



ଓ। ଦର୍ଶନାଶହିରେସମନ୍ତରୀଣାଶନାଶରୀରୁକ୍ଷମାର୍କଣାଶଦିକନ୍ତା
ରୁକ୍ଷମାନ୍ତରୀଣାଶରୀରୁକ୍ଷମାର୍କଣାଶଦିକନ୍ତା॥

“The River of Lapis Lazuli” Ritual of Menla taken from the “Sky of Dharmata”
Jewel excerpt from the Revealed Treasure “Clear Expanse of the Mind”

“THE RIVER OF LAPIS LAZULI”

Ritual of Menla

*taken from the “Sky of Dharmata” Jewel
excerpt from the Revealed Treasure*

“Clear Expanse of the Mind”

Odiyana Institute

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**The River of Lapis Lazuli
Sadhana of the Medicine Buddha**

ஓ ଶର୍ଵେଷାଦ୍ଵେଷାତ୍ ।

Supplication:

କ୍ଷମିତ୍ତମନ୍ଦର୍ମ୍ୟ ।

NAMO BEKADZE MAHA RADZAYE

ସୋନ୍ମଦ୍ଧମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

SÖ NAM YÖN TEN GYA TS'ÖI TER NGA ZHING

You who are endowed with an ocean-like treasury of good qualities and merit,

ସମ୍ମାନୀୟମାତ୍ରମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

SAM GYIY MI KHYAP T'HUK JEI JIN LAP KYIY

through inconceivable compassion and blessings,

ପ୍ରତ୍ୟାମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

DRO WAI DUK NGAL DUNG WA ZHI DZE PA

you subdue the suffering and afflictions of sentient beings.

ପ୍ରତ୍ୟାମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

BE DUR YA I Ö LA SÖL WA DEP

I pray to you, Light of Lapis Lazuli.

ଶିଖନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

SHIN TU SER NA DRAK PÖ RAP CHING PAY

Completely bound by intense and extreme greed,

ଯିତ୍ତମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

YI DAK NAY SU KYE WAI KYE WO YIY

beings are born in the hungry ghost realm.

ପ୍ରତ୍ୟାମନ୍ତର୍ଯ୍ୟାତ୍ମକାର୍ତ୍ତମନ୍ଦର୍ମ୍ୟ ।

KHYÖ TS'EN T'HÖ NA MIR KYE JIN PA GA

If they hear your name, they will be born as human and take joy in practicing generosity.

। ཚོມ་ພྱན་གྱི་ଶ୍ଵର୍ଣ୍ଣ ପାତାନ୍ତର୍ମାତ୍ରାଦିଷ୍ଟା ।

CHOM DEN MEN GYI LA LA SÖL WA DEP
I pray to you, Victorious Medicine Guru.

। କୁର୍ମିମନ୍ଦିରାକ୍ଷେତ୍ରାଧିକାରୀପାତାନ୍ତର୍ମାତ୍ରା ।

TS'ÜL T'HRIM CHHAL DANG ZHEN LA SHE TSÖN PAY
For breaking proper discipline and abusing others,

। ନ୍ୟାଳାପାତାନ୍ତର୍ମାତ୍ରାଦିନାଶିତ୍ତା ।

NYAL WAR KYE WAI DRO WA DI DAK GIY
beings are born in the hell realms.

। କ୍ରିଦିମାର୍କର୍ମଶଶାର୍ମଣାଶିପାତାନ୍ତର୍ମାତ୍ରା ।

KHYÖ TS'EN T'HÖ NA T'HO RIY KYE WAR SUNG
If they hear your name, it is said they will be born in the higher realms.

। ଶିଖାଶିଖାପାତାନ୍ତର୍ମାତ୍ରାଦିଷ୍ଟା ।

MEN GYI GYAL PO DE LA SÖL WA DEP
I pray to you, King of Medicine.

। ଗଙ୍ଗାଦକ୍ୟାନ୍ତର୍ମାତ୍ରାମାନ୍ତର୍ମାତ୍ରାପିତ୍ତା ।

GANG DAK YEN DANG T'HRA MA DU MA YIY
Whoever by repeated discord and slander

। ସପାନ୍ତର୍ମାତ୍ରାତିଦ୍ୟନ୍ତର୍ମାତ୍ରାପାତାନ୍ତର୍ମାତ୍ରା ।

RAP TU JË CHING LÜ SOK T'HRAL WA DAK
creates huge schisms and takes life,

। କ୍ରିଦିମାର୍କର୍ମଶଶାର୍ମଣାପାତାନ୍ତର୍ମାତ୍ରା ।

KHYÖ TS'EN T'HÖ NA DE DAK TS'E MI NÜ
if they hear your name, they will not dare harm others.

