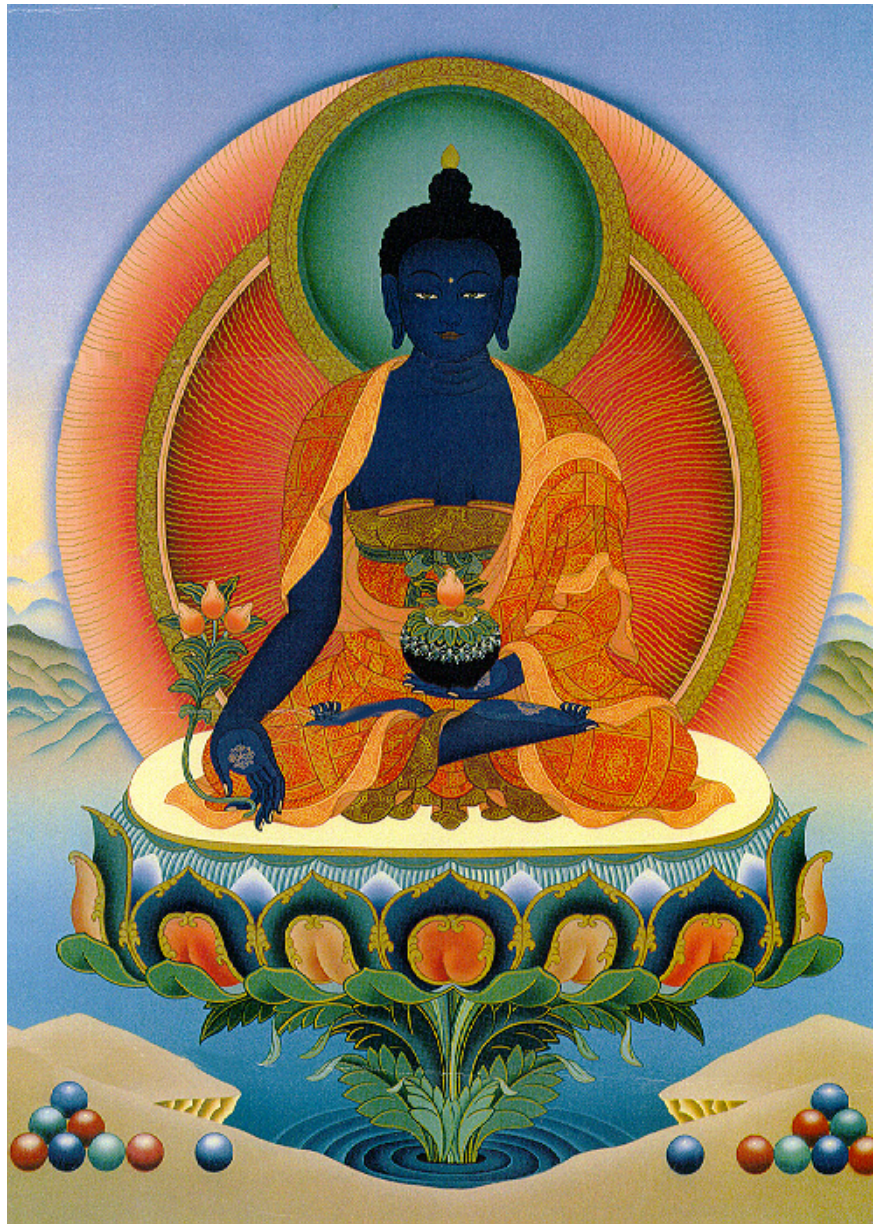


# A CONCISE SADHANA OF MEDICINE BUDDHA

The Method for Making Requests to the Assembly of Seven Medicine Gurus

According to the pure and unbroken lineage tradition  
of the Gelugpa Tradition of Tibetan Buddhism

Composed by  
Ngulchu Dharmabhadra  
(1772-1851 C.E.)



Gaden for the West

Version 1.0

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# A CONCISE SADHANA OF MEDICINE BUDDHA

## **Refuge and Generating Boddhicitta**

Until I attain enlightenment, I respectfully go for refuge  
To Guru, Buddha, Dharma and Sangha.  
To attain Buddhahood for the welfare of all living beings  
I shall make requests to the Seven Sugatas.

(3x)

## **Visualizing the seven Sugatas**

On the crown of my head sits the Tathagata Medicine Guru. His body is blue, his right hand, in the mudra of supreme giving, holds an Arura plant, and his left hand, in the mudra of meditative equipoise, holds a bowl filled with medicine nectar.

On his crown is the Tathagata King of Clear Knowing. His body is white, his right hand is in the mudra of supreme giving, and his left hand is in the mudra of meditative equipoise.

On his crown is the Tathagata Melodious Ocean of Dharma Proclaimed. His body is bright red, and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata Supreme Glory Free from Sorrow. His body is pink, and both his hands are in the mudra of meditative equipoise.

On his crown is the Tathagata Stainless Excellent Gold. His body is golden, and both his hands are in the mudra of expounding Dharma.

On his crown is the Tathagata King of Melodious Sound. His body is golden, his right hand is in the mudra of supreme giving, and his left hand is in the mudra of meditative equipoise.

