

2008 SPIRITUAL PROGRAMME

LOSANG DRAGPA BUDDHIST SOCIETY

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Meditation on Medicine Buddha

By Geshe Tenzin Zopa on 9th January 2008 @ Losang Dragpa Buddhist Society, PJ

Now, We have to set the right motivation for Medicine Buddha Practice. Meditation on Medicine Buddha is to heal the illness, obstacles and sufferings within oneself and others, loves one, friends, enemies and other sentient beings. To obtain the state of Medicine Buddha which is the state of total freedom from entire sicknesses , obstacles , problems, obscuration and all the defilements. So for this purpose I am going to do the Meditation.

Before getting into actual process of meditation first of all it is beneficial for us to set the proper sitting posture . If it is convenient with your physical flexibility , then do the Vajra cross legs. The spine and back should be straight up. The head remains in the natural posture, not stiff facing up or looking down. Eyes not totally close or widely open. Two hands could remain as Medicine Buddha hand gesture. Today, we focus on Medicine Buddha hand gesture. Right hand placing on right knee, palm upwards with Thumb touching index finger .Visualising oneself holding arura medicinal herb. And left hand placing at navel holding begging bowl which fills with medicinal nectar which is in the aspect of over flowing . One's mind is totally motivated to be free from entire sickness, physical and mental discomfort including the causes which are karma and delusion .Our mind is in the manner of great respect to Medicinal Buddha who is our sole refuge who is able to protect us from entire suffering. Taking advantage of this practise which is not just to benefit oneself but to benefit infinite beings. At your right side are the male beings whom we have connection directly or indirectly in the manner of loves, caring and responsibility. On your left are the female beings whom are the object of our loves , cares and responsibility. In front of you are beings manifest as harm givers to you , your enemies who cause direct or indirect sufferings for you are all in front of your seat. Other living beings could be strangers, or those countless beings are seated behind you. And all one's past life such as rebirth as animal, rebirth as goat, asura, human beings or hell beings, hungry ghost , all those infinite past life of oneself also reside together at the back with those strangers . And all those beings surrounding us for the purpose of purification, cleansing of karma, purify the suffering through the power of Medicine Buddha and through the power of our motivation of Bodhicitta. All living beings manifest as human beings exactly like ourselves now. If you can't imagine that ,then you should at least think the surrounding beings becomes human beings exactly like us who has great respect and faith for the Medicine Buddha. Who has the Buddha nature, who does not wish to suffer. Who also wishes to obtain happiness .

So now in order to derive the blessing , the healing from Medicine Buddha, first we have to actualise the base where one can ever receive the blessing , such as our mental continuum, our physical form , our contaminated speech. We tranquilize at least the base which is our mind through the breathing meditation. While doing the breathing mediation, one's mind focus on the rhythm of the breathing. When the air breath out, one's mind follow the exhale. At the same time the mind continue to concentrate on the inhale of the air.The breathe should be breath in and out from the navel not from the chest. Now all of us come together and do at least 9 rounds of breathing just focusing on the breathe. One should stretch the length of the breathe as long as possible.

Breathing Mediation in progress – Inhale & exhale.....

So , now try to move the two shoulders a little in the form of relaxing. From there , we can instantly feel the whole body in fact is balance , all the wind, the negative chi already out from our body and

thought and the good chi is in flow in our physical form and our mind. If our knees and hand gesture are uncomfortable, we can adjust now. So now if we are more comfortable to do the Meditation like stretching our legs out, feel free to do that or still continue to do the Medicine Budhha hand gesture and posture, we can continue that as well. Or rather we feel like normal seating gesture we can do that. It is always beneficial to stretch our back straight which still have to remain. If we feel more comfortable easier to visualise by closing our eyes , we can close our eyes or easier looking at the Medicine Buddha picture for clearer visualisation, You can do that.

The steps of Medicine Buddha healing mediation driving the blessing of Medicine Buddha holy body, speech & mind. When we do the meditation based on Medicine Buddha holy body , we will visualise the holy image of Medicine Buddha Holy Body , light and nectar. Try to look into the radiation of rainbow lights surrounding the Medicine Buddha holy body. Whenever ask to visualise radiation of lights, one should visualise something like that. But I will mention the light in the form of blue colour so the root light radiates as blue but shinning as colourful as the one drawn in the picture. During the meditation of speech , we will train our focus on the recitation of the mantra . We will do the guided mediation on the speech which is to purify negative karma, sickness related to the speech. The meditation based on mental continuum is to clear the defilements, the obscuration and to obtain omniscient mind of Medicine Buddha. Whenever we do this visualisation one always should not focusing on the beings surround us. Naturally, One should feel from the beginning, the lights , the nectar purification and blessing reaches to all the surrounding beings. Whenever yourself purify sickness and discomfort and negativities, they also purify, whenever you receive the blessing, they also receive the blessing.

