





The Supreme Deity of Medicine

called the Garland of Jewels



This short ritual text of the Supreme Deity of Medicine called the Garland of Jewels was composed by Nyamme Sherab Gyaltsen in Tashi Menri Monastery.

This edition was created with the altruistic intention of bringing healing to people suffering during the COVID pandemic.

*Traditional Bon Guidance : Geshe Yungdrung Gyaltsen Phagontsang
Editing and Design (v1.4) : Tom Maroshegyi
Online: yungdrung.space/menla*

May All Beings Benefit!

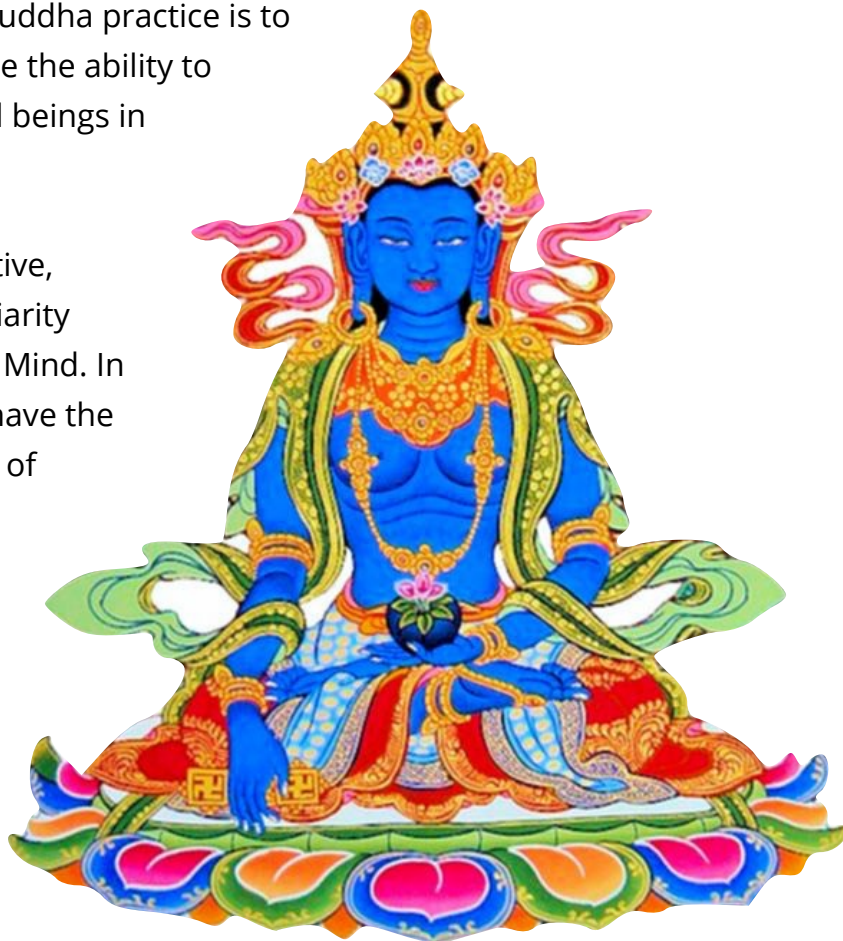
The intention of the Medicine Buddha practice is to generate, develop, and stabilize the ability to purify the illness and suffering of all beings in the Six Realms of Samsara.

In order for the practice to be effective, one must begin with a proper familiarity with the Natural State of one's own Mind. In this context, the practitioner must have the understanding that the true Nature of the Mind is Empty.

This Emptiness is a non-dual, unbounded space that primordially shines with the Clear Light of Awareness. Practicing with this ultimate view is the best.

Embodying this Natural Emptiness makes it possible to transform one's identification from the "ordinary self" to that of the Medicine Buddha deity. Otherwise, one's Samsaric identity remains the same - and without any real chance to transform negative qualities to positive ones, and without any real power to heal oneself and other beings.

Rest in the true, Natural State of the mind for 5-10 minutes. Or, at least relax and calm the mind. Minimize the coming and going of thoughts and emotions by not elaborating or focusing upon them. Know that the true Nature of the Mind is luminous, open, and infinitely boundless.



Thus the Practice begins ...

