

From Medicine Buddha Healing Meditation and Practice, by Zasep Rinpoche

A video of this teaching can be found [here](#).

From :43 to 13:45, lightly edited

I would like to lead a meditation on the Healing Buddha, Lapis Lazuli Light, the Medicine Buddha, and the visualization of light, and recitation of the mantra.

I would like to ask everyone to sit comfortably, on a cushion, or on a chair. Keep your back straight, and relax your body. And then we visualize Medicine Buddha in front of us, Lapis Lazuli Light Medicine Buddha - not too far, and not too close, about one meter from us, in the beautiful blue sky.

Lapis Lazuli Light Buddha is sitting on a lotus cushion, and moon cushion. The lotus cushion is made with lotus petals, white and pink lotus petals, and on top of that, visualize a moon disc, that is horizontal.

The Lapis Lazuli Light Buddha has one face, and two hands, and he is sitting cross-legged, in the Vajra Asana. He is wearing the beautiful robes of a monk, a saffron and burgundy robe. His left hand is in the mudra of meditative equipoise, and is holding a bowl with white nectar inside. His right hand is holding an arura plant. This is also known as myrobalan. It is an arura plant with seeds, and fruit, and some leaves, and a few flowers.

He is the color of Lapis, deep blue. Also imagine that there is light shining behind his body, behind his head, beautiful light, and golden light...

Then, when you visualize Medicine Buddha, imagine that Medicine Buddha *is here* with you, *a real one... he is alive... he is here with us...*

Also, his body's nature is light, and energy, transparent... it is the nature of light, not a solid, material body like our body, but an energy body.

So, first visualize Medicine Buddha, Lapis Lazuli in front of you, and then say the mantra

OM BEKHANDZYE BEKHANDZYE / MAHA BEKHANDZYE
BEKHANDZYE / RADZA SAMUNGATE SOHA

Sometimes this is pronounced

BHAISHAJYE BHAISHAJYE MAHA BHAISHAJYE
RAJA SAMUDGATE SVAHA

Either way is fine. You can say it the way the Tibetans say it, or according to the Sanskrit - it works. It doesn't matter which way. The most important thing is devotion and faith. It always works. It worked in the past, all those thousands of years, right?

So, OM is the beginning of the mantra, invoking the blessings of the body, speech, and mind of Medicine Buddha;

BEKHANDZYE BEKHANDZYE means *Your are the healer, healer*

MAHA BEKHANDZYE, *Great Healer,*

RADZA means 'King' - *You are the King of Healers*

SAMUNGATE SOHA means You help me and purify and heal my body, speech and mind, and liberate me and others from the sea of samsara -

SAMUNGATE

SAMUN is the Sanskrit word for ocean

SAMUNGATE - *You help me to go beyond this ocean of samsara, the ocean of suffering.*

There is so much suffering in this world - it's like an ocean - the suffering of sickness, death, and so on.

So please help me.

SAMUNGATE SOHA (or SVAHA)

SOHA means 'to accomplish'.

So you can say this mantra as much as possible.

You can say it the way I did it, or you can say it quietly.

OM BEKHANDZYE BEKHANDZYE / MAHA BEKHANDZYE
BEKHANDZYE / RADZA SAMUNGATE SOHA

So, you say the mantra first for a while, and then you do the visualization.

Now, the visualization is a very important one.

While you say the mantra, or after you say the mantra, you imagine a beautiful blue light shining from his heart...

and you visualize a small seed syllable HUM or HUNG at his heart, on the moon disc, and blue light emanating from his heart...

The blue light descends... it comes down and first touches your crown, then slowly the blue light descends to the throat, and then to the heart, then completely fills the inside of your body...

And this light is healing light, this light is holy light, this is divine light, and it purifies your entire body, completely purifies...

and your causes of suffering, pain, sickness, disease, are all gone, immediately, they are all gone...

And also you could imagine that you have received healing energy, not only purifying your body, sickness, but you receive healing energy, healing inspiration to heal yourself. You can heal yourself by reciting the mantra. You receive healing confidence in yourself, and you can also do some healing for others.

Then, you say the mantra again. You can sing it the way I did, or you can say it quietly, and this time nectar comes down...

So, Medicine Buddha is holding a bowl in his left hand, and there is white nectar inside, and as you say the mantra, or after you say the mantra, this white nectar comes down and descends from the bowl. It comes to your crown, and then enters into your body, first the crown, then the throat, then the heart, then the navel, and all throughout your body...

And this nectar is medicinal nectar. It has all the properties of medicine, to heal your body, to nourish your body, to renew your body, and to sustain your body.

Imagine white nectar flowing down like a stream of water, or like a waterfall, like water coming down from the rocks, or from the roof when it's raining - like that, visualize beautiful nectar flowing down from the bowl into your crown, and filling your entire body

and immediately you feel very nourished, and you feel very blissful - the Tibetan word is 'Dewa' - You can feel the happiness, you can feel the joy, you can feel the blessing of Medicine Buddha entering into your heart, and into your body...

Now you are also nourished, and you are also protected. Your body is protected, your mind is protected. Your body is protected from external causes of illness, like viruses, germs, or pollution, and so forth.

You have protection. You have energy inside which has resistance, or the power to neutralize any kind of cause of illness in your body. It will neutralize, and it will purify.

And now, at the very end, you imagine the Medicine Buddha becomes very small, as blue light, the size of your thumb, and the small blue light then enters through your crown and moves down into your heart...

That Divine Light, Medicine Buddha's Divine Light enters your heart. It's here with you as protection, the blessing of Medicine Buddha.

Then you can end the healing meditation.