Now, in front of us , on our forehead, try to visualise there is a very bright light. Now you start to see an eight petal lotus which is very colourful. On top of the lotus , there is a sun disk of round shape and bright colour. You could even feel the warmness , one can feel the heat of sun disc. On top of the sun disc is the moon disc , which is golden colour and very bright, very cooling and soothing. Now , one should feel the heat before energize, which is very soothing. When one body is very hot,the moment one receive the wind blow, the soothing feeling, something like that. Very bright, very soothing. One top of the moon disc, there is a very tiny bright light. That is the seed syllable and the omniscient mind of Medicine Buddha. From that light form the whole physical form of Medicine Buddha who's colour is lapis lazuli, blue colour. Who's form is exactly like your form, two hands, one face, two legs, full structure of body, two eyes, one nose, mouth and the usnisha. He is in the life form, he is looking at us, who's look is very compassionate. One can feels that Medicine Buddha understand that what kind of defilement and inner and outer sufferings we possess as well as all the surrounding beings surround you, each and individual karma, sufferings. The Medicine Buddha shows the aspect that he has already seen. The Medicine Buddha form is very attractive that one cannot sway our concentration from him. His right hand is holding an arura medicinal herbs which has beautiful leaves and seeds. His left hand holds the begging bowl fill with nectar over flowing. The Medicine Buddha through his omniscient mind understand it is necessary granting blessing to heal physical and mental discomfort of oneself and surrounding being, including purification of negative karma. One can see that Medicine Buddha is very delighted with smiling face, he is delighted as we are seeking refuge from him. To grant the blessing, he emanate infinite light, the base of the colour is blue and shine by golden colourful colour towards you and surrounding beings. The brightness cover entire universe, each and every living being including yourself touches by the light. Now the light touches you, you feel very blissful, instantly cease the pain within physical form, mental suffering including the cause of the suffering. Now our physical form transform into a form of light through the blessing and the power of the Medicine Buddha. The light purifies the contaminated physical aggregates. Our physical

form becomes a form of light. At this moment one can close our eyes tightly and look at oneself through our mind. One can feel that one is floating in the space, very high space like a balloon. At this moment different people has different experiences, some people has experiences of bright light, which is very good sign. Some people instantly feel like floating in the space which is good sign. Some people feels very darks and suppressing which is not a good sign. Some people feels like totally lost in the darkness , which is not a good sign. If anyone of us feel or experience of lost and darkness, one should again reflect towards the Medicine Buddha and request his blessing again to emanate lights specifically in the forms of laser light goes into your five senses to purify heavy ignorant and karma .One transforms and dispel the ignorant and delusion so that one can achieve the light form like the Medicine Buddha. Some Meditators have different vision at this moment. Some see holy images of Buddhas, or mantra or auspicious signs. Some sees Guru face which are the auspicious signs.

Now relax your eyes, go back to the normal posture. Now, one should feel physically there is no different from the Medicine Buddha physical form and ourself which is very clean, clear light form. Colour in the aspect of blue shine by bright golden colour. Which does not have any weight, which does not possess blood, bones, marrow, pus ,waste , etc , completely clean , clear, transparent, light , bright. Try to remain one's mind looking into our own light's form which sees clean, clear, bright , light state of no pain, state of free from discomfort, free from state of contamination. Now due to the contemplation of your concentration looking into your own physical form , one will feel the lights is getting brighter and it forms the light form of oneself is getting brighter and larger and floating high in the space. During this meditation if any other thoughts arises into you which is an obstacles then one try to avoid that and refocus on the same object, which is light, bright , clean and clear. Now one's mind should feel very happy that one has obtained the equal state of physical form of Medicine Buddha, One has completely purified the contaminated physical aggregates including the causes of karma and delusion.