Guru Yoga

CHI TSUG DE-WA CHEN PÖ PHO DRANG DU
DRIN CHÄN TSA WAI LA MA LA SOL WA DEB
SANG GYAY SEM SU TÖN PA RIN PO CHE
RANG NGO RANG GI SHE-PAR JYIN GYI LOB

In the palace of great bliss - on the crown of my head,
Is my benevolent Root Guru to whom I pray;
Oh, Precious One who reveals the Nature of the Mind as the Buddha,
Please grant me the blessing that I may recognize my inherent Nature!

Refuge

KHYEN DEN TSE WAI LA MA NAM LA KYAB SU CHI
TOB DEN NGAG KYI YI DAM LHA LA KYAB SU CHI
NÜ DEN SANG WAI KHAN DRO MA LA KYAB SU CHI
LA MA YI DAM KHAN DRO SUM LA KYAB SU CHI

I go to refuge in the Lamas of Wisdom and Loving Compassion.
I go to refuge to the mighty Yidam Deities of the Secret Mantra.
I go to refuge to the powerful Dakinis of the Secrets.
I go to refuge to the Lamas, the Yidams and the Khandros!

Bodhicitta

SANG WA SANG CHÄN SANG CHOG THAR THUG GYAL
SANG CHOG YID ZHIN THUG KYI NOR BU LA
DAG NYID LEG JUG DRO KUN DRANG WAR GYI
THA YAY SEM CHÄN DÖN CHYIR SEM KYED DO

Entering clearly into the state of Sangchok Gyalpo;
The ultimate King of the Secret, the Great Secret, and the Supreme Secret,
the Wish-fulfilling Jewel of the Nature of Mind,
Leading all those who wander in Samsara to Liberation;
For the purpose of benefiting infinite numbers of sentient beings,
I shall generate the Heart Essence of Bodhicitta!

1, Securing the Boundary

❧ SO OM NAMA TROTA NYELOYO HAYA DRIWA PURUNI HUNG PHAT ❧

OM DAK GI TING DZIN TOP DANG NI | DÉ ZHIN NYI KYI TOP KYI NI
NYUNG KAR GYEL PO DI DAK KYANG | TROWÖ GYEL PO HAYA DRI
GEK NAM KÜN KYANG MA LÜ PA | THALWA DÜL DU LAK PAR JAO

OM! By the power of my Meditation on the ultimate Nature of Mind,
as well as through the power of these supreme mustard seeds,
that transform into the King of Wrathful Deities - Haya Driwa,
may all the obstacles of our practice be crushed to dust!

❧ SO OM NAMA TROTA NYELOYO HAYA DRIWA PURUNI HUNG PHAT ❧

(Through reciting the mantra and using mustard seeds, the boundaries of practice are established and secured.)

2, Going for Refuge and Bodhicitta

KYECHE JIK KYOP BAR DÖ TRANG DRÖL JÉ | KU SUM YER MÉ MEN LHÉ TSOK LA KYAP
DÜ NGEN NYIK MA KHORWÉ SEM CHEN NAM | NÉ KYEN BAR CHÉ SEL CHIR SEM KYÉ DO

I take Refuge in the supreme hosts of Medicine Deities,
inseparable from the Three Enlightened Bodies of the Buddha,
who protect from the fear of Birth and Death,
and liberate from the dangerous path of crossing the Bardo.

I generate the Enlightened Heart of Bodhicitta,
in order to purify the obscuring conditions,
of suffering, misery, and disease,
for all sentient beings migrating in the Six Realms of Samsara.

3, The Root Mantra

❧ OM NAMA MRITA YU DUNG RANA AMRITA DUM DU ❧

(Repeat the mantra 3 times)

4, Generating the Deities and purifying Offerings

Dissolve into the non-conceptual state of Emptiness and Clear Light,
A bright OM syllable manifests, and becomes the Divine Buddha of Medicine,
the King of Lapis Light, Chebu Trishe, whose color is blue like the radiant clear sky.

His left hand is in the Mudra of Equipoise, holding an Arura - the King of Medicines,
his right hand is in the Earth Touching Mudra, holding a Yungdrung Chagshing.

He sits crosslegged on a lotus, sun and moon cushion, on a throne supported by
elephants. He is surrounded by the retinues, hosts of Medicine Deities, subduers of
obstacles. The outer ring is formed by the hosts of the Four Guests, abundant as the stars.

