

*The Concise Essence Sutra Ritual of
Bhagavan Medicine Buddha called*

The Wish-Fulfilling Jewel



*composed by Panchen Losang Chökyi Gyältsen
translated by David Molk*



*Foundation for the Preservation of the Mahayana Tradition
Education Services*



Notes regarding this practice:

Altar and Gomya Set-up

- ◆ When performing this puja extensively, it is best to set out 108 sets of offering bowls. If this is not possible, then 8 sets will suffice. The offerings for this puja are set out in a unique fashion: Starting toward the back of the altar and working forward, one places a row of 8 argham, followed by a row of 8 padhyam, then 8 pushpe, and so on, rather than consecutive rows of all 8 offerings.
- ◆ One should also prepare and offer 8 tormas made from the 3 whites and the 3 sweets (milk, butter, yoghurt, sugar, molasses, and honey) in the shape of tear drops.
- ◆ Other offerings of food, flowers, etc. are optional.
- ◆ It is recommended by Lama Zopa Rinpoche to also have on the altar, if possible, a representation of the Medicine Buddha mandala (obtainable from FPMT Education Department) in a mandala house and above that, a copy of the Medicine Buddha Sutra wrapped in five-colored cloth.

NOTE: When seating monks and nuns in the front, it is customary to seat monks on the left side of the throne (when facing the throne) and nuns on the right.

During “big pujas” (these are defined as self-initiations or long pujas and pujas with extensive offerings, etc.) one can offer a stick of incense for the lama or geshe to hold during the verses of invocation.

Ritual implements

One should have both dorje and bell, but no damaru or inner offering.

NOTE: Throughout the preceding text, small symbols of bells  or other instruments and hand mudras appear in the margins to help the practitioner know when one should play these instruments or when to do certain mudras. It is hoped that these small indications will be helpful to those not yet familiar with these aspects of tantric practice. Other symbols and their meanings are:



lotus mudra



prostration mudra



show the dorje

Practice tips

- ◆ Because this is a practice belonging to Action Tantra, it is best not to eat black foods the day one performs the puja. After the puja, one can eat whatever one wishes, but before doing the puja, avoid black foods.
- ◆ According to the instructions of Lama Zopa Rinpoche, before commencing the actual practice, begin with preliminary prayers (found in the “Morning Prayers” section of Essential Buddhist Prayers, vol. 1), including the Bodhisattva’s Confession of Moral Downfalls and the General Confession prayer.

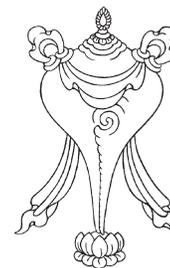
Colophon:

Composed by the Omniscient Panchen Lama Losang Chökyi Gyältsen. The original extensive *Medicine Buddha Sutra* came from Shakyamuni Buddha himself.

English translation by David Molk in March 1993, 2537 years since Buddha Shakyamuni’s parinirvana, in accordance with an explanation by Venerable Geshe Tsülga of Sera Monastery, now resident at Kurukulla Center of Boston, Massachusetts.

Lightly edited for distribution to FPMT centers and students in May 1998. Further editing completed by Ven. Constance Miller, FPMT Education Department in September 2000. Revised edition, August 2001. Additional revisions to the translation and the transliteration of the mantras, October 2002.

Section title page line drawing of Medicine Buddha, courtesy of Robert Beer. Line drawings of the Medicine Buddhas included throughout *The Wish-Fulfilling Jewel*, courtesy of Andy Weber.





During the teachings' decline for protectorless beings
 Who were untamed by other sun-like conquerors,
 Through the auspiciousness of all collected good qualities
 Of those seven sugatas, protectors during degenerate times,
 May all negativity and degeneration be ended,
 And, bliss and goodness increasing like a waxing moon,
 May it be auspicious to enjoy the glory of perfection.



Arising well from the broad lotus-like tongue
 Of the lord of the able ones,
 Especially exalted even in the later days of the Shakya's teachings
 Such that, if performed, one gains
 The essence of immortality's ambrosia:
 Through the auspiciousness of all collected good qualities
 Of that king of the vast and profound sutra pitaka,
 May all negativity and degeneration be ended,
 And, bliss and goodness increasing like the waxing moon,
 May it be auspicious to enjoy the glory of perfection.