Now we do the 2nd round of physical purification, meditation based on Medicine Buddha. Earlier we do the meditation based on light, now we do the meditation base on Nectar. Even though we are doing this meditation , we do contemplate that we have achieve the state of Medicine Buddha, but conventionally we are still ordinary being. By doing this Medicine Buddha practice we have definitely heal and cleans the great amount of negative karma, and also the physical toxin and the negative energy. Again oneself visualise as before, we visualise Medicine Buddha, in front of us above your crown. Same thing emanating bright light, this time the light brings the nectar , the liquid. If any of you have wind problem, such as the chest pain, back pain, stress like heavy load in our mind, it brings stiffness within physical form like blood clog , nerves doesn't function including heart disease, kidney and urinary problem. Anything to do with physical chakra and physical channel, blood, bones, this is very effective healing meditation. If you have any problem related to wind, one should visualise the nectar in golden colour exactly like the sunflower oil, the colour, the liquid, the oiliness. If you happen to touch the sun flower oil in your hand the feeling is exactly the same. If you have difficulty or problems to do with the mind, no concentration, the delusions, disturbance of seeing spirits, dead people, ancestors, bring fears into your mind. Then the visualisation you should do is light brings the nectar with 5 different colours like rainbow colour. If one has problem, obstacles to success in business or to encounter good doctor there is always obstacles occur. In order to pacify that , the lights and nectar are in white colour. Even there is not much obstacles for success and good health ,there is somehow never improve just achieve certain stage and stagnant, One should visualise light and nectar in yellow colour. And for those who leads many fellow, teacher, company's boss, the master of family, having the obstacles of no power in words and physical action and thoughts. Then visualise

very red lights and nectar also in red . And those who experiences very heavy negative karma, with health degenerates, business falls apart, relations falls apart, every corner spells failure. In this case the lights radiate in dark blue colour and nectar also in dark blue colour . So now whatever that you want to energize, enhance or purify through this meditation , you can focus on whatever light you want to focus. I will lead based on the five different colour lights. One should do individual meditation for individual purification. So from the Holy Medicine Buddha emanates infinite lights and that lights bring about the nectar which is in the liquid form, which has the power just by touching, it will bring great bliss, it has the power to energize our physical and mental form. It contains all the blessing of the omniscient one. It is the medicine that can cure entire sickness and defilement. Now it reaches our crown and enter our crown. As an ordinary us, our crown chakra is fill with contaminated cells. Now it is suppressing down, purifying by the force of the light and nectar. One's head chakra above your neck is completely fills with light and nectar. There is not a single contaminated cell remain. One should feel one's own crown chakra is very light , bright ,clean, clear like a crystal. So during this meditation, if you feel headache, then it is a sign that need lots of purification especially to do with the negative karma which accumulated through your physical form. One always beneficial to do this meditation particularly for cleansing the crown chakra and receiving the blessing through the light and nectar drives from Medicine Buddha or any other Buddhas. During this meditation if you feel your crown is getting lighter that is a very good sign that you have greatly purified and you have a great hope that if you ever to get enlightened your physical form by purifying all the physical defilements. Some have the experience of seeing colourful lights that is a good sign, some have the sign of bright lights that is a good sign. Some have the sign of total darkness that is not a good sign. If one has the experience of total darkness and confusion, it is necessary to involve in the practice such as Vajrasattva and 35 confession Buddhas Purifications. Your whole crown chakra above the throat completely feel with the light, nectar, clean clear and experience of bliss. Even the flesh, the outer flesh also transform into light when one look at the face one can see the shape of the face but in the forms of light.

Before going into the 2nd steps , I would like to remind you to sit straight .If there is any physical discomfort, try to adjust it now. Make sure the physical posture doesn't distract your concentration. Now the light and the nectar in the crown gradually entering the throat chakra. Instead of entering the throat it goes right through to the heart chakra ,the chest and the heart completely fill up with the light and nectar. Instantly purify any discomfort around the chest and around the neck. All the negative karmas accumulated due to speech are completely purified. And one obtains the clean, clear, light pure throat chakra as the Medicine Buddha possess. Now the light and nectar gradually enter from the Heart chakra to entire physical form by now from crown to the toe, completely fill with light and nectar and entire physical form and entire continuum mind only in the aspect of clear light mind, clean clear light physical form , clean clear melodious sound of the Buddha. Now one should feel blissful. Here some meditator find very difficult to feel bliss and happy, One should pause for a few seconds and recall one of the most happy moments in their life to bring the bliss in the mental continuum at this moment. One should think how fortunate I am even though born as an ordinary being into this samsara but due to my past good karma and the effort that I put in for this life that I met the Buddha Dharma especially the practice of Medicine Buddha which has the complete cure to bring me into the peerless happiness, definitely I am the most fortunate one, definitely I have all the reasons to be happy, all the reasons to be blissful. Especially through the power of this meditation, I have definitely purified great negative karma and have achieved the very high state of purity. So by reminding that into your mind, you will feel happy, physically you will feel comfortable and that is the sign that you are receiving the benefits of meditation by receiving blessing from Medicine Buddha body speech and mind into our body speech and mind.

