



MEDICINE BUDDHA
SANGYE MENLA

SHORT MEDICINE BUDDHA PRACTICE
(SANGYE MENLA)

Bhagavat, Tathagatha, Arhat, perfect and complete Medicine Buddha, king of lapis lazuli light, I offer prostrations.

(recite 3 times)

HUM Your body's color is like a mountain of lapis lazuli, you dispel the suffering of disease for all sentient beings.

Surrounded by your retinue of eight bodhisattvas, I praise and pay homage to the Buddha who holds the precious medicine.

TAYATA OM BEKENDZE BEKENDZE
MAHA BEKENDZE RADZA
SAMUDGATE SOHA

(recite the mantra as much as your can)

May all the sentient beings who are ill quickly be freed from sickness and may all the illnesses of beings never arise again.

Tibetan pronunciation:

Tah-yah-tah OM, beck-and-zay beck-and-zay, mah-hah beck-and-zay, rod-zah sah-moo-gah-tay, so-hah!