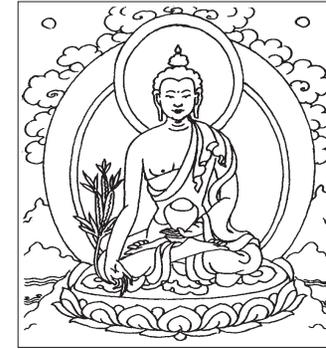
Through the auspiciousness of all collected good qualities
 Of those children of the lineage performing the sutra ritual
 By simply reciting the names of the kings of doctors
 Of all realms' ten directions
 And through the especially extensive prayers of the teacher Buddha and
 the sugatas:
 May all negativity and degeneration be ended,
 And, bliss and goodness increasing like the waxing moon,
 May it be auspicious to enjoy the glory of perfection.



Accomplished through the compassion mantra of the sugatas,
 Through faith, samadhi, and words of truth, construction of jewels,
 Abode of the Three Jewels beyond the three realms,
 Through the auspiciousness of all collected good qualities
 Of that supreme buddha-field equal to Sukhavati:
 May all negativity and degeneration be ended,
 And, bliss and goodness increasing like the waxing moon,
 May it be auspicious to enjoy the glory of perfection.



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Medicine Buddha
 Woodblock print

NAMO GURU MUNINDRAYA

The river of merely hearing your names
 Makes even Avici's hell-fires cool as a lotus pond.
 Protectors in degenerate times, seven sugatas
 And head of the Shakyas, to your feet I bow.

Distracted by activities of varying importance,
 To benefit myself and those with faith in the life stories
 Of these seven buddhas for degenerate times,
 I'll condense the ambrosia sutra ritual to its molten essence.

Because of the infallibility of Arya Buddha's proclamation that the power and blessings of the Medicine Buddhas are greater and swifter in degenerate times, we accept it. Having already made preparations as described in the sutra ritual, one who wishes to perform this quintessential ritual for invoking the heart commitment of the protectors during degenerate times, the seven sugatas, should recite as follows, fully infusing the mind with refuge and bodhichitta:



Refuge and Bodhichitta

Nature incorporating the entire body, speech, mind, qualities, and activity of all the tathagatas of the three times and ten directions, source of 84 thousand collections of Dharmas, lord of all arya Sangha, I seek refuge in the kind and glorious holy root and lineage gurus.

I seek refuge in the completely enlightened lord buddhas.

I seek refuge in the holy Dharma.

I seek refuge in the arya Sangha.

I seek refuge in the eight brothers gone to bliss, the lord Medicine Buddhas with their hosts of retinue deities.

I seek refuge in the glorious holy protectors, Dharma protector guardians endowed with the wisdom eye. (3x)

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly.

By my merit from giving and other perfections

May I become a buddha to benefit all sentient beings. (3x)

The Four Immeasurables

All sentient beings who, although self and all appearances are dharmadhatu by nature, have not realized it thus, I shall endow with happiness and the causes of happiness, I shall separate from suffering and the causes of suffering, I shall make inseparable from happiness without suffering, and I shall set in equanimity, the cause of well-being, free from attachment, aversion, and partiality. (3x)

The Power of Truth

Through the power of the supreme truth of the buddhas' and bodhisattvas' blessings,

The might of the two collections, and the purity of the dharmadhatu,

May this realm's beings and environment be enriched like Sukhavati

With all the desirable perfections of both samsara and nirvana.

Offerings

Jeweled ground adorned with trees and with ponds

Whose bottoms are covered with gold, silver, and pearl dust;

Flowers strewn and sandalwood fragrance rising;

Human and divine enjoyments: Samantabhadra's offerings everywhere.



Dedications

Just as the brave Manjushri and Samantabhadra, too,

Realized things as they are,

I too dedicate all these merits in the best way,

That I may follow their perfect example.



I dedicate all these roots of virtue

With the dedication praised as the best

By the victorious ones thus gone of the three times,

So I might perform good works.