। ଶିଖାଶିଖାପାତାନ୍ତର୍ମାତ୍ରାଦିଷ୍ଟା ।

MEN GYI GYAL PO DE LA SOL WA DEP
I supplicate you, King of Medicine.

। ཡ ང ཉ ག ཉ ཉ ཉ ཉ ཉ ཉ ।

TS'EN LEK SER ZANG DRI MË NANG WA DANG
Tsenleg, Serzang Drimë Nangwa,

। ཤ ལ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ।

NYA NGEN MË CHHOK PAL DANG CHHÖ DRAK YANG
Nya-ngen Mëchogpal, Chödrag Yang,

। མ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ।

NGÖN KHYEN GYAL PO DRA YANG GYAL PO DANG
Ngönkhyen Gyalpo, Drayang Gyalpo, and

। བ ར ཉ ཉ ཉ ཉ ཉ ।

SHAKYAI GYAL PO NAM LA SÖL WA DEP
Shakya Gyalpo, I supplicate you.

। ར ད ད ད ད ད ।

JAM PAL KYAP DRÖL CHHAK NA DOR JE DZIN
Manjuśri, Kyabdröl, and Vajrapani;

। ཀ ད ད ད ད ད ।

TS'ANG WANG GYA JIN CHHOK ZHII GYAL PO ZHI
Brahma, Indra, and the four kings of the four directions;

। བྷ ཉ ཉ ཉ ཉ ཉ ।

NÖ JIN DE PÖN CHHEN PO CHU NYIY SOK
the twelve *Nöjin* chiefs and so forth —

। ར ན ན ན ན ན ।

KYIL KHOR YONG SU DZOG LA SÖL WA DEP
I pray to you, the completely perfect mandala.

। ཇ ད ད ད ད ད ।

DE ZHIN SHEK PA DÜN GYI MÖN LAM DO
The Sutra of Prayers to the Seven Tathagatas,

।শ্বেতশুভ্ৰাণ্মদ্ভুতিদ্বন্দ্বী।

MEN GYI LHA YI DO DE NYI DANG NI
the collection of the Medicine Buddha Sutras,

।মণ্ডলকেবৰীবাদক্ষেষণাপদ্ধতিশুভ্ৰাণ্ম।

KHEN CHHEN ZHI WA TS'Ö DZE ZHUNG LA SOK
the texts by the great Abbot Shiwatso and so on —

।ধূমক্ষেষণাপমাক্ষেষণাপশঙ্খাপদ্ধতিশ।

DAM CHHÖ LEK BAM TS'OG LA SÖL WA DEP
I supplicate the collected volumes of the Holy Dharma.

।বৰ্ত্তন্তুপ্রিয়দ্বিগুপত্রশুভ্ৰাণ্ম।

BO DHI SA TO T'HRI SONG DËU TSEN SOK
Bodhisattva (Shiwatso), Trisong Dëutsen, and so forth;

।শ্বেতশুভ্ৰাণ্মদ্বন্দ্বীবৰ্ত্তন্তুপ্রিয়।

LO PEN GYAL LÖN JANG CHHUP SEM PA DANG
translator-scholars, kings, and ministers;

।বৰ্ত্তন্তুপ্রিয়দ্বন্দ্বীশুভ্ৰাণ্ম।

GYÜ PAI LA MA DAM PA T'HAM CHE DANG
Bodhisattvas and all the noble Lamas of the lineage;

।ক্ষেত্রশুভ্ৰাণ্মদ্বন্দ্বীশুভ্ৰাণ্ম।

CHHÖ KYI WANG CHHUK SOK LA SÖL WA DEP
Chökyi Wangchuk — I pray to you.

।বৰ্ত্তন্তুপ্রিয়দ্বন্দ্বীশুভ্ৰাণ্ম।

DE TAR SÖL WA TAP PAI JIN LAP KYIY
May the blessings of praying in this way pacify

।শৰণাঙ্গবন্দনাপদ্ধতিশুভ্ৰাণ্ম।

NAY KAP NE DANG JIK PA NA TS'OG ZHI
the various illnesses and fears of this life.

॥୨କୀହେନ୍ଦ୍ରଶିଦାଧିଶବ୍ଦାଗୁରୁନିକଶା॥

CHHI TS'E NGEN SONG JIK PA KÜN ZHI NAY

At the time of death, may all fears of the lower realms disappear.