From the heart of these Visualized Deities, light rays spread upwards inviting the Wisdom
Deities of the Pure Realms. The Wisdom Deities descend and unite with the Visualized
Deities, thus transforming into absolutely virtuous beings of action, ready to benefit
sentient beings without measure.

From the divinities manifest three syllables RAM, YANG and MANG,
Thus all the offering substances are purified by the Elements of Fire, Wind and Water.

Then A, OM and HUNG manifest and bless the offering substances,
And thus all the offerings are finally presented to the hosts of Medicine Buddha deities.

Visualize and meditate in this way.

5, Inviting the Deities

BÖN YING GYELWÉ KYINKHOR DAM PA DIR |
TSO JÉ MEN LHÉ TSOK NAM SHEK SU SÖL

Into this excellent mandala of the Victorious One in the ultimate Sphere of Reality,
You, hosts of Medicine Deities, Supreme Healers, please proceed!

6, Asking them to take a Seat

RAP TEN TEK CHEN PEMÉ DEN LA ZHUK |
GYÉ PA KYÉ CHIR SI ZHÜ CHÖ PA BÜL

Please be seated on the cushions of lotus, sun and moon on the elephant throne.
I present you with offerings of worldly Samsara and peaceful Nirvana to please you.

7, Water Purification

DER SHEK LHA LA TRÜ SÖL MI TSEL TÉ | THA YÉ SEM CHEN DRIP PA JANGWÉ CHIR
NAM DAK CHU NA LHA YI TRÜ SÖL LO | DRO DRUK DUK NGÉ LÉ NYÖN DAK GYUR CHIK

The divinities having reached Bliss have no need of cleansing.
However, in order to purify the obscurations of the infinite number of sentient beings,
I perform the water purification with five kinds of pure water.
May the karmic defilements and negative emotions of the five poisons of the beings in the
Six Realms be purified!

8, Prostration

DRA CHOM SANG GYÉ CHÉ GYÜ LHA TSOK LA | LÜ NGAK YI SUM GÜ PÉ CHAK TSEL LO

To the hosts of Medicine Deities, the Subduer Buddhas,
I prostrate, showing respect with my body, speech and mind.

9, Confession

SO CHÉ CHELWÉ LÉ CHÖ GANG GYI PA | SANG GYÉ MEN GYI LHA LA TÖL LO SHAK
BEDURYA YI Ö LA ZÖ PAR SÖL | LÜ NGAK YI SUM DRIP PA JANG GYUR CHIK

Whatever misdeeds I may have conducted in connection with healing and medicine,
I acknowledge and confess them in front of the Medicine Buddha deities,
and ask for their forgiveness through the sky blue light.
May the obscurations of Body, Speech and Mind be purified!

8, Making Offerings

RIN CHEN TRA SHI TSEN DEN ZHEL BU RU | PÜN SUM TSOK PA CHI NANG SANGWÉ DZÉ
CHÖ PÉ JÉ DRAK PAK MÉ BÜL LO ZHÉ | NYÖN MONG NÉ SEL DÜ TSI NGÖ DRUP TSÖL

In the precious, auspicious offering bowl with correct characteristics,
perfect and abundant external, internal and secret offering substances,
various kinds and in immeasurable quantities, I offer to you – please accept them.
Please bestow on us the accomplishment of Medicinal Nectar that removes the sickness
of Negative Emotions!

9, Self Generation and Mantra Recitation

DAK NYI CHÉ BU TRI SHÉ KYI TUK KÉ OM LÉ TSA NGA K KYI YÉ SU KORWÉ Ö ZER CHOK
CHU YONG SU TRÖ TÉ TAM CHÉ SANG GYÉ MEN GYI LHA NYI NGÖN DU GYUR BAR SAM

I visualize myself as Chebu Trishe, the Medicine Buddha,
a radiant OM being my heart, surrounded by the root mantra circling anti-clockwise,
light rays spread into the Ten Directions from the luminous syllables,
as the healing light and rays reach all beings in the Six Realms,
all their diseases, negative conditions, and obscurations are completely purified,
and all beings are transformed into divine Buddhas of Medicine.

 OM NAMA MRITA YU DUNG RANA AMRITA DUM DU 

Recite the root mantra traditionally 100.000 times, or at least 108 times.

