

A Healing Buddha Practice

O, my ten directions three times family,
all my beloved relations,
may I make a gift of my life

May my life, and this practice benefit us all completely.
May this bring health wherever it is needed,
the balance of the elements, inwardly and outwardly
and the firm establishment of true health and well being,
long life, and happiness for us all

Together with all beings,
May the cultivation of this practice
lead us to the end of every kind of suffering,
and to the enjoyment of all that is good

Contemplating the needs that exist...
May I know ultimate happiness,
the full cessation of all suffering,
and the complete realization of health and peace,
and share that with all...

May all beings have happiness
and all the causes of happiness flourishing...
May all beings be completely and permanently free of suffering
and all the causes of suffering...
I rejoice in all that is beautiful and right in the world,
in all kindness, virtue, and positive action,
and in all success, happiness, and good fortune...
and abide in stable, impartial love

May I always cherish all my family
with the determination to accomplish for them the highest good
that is more precious than a wish-fulfilling jewel

May the supreme jewel, bodhicitta,
arise where it has not yet arisen,
Where it has arisen, may it not diminish,
May it ever grow and flourish

For myself and all others, unenlightened living is suffering,
and there is an end to suffering. Enlightened living is happiness,
health, and peace, and there is a path.

And therefore:

I take refuge in the Buddha, the Enlightened One,
the Great Compassionate Teacher,
I take refuge in the Dharma, in all the Liberating Teachings,
and I take refuge in the Noble Sangha,
the Accomplished Spiritual Community,
the Assembly of Saints
By the merit I have accumulated
through Generosity and other Virtues,
may I accomplish Buddhahood for the sake of all beings

Just as my teachers before me have done,
May I accomplish the full realization of the healing buddha,
and bring all others without a single exception
to that very same state

May the Great Healing Light of the Buddhas and Bodhisattvas,
of all Holy Beings,
and of all that is sacred and pure in the universe
pacify, completely pacify, and fully remove the sufferings of living
beings,
and bring them all true and lasting health and happiness

May real happiness, health, and peace awaken in us all!
May all beings benefit!

{Om Namó Bhagavate Bekhandze / Guru Baidurya / Prabha
Radzaya / Tathagataya / Arhate/ Samyaksam Buddhaya //
Tadyatha / Om Bekhandzye Bekhandzye / Maha Bekhandzye
[Bekhandzye] / Radza Samudgate Soha //}

Tayata Om Bekhandze Bekhandze Maha Bekhandze [Bekhandze]
Radza Samungate Soha

By the merit of this practice,
and by the virtue of any other good I have done,
together with that of kind hearted people everywhere,
and all excellent practitioners,

and by all the virtue and all the blessings
of all the ten directions three times Buddhas and Bodhisattvas

Saints and Sages, Arhats and Ajahns,
Lamas, monks and nuns,
and of all Holy Beings
May all beings benefit.

By all the blessings we have received,
and by the strength of our own awakened insight,
courage, and love,

may all beings have lasting happiness

From this point forward,
may we all experience only complete liberation
from every form of suffering

May we all experience nibbana,
the remainderless quenching of dukkha
May we all experience only peace, joy,
true health, and happiness.

For myself and all others,
May the supreme Awakening Mind
arise where it has not yet arisen
Where it has arisen, may it not diminish
May it ever grow and flourish

May our intentions equally penetrate
every being and place
with the true merit of Buddha's Way.

May this bring complete health wherever it is needed,
on outer, inner, and secret levels

May this bring about the balance of the elements,
and the firm establishment of true health and well being,
long life, and happiness for us all

By all this virtue
may all the environments where we live be purified,
and may we all together accomplish the full realization
of the Noble healing buddha

By this merit,
Wherever I am, and wherever I may go,
may I further the work of the Buddhas and Bodhisattvas,
the awakening of light, complete freedom and peace.

By all this virtue,
May all holy teachers live long, and guide us until samsara ends.
And may there be peace and joy in all the world.