Here one can do the multiplying mantras to increase the merits created (see Dedications section of Essential Buddhist Prayers, vol. 1.)

Auspicious Verses

The hosts of Medicine Buddha deities

Pervading all directions of the round of space with perfection -

Some raining down multicolored lotuses,

Some singing songs requesting goodness,

Some acting to conquer maras and obstructors,

And all bestowing on you supreme good fortune:

Know this full well and be very joyful

And I shall voice sweet melody expressing auspiciousness.

Supreme teacher of humans and gods,

Touching my crown to your feet of jeweled moonlight

Grants the glory of good fortune of kumuda flowers' blossoming;

To Munindra, moon of expounders, I prostrate.

Manjushri and great abbot Shantarakshita,

Trisong Detsen, Atisha father and sons,

Second conqueror Losang Dragpa, and so on:

Through the auspiciousness of all collected good qualities

Of the supreme root and lineage gurus,

May all negativity and degeneration be ended,

And, bliss and goodness increasing like the waxing moon,



May it be auspicious to enjoy the glory of perfection.

Accomplishing a supreme ocean of prayers invoking truth



 To the compassionate ones who liberate destitute beings,
 To the seven sugatas, Buddha Shakyamuni, and the holy Dharma,
 To Manjushri, Kyab Dröl, Vajrapani, Brahma and Ishvara,
 And the maharajas and yakshas, I prostrate.

 I make every collection of offerings, actually arranged and emanated
Visualize extensive offerings here.
 Through the force of mantra, samadhi, and aspiration.
 I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.

Request for Forgiveness

Whatever I have done or caused to be done
 That was unprepared or degenerated
 Or done with my deluded mind,
 Please be patient with all of these.

Whatever the beings of this degenerate age have done
 Of lesser merit mixed with ignorant delusions
 That did not fulfill the aryas' wishes,
 Please be patient with these as well.

Under the influence of miserliness, lacking in skill,
 Having made bad offerings or faulty arrangements,
 O protector endowed with great compassion,
 Please be patient with these as well.

Whatever was superfluous or left undone,
 Degeneration in parts of the ritual,
 Or whatever was forgotten,
 Please be patient with these as well.

Request to Remain

By remaining here together with this image
 For the sake of all migrators,

May you grant us long life without illness,
 Power, and supreme attainment.

OM SUPRATISHTHA VAJRA YE SVAHA



There, in the center of a charming jeweled palace
 On lotuses and lion thrones, buddhas and bodhisattvas abide.
 May [everywhere] be filled with oceans of clouds of offerings, which
 they enjoy,
 Born through the force of mantra, samadhi, and aspiration.

Invocation (with burning incense)

Compassionate protectors in degenerate times, seven sugatas,
 Buddha Shakyamuni, holy Dharma, bodhisattvas, and guardians,
 Invited as the support and protector refuge to protect others and
 myself:

 May you come here, gather, and grant your blessings.

If one wishes, one can insert an extensive bath offering here.

The Seven-Limb Practice

Prostrations

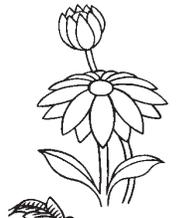
 Root guru whose kindness is without equal,
 King of the Shakyas, Manjushri, Shantarakshita, and so on,
 Holding in their hands this profound sutra:
 To the direct and lineage gurus, I prostrate.

 To the compassionate ones who liberate destitute beings –
 Seven sugatas, Buddha Shakyamuni, and holy Dharma,
 Manjushri, Kyab Dröl, Vajrapani, Brahma and Ishvara,
 And the maharajas and yakshas – I prostrate.

 I make every collection of offerings, actually arranged and emanated
 Through the force of mantra, samadhi, and aspiration.
 I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.

Beseeching

Great bhagavan assembly, pray listen!
 Seven sugatas, just as you promised,
 Your previous prayers will be fulfilled
 During the final period of Shakyamuni's teachings:
 Pray, show me in actuality it is true!





 Body majestic as a golden Mount Meru:
I prostrate to the king of the Shakyas.