Send golden light to all sentient beings and all the Universe. Touch every aspect of the Universe – feel it all transformed into a Medicine Buddha Pure Land. Feel the pure joy of being in the Pure Land of Medicine Buddha – the beauty, the freshness, the joyfulness, the energetic level of this Awakened State.

You are in a new dimension - you feel the energy of this Pure Land. Imagine all sentient beings are purified of their negative karmas and negative energies, and are loving and compassionate to each other. Everything is beautiful, peaceful and positive, nothing in the Universe has any negativity.

All illness, disease, and their causes are completely purified throughout time and space.

Relax and Rest in the Nature of Mind ...

10, Praise of the Medicine Buddha

BÖN YING RAP JAM GYELWÉ ZHING KHAM DIR | DUK SUM NÉ SEL SANG GYÉ CHÉ BU NI
BEDURYA Ö DZOK KÜ CHÉ KYI GYEN | YUNG DRUNG CHAK SHING MEN CHOK DONG PO
DZIN

In the infinite mandala of the Victorious One in the ultimate Sphere of Existence,
Buddha Chebu who removes the disease of three poisons,
having the color of the sky blue light and adorned with Sambkogakaya attire.
He holds a Yungdrung Chagshing, and the excellent Medicine.

SA TEN SENG GÉ DEN LA NYAM PAR NÉ | KHOR DU DRA CHOM MEN LHÉ TSOK KYI KOR
CHAK TSEL TÖ CHÖ DAK SOK TUK JÉ ZUNG | DUK NGÉ LÉ NYÖN NÉ DÖN ZHIWAR DZÖ
DRO DRUK GA DÉ TSOK NYI RAP DZOK SHOK

On the stable throne, he sits in equipoise on the cushions of lotus, sun and moon.
As for his retinue, (he is) surrounded by the hosts of divine Buddhas of Medicine,
subduers of obstacles.

I prostrate and offer praise to you, so please hold us in your compassion!
Please pacify karmic defilements and negative emotions of the five poisons, illnesses and
negative forces!

For all the beings in the Six Realms, may joy, happiness and the two accumulations of
Merit and Wisdom be perfected!

11, Offering to the Glorious Protectors:

SI ZHU YÖN TEN DRÖN NAM CHÖ PÉ NYÉ | LEN CHAK NYING JÉ DRÖN NAM JIN PÉ TSIM
RANG RANG DÖ NGÉ CHAR DU BEP GYUR CHIK | NÉ DÖN GEL KYEN BAR CHÉ ZHIWAR DZÖ

May the Guests of Honor and the Guests of Qualities be pleased with the offerings,
may the Guests of Karmic Creditors and the Guests of Compassion be satisfied with the
generosities. May all their wishes be fulfilled by desirable objects descending upon them
like a shower of rain! Please, let our obstacles - diseases, negative forces and conditions -
completely subside!

12, Aspiration Prayers

GÉ TSOK DIR TÜN DAK SOK PA MA DANG | KHA NYAM DRO DRUK MA LÜ YONG LA NGO
TSÉ DIR DÖ GU PÜN SUM TSOK PA DANG | CHI MA SANG GYÉ MEN LHÉ ZHEL TONG NÉ
BEDURYA Ö KU RU SANG GYÉ SHOK

The benefits of this virtuous practice I dedicate to my parents,
and the beings of the Six Realms, without exception, limitless as the sky.
In this life, may all of their wishes come true,
and in their next lives, having recognized the divine face of the Medicine Buddha,
may all of them attain Enlightenment in the dimension of the radiant Lapis Light!
Do the Aspirational Prayer in this way, transcending both Hope and Fear!

Dedication

GO SUM DAG-PAI GE-WA GANG GYI-PA
KHAM SUM SEM-CHÄN NAM KYI DÖN DU NGO
DU SUM SAG-PAI LAY DRIB KUN JYANG NAY
KU SUM DZOG-PAI SANG-GYAY NYUR THOB SHOG

All pure virtue accumulated through the Three Doors of Body, Speech and Mind,
I now dedicate for the welfare of all sentient beings in the Three Realms.
Having purified all the negative karmic obscurations accumulated in the Three Times,
May we swiftly achieve complete Buddhahood of the Three Bodies.

