

Medicine Buddha Practice

The Medicine Buddha (*Sangye Menla* in Tibetan) is the manifestation of the healing energy of all enlightened beings. Performing this prayer practice is very powerful for healing the mental and physical ills of ourselves and others. Through these prayers and visualizations, we are able to overcome both the outer and inner illnesses of the Three Poisons which are attachment/greed, hatred/anger, and ignorance/delusion. Additionally, by doing this Medicine Buddha practice, we may purify our negative karma.

The root cause of our suffering is delusion/ignorance of how things really are. The other causes of suffering, the afflictive emotions, arise from that ignorance. By the resultant calming of our mind from doing this Medicine Buddha practice, we accomplish mental purification which, in turn, will purify the body. In this way, we are able to benefit ourselves and others.

The Medicine Buddha is visualized as the deep blue color of lapis lazuli. He wears the three robes of a monk. In his left hand he holds a bowl filled with wisdom nectar and his right hand holds a stem of the arura or myrobalan healing plant.

We then chant his mantra. Mantra means mind protection, which leads to peace and clarity. By saying his mantra with devotion, we can also close off the possibility of rebirth in the lower realms.

With this powerful Medicine Buddha practice, we make the fervent wish that all sentient beings may be free from mental and physical sickness and attain perfect enlightenment.