॥ ପଦ୍ମପତନ କୁଞ୍ଜେ ପଦ୍ମପିତାଶୀଶ ହରଣ ॥

DE WA CHEN DU KYE WAR JIN GYIY LOP

Grant your blessings [that we] may be born in Dewachen.

၁၇၁ ပိရှင်နာရီနှင့်ဆုနာရီနှင့်အနည်းဆုတေသနများ

ଶୁଣୁ ସମ୍ମିଳନାପଦ୍ଧତିରେ କେତେ ଏହି କୁଟୁମ୍ବ ସମ୍ମାନାଙ୍ଗୀର୍ଥା ॥

“THE RIVER OF LAPIS LAZULI” RITUAL OF MENLA
taken from the “Sky of Dharmata” Jewel
excerpt from the Revealed Treasure
“CLEAR EXPANSE OF THE MIND”

ଓঁ। ব্ৰহ্মানন্দেন্দেৱ।

NAMO MAHA BEKADZE YA

If possible, set up a mandala and whatever other peaceful offerings you have in front of an image of Menla, thus perfecting the accumulations. If not, then visualizing the deity in front of you, you may just imagine the offerings and there is no need of anything more. Since this rite is in the tradition of the Supreme Tantra, the person performing it need not abstain from meat and alcohol, nor perform the purifications such as washing and rinsing the mouth. However, since it is the Supreme Secret Mantra tradition, it is necessary to authentically obtain the initiation and oral transmission. The practice of simultaneously forming the visualizations of both the self and the deity in front of oneself is the tradition of the Ancients, so it is not necessary to do them separately. Being a meditation of the Ancients, it is important to contemplate the meaning of the words.

Refuge and Bodhicitta:

藏文： དྲྭଙྔ ༂ མକ୍ଷଣ ༂ ମନୁମା ଦିନ କୁ ༂ ମନୁମା

NAMO KÖN CHHOK SUM DANG TSA WA SUM KYAP NAY NAM LA KYAP SU CHHI
NAMO! I take refuge in the Three Jewels, the Three Roots, and all sources of refuge.

ରାଜ୍ୟାନୁଷ୍ଠାନକୁଳାବାଦିତ୍ୱ

ଓଡ଼ିଆ ମହାକବିଦ୍ୟାଲୟ

PRO KÜN SANG GYAY LA GÖ CHHIR

JANG CHHUP CHHOK TU SEM KYË PQ

In order to establish all beings in Buddhahood, I give rise to the supreme enlightened mind.

(Recite 3x)

Making offerings:

ཀ་ດག བྱང རସ རྩୟ དྲྩ གྫ

KA DAK LONG NAY TRÜL PA YI

From the fundamentally pure expanse, clouds of offerings emanate, filling the earth and sky

ག ର ମ ଶ ଶ ଦ ଷ ର ମ ହ ଦ ଷ ର ଶ ି ର

NAM SA GANG WAI CHHÖ PAI TRIN

མ ନ ତ ଏ କ ର ଶ ି ଦ ଷ ଲ ମ ଶ ଏ ତ ଶ

MANDAL GYAL Sİ LHA MOR CHAY

with mandalas, royal emblems, and [offering] goddesses. May this offering be inexhaustible.

ସ ଦ ମ ଦ ଷ ଲ ତ ି ଶ ପ ହ ଦ ଷ ି

ZE MË GYUR CHIK PU DZA HO

ସ ଶ ଗ ନ ଦ ଷ ଲ ତ ି ଶ ପ ହ ଦ ଷ ି

DRO KÜN DE DEN DUK NGAL DRAL

May all beings be happy and free of suffering. May their happiness not diminish and may they abide in equanimity.

ସ ଦ ଏ ନ ଗ ମ ଶ ମ ଦ ଷ ହ ଦ ଷ ି ମ ଶ ଏ

DE LAY NYAM MË TANG NYOM SHOK

Visualization:

ॐ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ

OM SOBHAWA SHUDDHA SARWA DHARMA SOBHAWA SHUDDHO HAM

ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ

TONG PA NYÏ DU GYUR

[Everything] becomes emptiness.

ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ

TONG PAI NGANG LAY TONG SUM DI TA NA DUK GI P'HO DRANG DU GYUR PAI NANG DU

Arising from the continuum of emptiness, this three-thousand-fold universe becomes a beautifully elegant palace.

ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ

SENG GEI T'HRI PE SO SÖI TENG DU

[Within the palace] upon a lion throne, lotus and moon disc

ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ ଶବ୍ଦ

RANG NYÏ DANG DÜN KYË KYI TSO WÖI SA BÖN HUNG T'HING GA LAY

appear the self and front visualizations, each as the principle seed syllable

(of the Medicine Buddha): a deep blue HUNG.

শ্বেতাশুম্রদণ্ডসূচীরূপে প্রকাশিত হৃৎপুরুষ মন্ত্রঃ

MEN LA KU DOK BE DURYA TA BU Ö ZER T'HRO WAI KU CHEN

From these arise Sangye Menla (the Medicine Buddha), the color of lapis lazuli, radiating light.

হৃৎপুরুষ মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

CHHÖ GÖ SUM GYIY LUP PA

He wears the three Dharma robes.

প্রশ়িত মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

CHHAK YAY CHHOK JIN A RU RA DANG

His right hand is in the mudra of Supreme Generosity, holding the *arura* [fruit].

শিখ মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

YÖN NYAM ZHAK LHUNG ZË DZIN PA

His left hand is in the mudra of Equanimity, holding a begging bowl.

মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

TS'EN PE DZOG SHING DOR JEI KYIL TRUNG GIY ZHUK PA

He sits in the vajra position, complete with all the major and minor marks [of a Buddha].

প্রতিষ্ঠান মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

KYË PAR DU DÜN KYË KYI DAP MA NAM LA

On the petals of the lotus of the front visualization

শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

T'HUP WANG LA SOK PAI SANG GYAY DÜN DANG CHHÖ PU TI

are the seven Buddhas, including Shakyamuni, the King of Sages, and volumes of Dharma.

দ্বিতীয় মন্ত্র শুনুন এবং প্রয়াত্মক হৃৎপুরুষ মন্ত্রঃ

DE GYAP SEM PA CHU DRUK

Behind (and around) them are the sixteen Bodhisattvas.

རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା རྒྱା

**DE GYAP JIK TEN KYONG WA CHU DANG DE PÖN CHU NYIY SO SÖI KHOR DANG
CHAY PA**

Behind (and around) them are the ten guardians of the universe and the twelve leaders
(of the *Nöjin*), each with their respective attendants.

ଆ ଏ ନି ଏ କୁ ଏ ଅ କେ ଏ ଦ ଏ ନି ଏ ତ ଶ ଏ ର ଏ ଶ ଏ ଗ ଶ ଏ ପ ଏ ଶ ଏ ମ ଏ

GO ZHI LA GYAL PO CHHEN PO ZHI DANG CHAY PAI NAY SUM YI GE SUM DANG

At the four gates (of the palace) are the four great kings. All the deities have the three letters
in the three places.

ସମଶ ଗ ର ହୁ ଏ ଶ ର ହୁ ଏ ଶ ର ହୁ ଏ

T'HUK KAI HUNG LAY Ö T'HRÖ PAY

Light radiates from the HUNG in their hearts

ସର ଶ୍ରୀ ଶନ ଶ୍ରୀ ଶନ ଶ୍ରୀ ଶନ ଶ୍ରୀ ଶନ ଶ୍ରୀ

SHAR CHHOK KYI SANG GYAY SO SÖI ZHING KHAM NAY

invoking the Buddhas of the East from their various Buddha-fields.

ୟ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ ଶ ଏ

YE SHEY PA PAK TU MË PA CHEN DRANG NAY DAK DÜN NAM LA T'HIM PAR GYUR

Countless wisdom deities are invoked, dissolving into oneself and the front visualization.

Invocation:

ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

HUNG MEN LA CHË GYE LHA TS'OG MA LÜ PA

HUNG! The family of the eight Medicine Buddhas and gatherings of deities, without exception,

ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ ଶ

NAY DIR CHEN DREN JIN CHHEN BAP TU SÖL

please come to this place and shower your great blessings (upon us).

ଆ ଏ ଆ ଏ ଆ ଏ ଆ ଏ ଆ ଏ ଆ ଏ ଆ ଏ ଆ

KAL DEN DE DEN DAK LA WANG CHHOK KUR

Confer the supreme empowerment to those who have faith and good fortune.

སྐ୍ଷର དେଵ ཁେ གୁ ར ཁ ཀ ཁ ཁ ཁ ཁ ཁ

LOK DREN TS'E YI BAR CHHE SAL DU SÖL

Please clear away obstacles that corrupt and lead this life astray.