Now again ,oneself and all the sentient beings, conventionally we are still in our ordinary form, so therefore again for the great benefits of purification, we are doing the 3rd round of meditation. So from Medicine Buddha holy body speech and mind emanates infinite lights towards you. Your physical form like mind, speech completely contaminated in darkness by karma and delusion. The moment the lights and nectar of Medicine Buddha reaches to your physical form, instantly, simultaneously all the darkness completely disappear, that is the aspect of complete purifications of entire negative karma. Just like in the dark room, when one switches the light the darkness completely disappear. The moment Medicine Buddha lights and nectar touches your physical form , that is the moment you achieve the clear light rainbow form simultaneously purify the entire sicknesses discomfort physically, mentally, ignorant, negative karma completely purified. Here you received , achieved the greatest and happiest bliss. Remain in this thought for a moment.

While doing the meditation , if you feel agitation, discomfort and other thoughts arises, all these are obstacles for the meditation, we have to try to overcome, try to focus on the meditation in order to achieve the great benefits of this meditation.

So , again bring yourself in the same sitting posture whichever way that you are comfortable. This time we will recite the holy name mantra of Medicine Buddha. Either focus on the letters of the mantra, or either focus on the sound and rhythm of the mantra, or either focus on the garlands of the mantra, the words and letter coming out from Medicine Buddha's mouth and entering your mouth and reside in your heart chakra where your chest is ,in the central channel where our mind is. The mantra revolves clock wise in the heart chakra. If one does a mental recitation one can focus on the letters surround the heart chakra. If one wants to focus on the sound , one can listen when some one is doing the chanting like I would do the chanting. Then you can listen and focus on the sound or participate in chanting. This is one of the very powerful healing meditation based on the mantra. Even in the sutra it is says that just by recite the mantra one time, it will close the door to the lower realms. So much power, it is a tool to heal the sickness the cause which is the karma and delusion. Those of you who knows the mantra in your heart, focus on the guided meditation if not you can listen to the rhythm and try to at least follow the steps . Same thing in front of us is Medicine Buddha, the same visualisation we had before, from the Medicine Buddha's holy mouth from the throat chakra comes about hundred of thousands and zillions like a rosary , garlands of mantra entering our mouth passing through our throat chakra and reside in the heart chakra where our mind is and that purified the mental affliction, and physical discomforts and verbal negative karma.

Chanting of Medicine Buddha Mantra in progress.

“Tayatha/Om Bekandze Bekandze/Maha Bekandze /Ranza Samudgate Soha”

Focus on the mantra sound, try to leave a very strong imprint of this chanting in the depth of your heart, in the very deep of your sub-conscious of your mind. Even in the time of sleeping ,even in the dreaming , one can even recite the mantra, one can even remember the mantra, one can even hear the mantra. Even in the most crucial time of dead, after dissolving all the gross consciousness, one can still hear the chanting, this mantra which is one of the most powerful purification antidotes to cease the three lower realms. One of the best guidance who can guides, the power of the mantra can guide our consciousness up to Amitabah Pureland. The mantra which can connect our concentration of our practice of Dharma link up to the most subtleness stage when our gross mind dissolve up to the clearland mind.

