

## Medicine Buddha Mantra & Practice

TEYATA, OM BEKANDZE BEKANDZE MAHA BEKANDZE RADZA

SAMUNGATE SOHA

<https://youtu.be/dBtvpjKAUFO>

In Tibetan pronunciation:

*Tie-ya-tar*

*Om beck-and-zay beck-and-zay ma-ha beck-and-zay run-zah*

*sum-oon- gat-eh so-ha*

<https://youtu.be/QQpE2qwRYdw>

<https://youtu.be/30bn9TxJ62k>

Meaning:

“May the many sentient beings who are sick, quickly be freed from sickness and may all the sicknesses of beings never arise again.”

The Medicine of Medicine Buddha addresses the elimination of all karma, all disturbing thoughts, and all inner causes of disease including old age and sickness. In essence this medicine is for the release of the true suffering which is the infinite rebirth process.

### MEDICINE BUDDHA PRACTICE:

SIT, AND MAKE A PRAYER FOR INVITING MEDICINE BUDDHA INTO YOUR SPACE:

For healing, purification, release of suffering, enlightenment, success, anything that is needed.

*(BUDDHIST PROPER PRACTICE IS TO THEN ALSO OFFER THE SAME TO ALL OTHER SENTIENT BEINGS.)*

### INVITE THE MEDICINE BUDDHA INTO YOUR SPACE:

Have a picture ready. Gaze at the picture for a few minutes. Then close your eyes.

Visualize Medicine Buddha sitting in front of you, looking at you. He is the height of your forehead a few feet in front of you.

He is having a dark blue-lapis lazuli body. The archetypal color of healing. In his left hand he holds a bowl of healing nectars, and with his right hand he holds the miracle medicine plant Myrobalan.

Feel His presence and energy.

### STATE YOUR REQUEST

Repeat your prayer and be more specific in what you need healed, changed.

### RECEIVE THE HEALING

While visualizing the following, recite the Medicine Buddha mantra.

See and feel the healing blue lights and nectars emanate from the bowl in his lap flowing into your crown chakra, flowing down, and filling your body and aura. You are radiant and filled with blue light and lights of all colours. Whatever is needed. The flow includes all the ailing parts.

Know and see that the healing is instant, complete, and permanent. All the way into the cause/s.

See the light remove all ignorance, hatred, and attachment within you.

Close by thanking. Drink water.