唵 ମା ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

NAMO MAHA BEKADZE SAPARI WARA VAJRA SAMAYA DZA DZA

唵 ମା ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

VAJRA SAMAYA TIKT'HRA LHEN

唵 ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

OM HUNG TRAM HRI AH

唵 ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

ABHI KINTSA HUNG

Offerings to the Deities of the Mandala:

ཧୁ ମେ ହୁ ମୁ ଶୁ ମୁ ମୁ ହୁ

HUNG ME TOK DUK PÖ MAR ME DRI

HUNG! Flowers, incense, light, and scent; form, sound, smell, taste, sensation, and dharmas (all phenomena)

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

ZUK DRA DRI RO REK JA CHHÖ

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

DAK GIY LHA LA CHHÖ PA BÜL

I offer to the deities. May we perfect the two accumulations.

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

DAK CHAK TS'OG NYIY DZOG PAR SHOK

ଆହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ ହୁ

ARGHAM PADAM PUPE DHUPE ALOKE GENDHE NEWIDYE SHAPDA RUPA SHAPDA GENDHE RASA SAPARSHE TRATITSA HUNG

ହୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

HUNG TA SHIY TSO WO DZAY GYE DE

HUNG! The eight essential auspicious substances, the most excellent royal white mustard seed and the other substances,

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

TSO CHHOK GYAL PO YUNG KAR SOK

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

DAK GIY LHA LA CHHÖ PA BÜL

I offer to the deities. May the two accumulations be completely perfected.

ଘୁ ମୁ ମୁ ହୁ ମୁ ମୁ ହୁ

TS'OG NYIY YONG SU DZOG PAR SHOK

ମଙ୍ଗା ମଙ୍ଗା ମଙ୍ଗା ମଙ୍ଗା

MANGALAM ART'HA SIDDHI HUNG

ਹੁੰਦੀ ਧਰਮੀ ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਪ੍ਰਤੀ ਹੁੰਦੀ

HUNG TA SHIY TSO WO TAK GYE DE
HUNG! The eight major auspicious symbols, the most excellent royal vase and the other symbols,

ਧਰਮੀ ਸਾਹਸੇ ਲੂਧ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

DAK GIY LHA LA CHHÖ PA BÜL
I offer to the deities. May (all) sentient beings perfect the two accumulations.

ਮਾਂਗਲਾਮ ਕੁਮਬਾ ਹੁੰਦੀ

MANGALAM KUMBHA HUNG

ਹੁੰਦੀ ਦੋਧ ਘੜੀ ਕੁਰੀ ਹੁੰਦੀ

HUNG DÖ YÖN TSA WA RIN CHHEN DÜN
HUNG! The seven precious primary sources of enjoyment, the most excellent wish-fulfilling jewel, and the other wish-fulfilling offerings,

ਧਰਮੀ ਸਾਹਸੇ ਲੂਧ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

DAK GIY LHA LA CHHÖ PA BÜL
I offer to the deities. May I perfect the two accumulations.

ਅਮਨਿ ਰਾਤ੍ਰੀ ਹੁੰਦੀ

OM MANI RATNA HUNG

ਹੁੰਦੀ ਗੁਰੂ ਸ਼੍ਰੀ ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

HUNG KÜN GYI TSO WO RI RAP LING
HUNG! The great central Mt. Meru, foremost of all, the four continents and (eight) subcontinents,

ਧਰਮੀ ਸਾਹਸੇ ਲੂਧ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

DAK GIY LHA LA CHHÖ PA BÜL
I offer to the deities. May the two accumulations be completed.

ਅਮਨਿ ਮਨਦੀ ਹੁੰਦੀ

OM RATNA MANDALA HUNG

ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਪ੍ਰਤੀ ਸਾਹਸੇ ਵੱਡੇ

TSO CHHOK GYAL PO BUM PA SOK

HUNG! The eight major auspicious symbols, the most excellent royal vase and the other symbols,

ਧਰਮੀ ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

SEM CHEN TS'OG NYIY DZOG PAR SHOK

I offer to the deities. May (all) sentient beings perfect the two accumulations.

ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

TSO CHHOK GYAL PO NOR BU SOK

HUNG! The seven precious primary sources of enjoyment, the most excellent wish-fulfilling jewel, and the other wish-fulfilling offerings,

ਧਰਮੀ ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

DAK NI TS'OG NYIY DZOG PAR SHOK

I offer to the deities. May I perfect the two accumulations.