 I make every collection of offerings actually arranged and emanated
Visualize extensive offerings here.
Through the force of mantra, samadhi, and aspiration.
I confess all downfalls and negativities,
Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
And dedicate such virtues as these to the great enlightenment.

Pray, bless us and all beings who lack a protector
To receive here immediately, without exception,
The benefits as taught by the supreme teacher
In the extensive sutra ritual of Medicine Buddha.

Prostration and Prayer to the Holy Dharma

 Supreme lamp dispelling the darkness of ignorance,
 Foremost of medicines alleviating suffering and disease,
 To the entire sublime jewel of Dharma,
 I prostrate, offer, and go for refuge. (3x)

 I make every collection of offerings, actually arranged and emanated
Visualize extensive offerings here.
Through the force of mantra, samadhi, and aspiration.
I confess all downfalls and negativities,
Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
And dedicate such virtues as these to the great enlightenment.

Through the blessings of the truth of the holy Dharma jewel
May I and all others, henceforth in all our lives,
Practice the Buddha's teachings in their entirety
Exactly as the buddhas intended.



Requesting the Benefits of the Practice

The conquerors' heart commitments were invoked
By thirty-six thousand sons of sugatas,
Including Manjushri, Kyab Dröl, and Vajrapani.
Thus requested, they proclaimed this sutra's benefits.



And when we pass away from this life,
May we be born from a lotus in that buddha-field, qualities complete,
Become a vessel for transmitting the teachings of conquerors such as
Renowned Glorious King of Excellent Signs,
And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened Buddha King of
Melodious Sound, Brilliant Radiance of Skill, Adorned with Jewels, Moon,
and Lotus (Svaragosaraja)

 I prostrate, offer, and go for refuge. (7x)

 Yellow in color with mudra of granting the
supreme;
 Who accomplished eight prayers;
 Majestic with the glory of two accumulations;
Glorious one of the buddha-field Endowed
With Jewels:

 I prostrate to King of Melodious Sound.

 Well adorned with jewelled moon and lotus,
 Wisdom expanded in mastery of all knowable objects,
 Endowed with a mind as deep as the ocean:
 I prostrate at the feet of King of Melodious Sound.

 I make every collection of offerings actually arranged and emanated
Visualize extensive offerings here.
Through the force of mantra, samadhi, and aspiration.
I confess all downfalls and negativities,
Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
And dedicate such virtues as these to the great enlightenment.

Through the force of hearing the conqueror's name,
Expressing it, remembering, prostrating, and offering,
For all sentient beings such as ourselves
May the distracted flourish in the Dharma;
Have wealth and goods of humans and gods;
Without torment at conception, be always born human;
Never be separated from bodhichitta; increase in virtuous Dharma;





Purify obscurations; and attain the happiness of humans and gods.
 May we be freed from being separated from the spiritual guide,
 From dark ages, spirit harm, death, and enemies,
 And from the dangers of isolated places.

May we have enthusiasm for making offerings and performing ritual services.

May lesser beings have samadhi, mindfulness, strength,
 The dharani of non-forgetfulness, and attain supreme wisdom.

May tormenting fires be cooled.

And when we pass away from this life,

May we be born from a lotus in that buddha-field, qualities complete,
 Become a vessel for transmitting the teachings of conquerors such as

King of Melodious Sound,

And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened Buddha Stainless
 Excellent Gold, Great Jewel Who Accomplishes All Vows
 (Suvarnabhadradravimala),

 I prostrate, offer, and go for refuge. (7x)

 Golden in color, like the River Tsambu, with Dharma teaching mudra;

 Having accomplished four prayers;

 Majestic with the glory of two accumulations;

 Glorious one of the buddha-field Incense Filled:

 I prostrate to Stainless Excellent Gold.

 Paramount among golds like the gold of the
 River Tsambu,

 Blazing with more radiance than a thousand suns,

 Body like a stainless golden stupa:

 I prostrate to Stainless Excellent Gold.



 I make every collection of offerings actually arranged and emanated

Visualize extensive offerings here.

Through the force of mantra, samadhi, and aspiration.

I confess all downfalls and negativities,

Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,

And dedicate such virtues as these to the great enlightenment.



