

## The Healing Buddha

### A Practice for the Prevention and Healing of Disease

Translated and composed by Lama Thubten Zopa Rinpoche

#### Motivation

No matter what you do, it is essential to generate a positive motivation. Therefore, think as follows:

"The purpose of my life is to free all living beings from all their problems and the causes of these problems, which are in their minds, 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 mind and body must be perfect, pure and healthy. Therefore, to benefit living beings equal to extent of space, I am going to practice this healing meditation."

#### Meditation

Visualize yourself in your ordinary body, with your heart at the center of your chest, inverted, pointing upwards. Inside your heart is a white, eight-petalled lotus. At its center is a moon disc, upon which is seated the Healing Buddha in the aspect of the supreme transformation. His holy body is clear and in the nature of dark blue light, and he holds an arura plant in his right hand and a begging bowl in his left.

In front of the Healing Buddha is the white medicinal goddess, Actualized Wisdom; to his right is the yellow medicinal goddess, Simultaneous Wealth; behind him is the red forest goddess, Peacock's Throat; to his left is the green tree goddess, Radiant One. Each goddess is in the nature of blissful radiant light and has one face and two arms.

An arura plant is in each goddess's right hand, with a vase adorned with various ornaments in the left. The four goddesses sit cross-legged, not in the full vajra position but in the aspect of offering respect to the Healing Buddha.

Then make this request:

O Destroyer, Complete in All Qualities and Gone Beyond (1) and you four medicinal goddesses, please pacify immediately the illnesses that afflict me now and help me avoid all future sickness.

Light rays of the appropriate colour 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-coloured 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.

Short Healing Buddha mantra

TAYATHA / OM BEKANDZE BEKANDZE /  
MAHA BEKANDZE RANDZE /  
SAMUNGATE SOHA

## Long Healing Buddha mantra

OM NAMO BHAGAWATE BEKANDZE /  
 GURU BENDURYA PRABHA RANDZAYA /  
 TATHAGATAYA /  
 ARHATE SAMYAKSAM BUDDHAYA / TAYATHA /  
 OM BEKANDZE BEKANDZE /  
 MAHA BEKANDZE RANDZE /  
 SAMUNGATE SOHA

If you are sick, after you have finished reciting the mantra, put some saliva on your left palm, rub it with the tip of your right ring finger, place the tip on this finger at the entrance of your right and left nostrils, where the so-called All-Doing King Nerve can be found, and apply the saliva to the afflicted parts of your body. Then recite as many mantras of the Sanskrit vowels and consonants as possible, along with the mantra of the Heart of Dependent Arising.

## Sanskrit vowels

OM A AA I II U UU RI RII LI LII E AI O AU  
 AM AH SVAHA

## Sanskrit consonants

OM KA KHA GA GHA NGA /  
 TSA TSHA DZA DZHA NYA /  
 TA THA DA DHA NA /  
 TA THA DA DHA NA /  
 PA PHA BA BHA MA /  
 YA RA LA VA /  
 SA SHA SA HA KSHA SVAHA

*The Heart of Dependent Arising*

OM YE DHARMA HETU-PRABHAVA HETUN TESHAN  
TATHAGATO HYA VADAT/  
TESHAN CA YO NIRODHA / EVAM-VADI/  
MAHASRAMANAH YE SVAHA

This practice, a Dharma treasure (terma) of Padma Sambhava, protects you from both the illnesses troubling you now and those you have yet contracted.

Dedication

Because of all my positive actions of the past, present, and future, which bring happiness, may the ultimate good heart - which cherishes all living beings and is the source of the three-time happiness of myself and others - arise in those minds where it has not yet arisen, and increase in those minds where it already has sprung.

Because of my three-time positive actions and those of all holy beings, whose attitude is the purest, may all the kind father and mother sentient beings have happiness. May I alone be the cause of this, and may the three lower realms be empty forever.

May the prayers of all holy beings - those who dedicate their lives to the happiness of others - succeed immediately, and may I alone be the cause of this.

Because of my three-time positive actions and those of all holy beings, may I achieve the peerless happiness of full enlightenment - the state of mind that is free of all error and complete in all positive qualities - and lead all others to that state.

## Colophon

This healing practice was translated by Lama Zopa Rinpoche at Tara Institute, Melbourne, Australia, on September 1, 1991. The Motivational and Dedication have been added to the original text.

## Notes

1. An epithet for the Healing Buddha.