

The Menla Meditation

Supplication of the Root Lama Above One's Head

PAL DEN TSA WAY LA MA RINPOCHE
Glorious and precious root guru

DAK GI CHI WOR PAY DAY DEN SHU LA
Sitting on the lotus and moon seat on the crown of my head,

KA TIN CHEN PÖY GO NAY JAY ZUNG TAY
In your great kindness hold me

KU SUNG TUK KYI NGÖ DRUP TSAL TU SÖL
And bestow the accomplishment of body, speech, and mind.

I and others, all sentient beings,
In order to pacify the suffering of illness
Arising from past karma and present conditions
Take refuge in the Supreme Healer.

So that those tormented by hosts of illness
May in this life be freed from suffering
And finally arrive at buddhahood,
I arouse my heart toward supreme awakening.

All phenomena, included in perceiver and perceived,
Are purified within the primordial pure empty expanse.
From within emptiness instantaneously
I become the Healing Buddha.

From my pure body, speech, and mind light radiates out;
All the buddhas in the ten directions
Are transformed into the Healing Buddha.
They dissolve indivisibly into me.

TAY-YA-TA OM BE-KAN-DZE BE-KAN-DZE MA-HA BE-KAN-DZE RA-DZA SA-MUD-
GA-TE SO-HA

TADYATHA OM BHAISHAJYE BHAISHAJYE MAHABAISHAJYE RAJA SAMUDGATE
SVAHA

By this merit from myself and others
Having accomplished the practice of the Healing Buddha
May all sentient beings without one exception
Reach the level of the Supreme Healer.

As the sun dispels the darkness of ignorance,
As the moon quells the torment of mental affliction,
The Healing Buddha removes the illness of three poisons.
May the goodness of Vaidurya light be present.

SARVA MANGALAM

Mind terma revealed by Khenpo Tsultrim Gyamtso Rinpoche at Karne Chöling, August 1996

Bhagavat, who is compassionate equally to all beings,
The very hearing of whose name pacifies the three lower states,
Medicine Buddha, who eliminates the illnesses of the three poisons,
May there be the goodness of the Vaidurya light.

May sentient beings, whatever illnesses they suffer,
Be liberated quickly from those illnesses.
May all the illnesses of beings without exception,
Forever not arise.

May medicines be effective,
And may the intentions of the recitations of the secret mantra path be accomplished.
May demonesses, cannibal demons, malevolent beings, and so forth,
Attain compassionate mind.