May each and every sentient being such as ourselves

All become, like you, graced with marks and signs.

May the light dispelling darkness, the enjoyment of wisdom, and skillful means be inexhaustible.

May those attracted to mistaken and lesser paths enter Mahayana paths,
 And all be beautified by their vows.

May we be free from pain caused by immorality,

Be complete in faculties and without disease, and have abundant goods.

May those disillusioned with the weakest conditions always have
 powerful faculties,

And may we be freed from Mara's noose and perverse viewpoints.

May those tormented by kings gain bliss, and those who,

Out of hunger, support themselves through negativity

Be satisfied with food received in accordance with the Dharma.

May hardships of heat and cold be pacified and all good wishes be fulfilled.

Endowed with morality that pleases the aryas, may we be liberated.

And when we pass away from this life,

May we be born from a lotus in that buddha-field, qualities complete,

Become a vessel for transmitting the teachings of conquerors such as

Medicine Guru, King of Doctors,

And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened
 Buddha Glorious Conqueror Shakyamuni

 I prostrate, offer, and go for refuge. (7x)

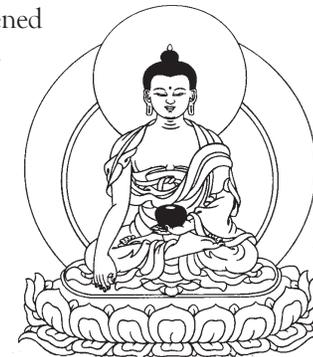
 Golden in color with earth-pressing mudra,
 Who through the force of unique great
 compassion and enthusiasm

 Became the glorious one of this, the fearless
 world system:

 I prostrate to the supreme leader, head of
 the Shakyas.

 Born in the Shakya lineage out of skillful means and compassion,

 Unchallenged by others, conqueror of Mara's forces,





Through the force of hearing the conqueror's name,
 Expressing it, remembering, prostrating, and offering,
 For all sentient beings such as ourselves
 May the distracted be free of malice and rich in goods.
 May those on evil paths to lower realms attain the ten virtues.
 May those controlled by others gain perfect independence,
 And all have long life, hear the names, and be virtuous.
 And when we pass away from this life,
 May we be born from a lotus in that buddha-field, qualities complete,
 Become a vessel for transmitting the teachings of conquerors such as
 King of Clear Knowing,
 And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened Buddha Medicine
 Guru, King of Lapis Light (Bhaisajyaguru)

 I prostrate, offer, and go for refuge. (7x)

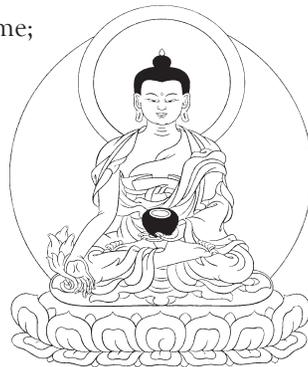
 Blue in color with mudra of granting the supreme;
 Who accomplished twelve prayers;
 Majestic with the glory of two accumulations;
 Glorious one of the buddha-field Lapis Light:
 I prostrate to Medicine Guru, King of Doctors.

 Bhagavan with equal compassion for all,
 Whose name, when merely heard, dispels
 the suffering of lower realms,
 Dispeller of disease and the three poisons:
 I prostrate to Medicine Buddha Lapis Light.

 I make every collection of offerings actually arranged and emanated
Visualize extensive offerings here.

Through the force of mantra, samadhi, and aspiration.
 I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.

Through the force of hearing the conqueror's name,
 Expressing it, remembering, prostrating, and offering,



Through the force of hearing the conqueror's name,
 Expressing it, remembering, prostrating, and offering,
 For all sentient beings such as ourselves
 May the short-lived gain longevity, the poor, full wealth;
 May combatants come to have loving minds.
 May we not be without training and fall to the lower realms
 But be bound by our vows and never without bodhichitta.
 And when we pass away from this life,
 May we be born from a lotus in that buddha-field, qualities complete,
 Become a vessel for transmitting the teachings of conquerors such as
 Stainless Excellent Gold,
 And cause them delight.