So, now we go to the last round of the meditation relates to the Medicine Buddha. Make yourself comfortable and regain the concentration. In order for our body speech and mind not to be separated from the Medicine Buddha holy body speech and mind. Now , or later at the time of dead, even in all the future life time until one achieve the stage of Medicine Buddha. The object of our meditation which we visualise earlier part the Medicine Buddha above our crown which are always surrounded by the ten directions of the Buddhas and Bodhisattvas. All the ten directions of Buddhas and Bodhisattvas dissolved into the six Medicine Buddhas. And those six Medicine Buddhas dissolve into the main Medicine Buddha which is the [Menla Gya-Pol](#). Which is the king of the Medicine Buddha which we have meditated visualised earlier before. All those ten directions Buddhas and Bodhisattvas, all the rest of the Medicine Buddhas who are also in the form of lights completely dissolve in to the centre of the Medicine Buddha. And that Medicine Buddha also dissolve into the Shakyamuni Buddha. And now the Shakyamuni Buddha whose form is very large, giant in light form shrink into the thumb size on top your crown. Who's mind is Medicine Buddha 's mind, who's holy body is Medicine Buddha's holy body and who's speech is Medicine Buddha speech .And who's body speech and mind are all the body speech and mind of all the Buddhas and Bodhisattvas of the ten directions. And Shakyamuni Buddha also dissolve into a light. Now , in your visualisation you can only see the light which we have visualised very much earlier on top of the lotus , the sun & moon disc. That is the one light, visualise that light which is the omniscient mind of the ten directions Buddhas and Bodhisattvas.Which is on your crown now.Before the light entering your crown. Now look into yourself the heart chakra the centre channel where one's mind lives, where one's consciousness lives. There the mind covers open, the chakra opens and form into the eight petal lotus in the centre of your heart. In the centre of the lotus, your mind is there, your clear light mind is there. Your Buddha's nature mind is there. And your Buddha hood is there. And the state of medicine Buddha is there. Your enlightenment is there. Which is completely free form entire obscurations. Again in the light form, clean clear like a crystal, bright , very soothing. Now your concentration focus towards your crown ,on top of your crown , the light which is medicine Buddha's mind, which is the essence of all the ten directions Buddhas and Bodhisattvas in the form of light. Now the light entering the crown, it reaches towards the throat chakra. One's crown and throat experience bliss. Now it goes into within the eight petal lotus where your mind reside. Now the two lights , one which is your mind and another one drives from the crown, which is the enlightenment mind, merge together. These two lights merged and mixed together. Completely inseperable .One can't differentiate, even with the most subtle mind one can't differentiate it. When you look at it , it is just a form of light. It is transparent. It is shapeless in fact it is colourless. It is just a matter of wind. But it is cognition .It has the ability to perceive the entire phenomenal. Without that , no living being, without that no enlighten being. Now establish your conviction and faith, your mind and Medicine Buddha's mind and all the ten direction Buddhas and Bodhisattva minds, Guru's mind becomes inseperable, oneness. And where that mind resides , it resides within our own ordinary aggregates. And it will remain there until one achieve full enlightenment. Always guide us and bring liberation. And that is virtue, and that is yourself, and that is Medicine Buddha, and that is clear light mind, and that is omniscient mind, and that is state of happiness and that is state of bliss. And now remind oneself one has all the reason to be happy. Remind oneself , one has all the reason to be blissful. One has all the reason to practice Buddha Dharma. One has all the reason to see Buddha hood. One has all the reason to establish that one can definitely become Buddha. One should see the reason by practicing Buddha Dharma one can extinguish all the defilements. Now one see the potential in you as enlighten which is clear light mind, which is Buddha's nature. Which everyone of us possess equally. Rejoice oneself that we manage to do this Short meditation related to Medicine Buddha . How we establish one's mind inseparble from Medicine Buddha, inseparble from Guru, inseparble from Buddhas, from this very moment up to enlighten. For that purpose now the eight petal lotus ,

where the Buddhas mind and your mind inseparably reside. Now you close the eight petal lotus, visualise the 8 petal lotus closing and the mind is inside there. Now , we close the lotus. Now we recite 8 rounds Medicine Buddha mantra. During the recitation one should focus some of the mantra garlands are tying the 8 petals lotus.Like tying the rope not letting it open. Two of the mantra garlands transform into Vajra aspect. Let's say six of the mantra garlands tie up the lotus from which the Medicine Buddha mind which becomes inseparable with your mind can never go out. Then 2 of the mantra garlands become a cross Vajra, it place on top of the lotus. So it is an aspect of seal which one's mind, guru's mind, Buddha's mind , Medicine Buddha's mind would never be separated always remain inseparable. It means you will always remain as a Medicine Buddha.

“Tayatha/Om Bekandze Bekandze/Maha Bekandze /Ranza Samudgate Soha”

Thank You.

Transcript and light edited by Christopher Kok. All errors and mistakes are entirely of the transcriber and not the faults of the teachings.