ਚੰਚਿ ਸ਼੍ਰੀ ਦੁਆਰਾ ਚੰਚਿ ਸ਼੍ਰੀ ਦੁਆਰਾ

RI RAP LING ZHI LING T'HREN CHAY

HUNG! The great central Mt. Meru, foremost of all, the four continents and (eight) subcontinents,

ਧਰਮੀ ਸਾਹਸੇ ਵੱਡੇ ਸਾਹਸੇ ਵੱਡੇ

TS'OG NYIY YONG SU DZOG PAR SHOK

I offer to the deities. May the two accumulations be completed.

ཧୁଁ ພଦ୍ମଶିଖ୍ ଭୂତନ୍ତିକରଣଶ୍ରୀଶଃ

HUNG DAK GI DRI DEN DRI CHHAP KYIY
HUNG! With this perfumed water, Sugata, I offer to bathe your body.

ଖୁଁ ଏତ୍ତି ମାମି ମଦର୍ ଯଦଃ

LHA LA DRI MA MI NGA YANG

Although you are without blemish, May this auspicious circumstance purify [our] negativities and obscurations.

ॐ ସର୍ଵା ତତ୍ତା ଗତା ଅଭିକେ କାତେ ସାମ୍ୟା ଶ୍ରୀ ଯେ ହୁଁ

OM SARVA TAT'HAGATA ABHIKE KATE SAMAYA ŚRI YE HUNG

ହୁଁ ରାଜା ରାଜମହାପିଲାତ୍ମକ ଧୂରା ଧୂରୀଶଃ

HUNG RAY KAR JAM DRI DEN PA YIY

HUNG! With a soft white scented cloth, I dry your body, Victorious One.

ଖୁଁ ଏତ୍ତି ମାମି ମଦର୍ ଯଦଃ

LHA LA DRI MA MI NGA YANG

Although you are without taint, may this auspicious circumstance remove [our] suffering.

ॐ କାୟ ବିଶୋ ଧାନି ହୁଁ

OM KAYA BISHO DHANI HUNG

ହୁଁ ନା ଜା ଦ୍ରେୟ ଦେନ ନ୍ଗୁର ମିକ ଦି

HUNG NA ZA DZEY DEN NGUR MIK DI

HUNG! With this beautiful saffron robe, I clothe your body, Victorious One.

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

KU LA SIL WA MI NGA YANG

Although you are never cold, may this auspicious circumstance increase the vitality and radiance [of our own bodies].

ॐ ପରା ଭୂତନ୍ତି ଆ ହୁଁ

OM VAJRA WAYTRA AH HUNG

ଘର୍ଣ୍ଣି ଶବ୍ଦିଷନ୍ତା ଶ୍ରୀ ଏତ୍ତି ମଦର୍ ଯଦଃ

DE SHEK KU LA KU T'HRŪ SÖL

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

DIK DRIP DAK PAI TEN DREL GYI

Although you are without blemish, May this auspicious circumstance purify [our] negativities and obscurations.

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

GYAL WAI KU NYI CHHI WAR GYI

HUNG! With a soft white scented cloth, I dry your body, Victorious One.

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

DUK NGAL DRAL WAI TEN DREL GYI

Although you are without taint, may this auspicious circumstance remove [our] suffering.

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

GYAL WAI KU LA SÖL WAR GYI

ଶ୍ରୀ ଏତ୍ତି ଏତ୍ତି ମଦର୍ ଯଦଃ

TRAK DANG P'HEL WAI TEN DREL GYI

Although you are never cold, may this auspicious circumstance increase the vitality and radiance [of our own bodies].

Medicine Buddha
The River of Lapis Lazuli

Songs of Praise:

හුං සූමර්ත්‍යා ඩී නු පි රි රු දු රු :

HUNG KU DOK BE DURYA YI RI WO DRA

HUNG! The color of your body is like a mountain of lapis lazuli.

උ රු එ තු ම ත ත ත ත ත ත ත ත ත ත :

DRO WA SEM CHEN NE KYI DUK NGAL SEL

You dispel the suffering of sickness of sentient beings

ච ත ත ත ත ත ත ත ත ත ත :

JANG CHHUP SEM PA GYE KYI KHOR GYIY KOR

[and are] surrounded by an assembly of eight Bodhisattvas.

රි ත ත ත ත ත ත ත ත ත :

RIN CHHEN MEN DZIN LHA LA CHHAK TS'AL TÖ

I praise and prostrate to the precious Holder of Medicine.