On his crown is the Tathagata Glorious Renown of Excellent Signs. His body is golden, his right hand is in the mudra of granting protection, and his left hand is in the mudra of meditative equipoise.

They all wear the three robes of a monk and are adorned with the major and minor marks. They sit in the vajra posture on seats of a lotus and moon.

Imagine the place where you are meditating as a beautiful scenic place. The whole of space is filled with rainbow lights and offering dakas and dakinis who hold objects of offering everything that is pleasing to the senses and mind. Imagine the place in a way that is beautiful and nurturing for you.

## **Offering The Seven Limbs**

Merely through the touch of the smallest part of your supreme medicinal plant, you cool the fires of the deepest hell, transforming them into lotus pools.

To you, Assembly of Protectors of impure beings, with my body, speech and mind, respectfully I prostrate.

I offer a vast collection of offerings, both actually set out and emanated through the power of mantra, wisdom, and imagination.

I confess all negativities and downfalls, rejoice in virtue, beseech you to remain, and request you to teach.

I dedicate these virtues to great enlightenment.

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**Prayer Of Request:**

O Great Assembly of Blessed Ones, please listen to me.  
Previously you Seven Sugatas made prayers,  
To fulfil the promises you have made  
In this, the final five hundred years of Buddha Shakyamuni's Teachings;  
I request you now to show me the truth directly.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Great King, Glorious  
Renown of Excellent Signs, to you I prostrate, make offerings, and go for refuge.

(7x)

The Tathagata Glorious Renown of Excellent Signs melts into light and dissolves into the  
Tathagata King of Melodious Sound.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, King of Melodious  
Sound, Brilliant Radiance of Skill, Fully Adorned with Jewels, Moon and Lotus, to you I  
prostrate, make offerings, and go for refuge.

(7x)

The Tathagata King of Melodious Sound melts into light and dissolves into the Tathagata Stainless  
Excellent Gold.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Stainless Excellent  
Gold, Jewel Radiance who Accomplish your Vows, to you I prostrate, make offerings, and go  
for refuge.

(7x)

The Tathagata Stainless Excellent Gold melts into light and dissolves into the Tathagata Supreme  
Glory Free from Sorrow.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Supreme Glory Free  
from Sorrow, to you I prostrate, make offerings, and go for refuge.

(7x)

The Tathagata Supreme Glory Free from Sorrow melts into light and dissolves into the Tathagata  
Melodious Ocean of Dharma Proclaimed.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Melodious Ocean of  
Dharma Proclaimed, to you I prostrate, make offerings, and go for refuge.

(7x)

The Tathagata Melodious Ocean of Dharma Proclaimed melts into light and dissolves into the  
Tathagata King of Clear Knowing.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, King of Clear  
Knowing, who Fully Enjoy a Supreme Wisdom of an Ocean of Dharma, to you I prostrate,  
make offerings, and go for refuge.

(7x)

The Tathagata King of Clear Knowing melts into light and dissolves into the Tathagata Medicine  
Guru.

O Blessed One, Tathagata, Foe Destroyer, Completely Perfect Buddha, Medicine Guru, Great  
King with the Radiance of a Lapis Jewel, to you I prostrate, make offerings, and go for refuge.

(7x)

The Tathagata King of Clear Knowing melts into light and dissolves into me. All sickness, spirits,  
negativities and obstructions that afflict me are purified and I become the Buddha Medicine Guru.

### Recitation of the Mantra

At my heart, on a moon, is a letter HUM ཨུྐ surrounded by the mantra:

TAYATA OM BHEKHANDZE BHEKHANDZE MAHA  
BHEKANDZE BHEKANDZE RANDZA SAMUNGATE SOHA

ཏུཏྟཱཱ་ ཨུྐ་ཨུྐ་ཨུྐ་ཨུྐ་ ཨུྐ་ཨུྐ་ཨུྐ་ཨུྐ་ རྩ་ཐོས་ལྷན་ཏེ་སྒྲུབ།

*(Recite the Medicine Buddha mantra 21 or 108 times with visualisation.)*

### Dedication

Through my virtues from prostrating, making offerings and reciting the names of the  
Assembly of Seven Sugatas,  
May the supreme prayers that they previously made -  
The two sets of eight, the four sets of four and the twelve promises -  
Immediately ripen upon me and all other living beings.

Ge-wa di-yi nyur du-dag  
La-ma sang-gye drub-gyur ne  
Dro-wa chig-kyang ma-lü-pa  
Kye-kyi sa-la gö-par-shog.

Jang-chub sem-chog rin-po-che  
Ma-kye pa-nam kye-gyur-chig  
Kye-pa nyam-pa me-par-yang  
Gong-ne gong-du pel-war-shog

### Gaden for the West Colophon

Under the kind supervision of the Venerable 13th Zasep Tulku Rinpoche, this Gaden for the West (GFTW) version has been edited by Julia Milton and formatted by Peter Lewis.

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Updated versions will be available on the Web.

We dedicate any and all merit of this effort to the study and pure practice of the precious Vajrayana teachings.