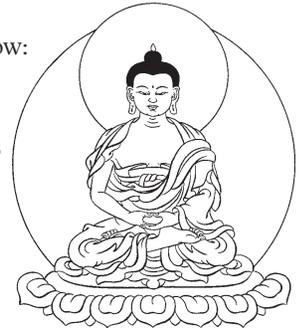


To the bhagavan, tathagata, arhat, fully enlightened Buddha Supreme
 Glory Free from Sorrow (Asokottamasriraja)

 I prostrate, offer, and go for refuge. (7x)

 Light red in color with mudra of meditative equipoise;
 Who accomplished four prayers;
 Majestic with the glory of two accumulations;
 Glorious one of the buddha-field Without Sorrow:
 I prostrate to Supreme Glory Free from Sorrow.

 Passed beyond sorrow, attained to supreme bliss,
 Pacifier of sentient beings' three poisons
 and sufferings,
 Protector of beings of the six realms,
 To the glorified one, Supreme Glory Free
 from Sorrow, I prostrate.



 I make every collection of offerings actually arranged and emanated
Visualize extensive offerings here.

Through the force of mantra, samadhi, and aspiration.
 I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.



Through the force of hearing the conqueror's name,
 Expressing it, remembering, prostrating, and offering,
 For all sentient beings such as ourselves
 May sorrow and the like always be pacified, and life be long and happy.
 May the conquerors' light increase bliss and joy in the hells.
 May we have brightness, beauty, and wealth, unharmed by spirits;
 May we have love for each other; and may there be no disease.
 And when we pass away from this life,
 May we be born from a lotus in that buddha-field, qualities complete,
 Become a vessel for transmission of the teachings of conquerors such as
 Supreme Glory Free from Sorrow,
 And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened Buddha Melodious
 Ocean of Proclaimed Dharma (Dharmakirtisagara)

I prostrate, offer, and go for refuge. (7x)

I prostrate, offer, and go for refuge. (7x)
 Pink in color with mudra of teaching the Dharma;
 Who accomplished four prayers;
 Majestic with the glory of two accumulations;
 Glorious one of the buddha-field Victory Banner of Dharma:
 I prostrate to Melodious Ocean of Proclaimed Dharma.

Great sound of Dharma conquering adversaries,
 Endowed with speech as deep as the ocean,
 Pacifier of beings' suffering without exception:
 I prostrate to Melodious Ocean of Proclaimed
 Dharma.

I make every collection of offerings actually
 arranged and emanated

Visualize extensive offerings here.

Through the force of mantra, samadhi,
 and aspiration.

I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.



Through the force of hearing the conqueror's name,
 Expressing it, remembering, prostrating, and offering,
 For all sentient beings such as ourselves
 May we always have perfect view and faith,
 Hear the sound of Dharma, and be enriched with bodhichitta.
 For the sake of resources may we give up negativities;
 May wealth increase.
 May we abide in love, have long lives, and be content.
 And when we pass away from this life,
 May we be born from a lotus in that buddha-field, qualities complete,
 Become a vessel for transmission of the teachings of conquerors such as
 Melodious Ocean of Proclaimed Dharma,
 And cause them delight.



To the bhagavan, tathagata, arhat, fully enlightened Buddha Delightful
 King of Clear Knowing, Supreme Wisdom of an Ocean of Dharma
 (Abhijyaraja)

I prostrate, offer, and go for refuge. (7x)

Coral colored with mudra of granting the supreme;
 Who accomplished four prayers;
 Majestic with the glory of two accumulations;
 Glorious one of the buddha-field Ocean of Jewels:
 I prostrate to King of Clear Knowing.

Mind of profound Dharma wisdom, difficult to
 fathom,
 Sporting in the pure sphere of truth,
 One who sees all knowable objects directly:
 I prostrate to King of Clear Knowing.

I make every collection of offerings actually arranged and emanated

Visualize extensive offerings here.

Through the force of mantra, samadhi, and aspiration.

I confess all downfalls and negativities,
 Rejoice in virtues, (*Meditate strongly on rejoicing here.*) request and beseech,
 And dedicate such virtues as these to the great enlightenment.