ම ත ත ත ත ත ත ත ත :

TS'EN LEK RIN DA SER ZANG NYA NGEN MË

To Tsenleg, Rinda, Serzang, Nya-ngenmë,

ක ත ත ත ත ත ත ත :

CHHÖ DRAK GYA TS'O CHHÖ LO SHAKYA T'HUP

Chödrak Gyatso, Chölo, Shakytup,

ඳ ත ත ත ත ත ත ත :

DAM PAI CHHÖ DANG SEM PA CHU DRUK SOK

the Holy Dharma, the sixteen Bodhisattvas and the others,

ඩ ත ත ත ත ත ත :

KÖN CHHOK RIN CHHEN SUM LA CHHAK TS'AL TÖ

and to the precious Three Jewels, I offer praise and prostrations.

ක ත ත ත ත ත :

TS'ANG DANG GYA JIN GYAL CHHEN CHHOK KYONG CHU

To Brahma, Indra, the great kings and protectors of the ten directions,

༄༅ ནྔ རྒ ཤ སྒ ད ག ར ལ ཉ ཨ བ ཁ མ ཐ ག ཉ ང ཉ ང

NÖ JIN DE PÖN CHU NYIY YOK DANG CHAY

to the twelve leaders of the *Nöjin*, together with their attendants,

༄༅ ། མ ཕ ག ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ

LHA MI MEN GYI RIG DZIN DRANG SONG CHAY

to the gods and humans who are holders of the Medicine Lineage,

༄༅ ། ག ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ ཕ

DÜ TSI MEN GYI LHA LA CHHAK TS'AL TÖ

together with the sages and the amrita-medicine deities — to all of you I offer praise and prostrations.



Sangye Menla - Medicine Buddha

Mantra Recitation:

དନ୍ତମୁଦ୍ରାଶବ୍ଦାଗମହୁଣ୍ଠାପିଦଶିଶାପଞ୍ଚମମୁଦ୍ରଃ

DAK DÜN T'HUK KAR HUNG LA NGAK T'HRENG GIY KOR WAR GYUR

The mantra garland surrounds the letter HUNG in the hearts of the self and front visualizations.

ଦ୍ଵିଷତ୍ତାଧୀ

Visualize while reciting:

ତ୍ୟାତା ଓମ ବେକାଦ୍ଜେ ବେକାଦ୍ଜେ ମାହା ବେକାଦ୍ଜେ ରାଦ୍ଜା ସମୁଂଗତେ ସୋହା

[Insert:]

Short Homage to Sangye Menla

ଓଳି ଏତ୍ତମାତ୍ରାଦନ୍ତଶାନ୍ତିପରିବାଶିତାପରିଦଶାପରିତମାପରିଯଦଶାପରିତମାପରି
ଶଦଶକ୍ରନ୍ତାଶ୍ଵରାଶ୍ରିଶ୍ଵରିତ୍ତନ୍ତରାଶ୍ରିଶ୍ରୀପରିପରିପରିପରିପରି
ପିତ୍ରଶ୍ରିଶବ୍ଦନାଶ୍ରିଶବ୍ଦା

**CHOM DEN DAY DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOG PAI
SANG GYAY MEN GYI LA BE DURYA Ö KYI GYAL PO LA CHHAK TS'AL LO
CHHÖ DOKYAP SU CHHI-O JIN GYIY LAP TU SOL**

To the Blessed One, Tathagata, the Conqueror of Enemies, the completely pure and perfect Buddha of Medicine, to the King of Lapis Lazuli Light, I prostrate. I make offerings and ask the Medicine Buddha for protection. Please grant your blessing.

[Insert:]

Medicine Buddha Prayer
Inseparable from Orgyen Menla (Padmasambhava)
*(from the Sampa Lhundrupma chapter of
The Seven-Chapter Invocation to Guru Rinpoche)*

ਸේම ལු རූ ཤ්වා དහි ພ ໃ ວ ສ ອ ສ ຂ :

SEM CHEN GYU LÜ JIK PAI NE JUNG TS'E

When fearful disease comes to the illusory body of sentient beings

මී ທ ຊ ຕ ຊ ສ ວ ສ ວ ດ ວ ສ ສ ຊ ປ ຊ ສ ຂ :

MI ZÖ DUK NGAL NE KYIY NYEN PA NA

and they are pained by unbearable suffering and disease,

ཡ ຍ ຊ ຊ ສ ຊ ສ ຊ ປ ຊ ດ ວ ສ ວ ດ ວ ສ ຂ :

YI NYIY T'HE TS'OM MË PAR SÖL WA DEP

with neither doubt nor hesitation, I pray that by unifying

ଓ ທ ຊ ຊ ສ ຊ ສ ຊ ປ ຊ ດ ວ ສ ວ ດ ວ ສ ຂ :

OR GYEN MEN GYI LA DANG YER MË PAY

with the Medicine Buddha, Guru Orgyen Menla,

ହ ຊ ດ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ :

TS'E ZE MA YIN BAR CHHE NGEY PAR SEL

all hindrances to the life force will be definitely eliminated!

ଓ ທ ຊ ຊ ສ ຊ ສ ຊ ປ ຊ ດ ວ ສ ວ ດ ວ ສ ຂ :

OR GYEN PEMA JUNG NAY LA SÖL WA DEP

I pray to Orgyen Pema Jungnay (Padmasambhava)

ସ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ ຊ :

SAM PA LHÜN GYIY DRUP PAR JIN GYIY LOP

to bless me so that these wishes are spontaneously fulfilled!

ବୈଶ'ତି'କୁଷ'ମଞ୍ଜିନ'କଣ'ରୂପ'ଚ୍ଛା

Thus, recite as much as possible; then pray:

DIK TUNG KÜN SHAK GE WA JANG CHHUP NGO

Confessing all faults and negative deeds, I dedicate the merit toward enlightenment.

NE DÖN DUK NGAL DRAL WAI TA SHIY SHOK

May all be auspicious and free of the suffering of sickness and negative influences.

Dissolution of the Mandala:

ଶ୍ରୀଶନ୍ମାଶନ୍ତପାତ୍ରୀ

The prayer for departure:

ରହିଣିରେ ପାତମଣି ମନ୍ଦିରର ଶକ୍ତିଶାଖା ଏକାକୀଳିତ ପ୍ରକାଶକ

JIK TEN PA NAM RANG NAY VAJRA MU

The worldly deities return to their places: BENZA MU!

ଘ. ସତ୍ୟମାର୍କେଷଣଙ୍କ ମନ୍ଦିରମାଧ୍ୟମରେ

YE SHEY DAM TS'IK LHA NAM DAK LA T'HIM

The wisdom and samaya (self-visualized) deities dissolve into me.

ଆନନ୍ଦଶୁକ୍ଲବ୍ୟାଦ୍ରୁଦ୍ଧମହିଳା

KA DAK KÜN ZANG LONG DU Ë MA HO

(One dissolves) into the primordially pure all-good expanse. E MA HO!

Gathered and arranged by Raga Asay from the Nam Chö Nyi part of the spiritually-revealed treasures. If there are faults, I repent of them before the deity. By the merit of doing this practice, may all beings be free of sickness and quickly attain the state of Menla. In the Sutric ritual there was the washing practice, and though this text now pertains to the higher practices of the Supreme Yoga (Anutara) Tantra, there is nothing contradictory. The benefits of this ritual, if done regularly, are: If you are ordained, the precepts will not be transgressed, but if they are, the faults will be purified and you will not fall into the lower realms. All the bad karma which is the cause of birth as a hell being, yidak, or animal will be purified and you won't take such a birth. But in case you do, you will quickly be liberated and achieve a good birth in a higher realm where you can gradually attain Buddhahood. During this life, you will obtain food and clothing without difficulty. The harm done by sickness, negative forces, sorcery and tyranny, etc. will be pacified. You will be protected by Vajrapani, Brahma, Indra, the four great kings, and the twelve great chiefs of the Nöjins, each with their seven hundred thousand aides. You will be liberated from the eighteen causes of untimely death, from enemies, wild beasts, etc., and all kinds of harm. All your wishes will be realized completely, and so on. The inconceivable benefits are explained more fully in the two Sutras of Menla. In the great monastic colleges of Tibet where the scholars find fault with most of the practices and are difficult to please, Menla is the only ritual which flourishes for prolonging life and purifying the obscurations of death. It is the ritual which is celebrated before the statue of Jowo Je in Lhasa, the Bodhgaya of Tibet, and before the statue of the Great Bodhisattva in Samye. Thus be assured that in all the Buddhist Canon of both old and new schools, Sutra and Tantra, there is nothing more beneficial than Menla. There are many extensive and concise versions; this one has few words but contains the essential meaning. Since it is in the Supreme Tantra tradition, the purification rites are not necessary, and since the offerings are mental, it is acceptable not to have a torma.