

## **LORD OF HEALING - SANGE MENLA - MEDICINE BUDDHA**

a short daily practice

Sit in comfortable position with your spine straight, breathe calmly for a while and then imagine all sentient beings along with yourself leading them to go for REFUGE - refuge into all the Buddhas and Bodhisattvas of past, present and future in front of you; with Sange Menla – Supreme Healer in the center, and with hands together at your heart chakra repeat 3 times:

*With the faith of great clarity I go for refuge to all the Buddhas,  
the masters from whom supreme initiation has been received,  
to the doctrine of unity of method and wisdom taught by them,  
and to the two types of aspirants to the virtue residing in that doctrine.  
From this time until enlightenment I will generate altruistic intention to  
become enlightened, generate a very pure thought,  
and abandon the conception of inherently existent I and mine.*

Feel how repeating this REFUGE prayer three times definitely empowers your mental continuum with the solid feeling of safety and blessings needed for this self-hypnotic activation of all your cells, and mind-body healing power, and growth of limitless compassion to benefit all beings.

### **BODHICHITTA**

Then, with hands still together at your heart chakra repeat 3 times:

*I will cultivate love wishing that sentient beings have happiness,  
compassion wishing that they be free from suffering,  
joy in their abiding forever in bliss, and the equanimity of equality.*

This fulfills the Buddha's pledge of giving the love and kindness to all beings no exception. Cultivating Bodhisattva-like mind in this way brings great blessings and purification of our karmic predicament.

Then recite:

*From henceforth until attaining Buddhahood I will hold the attitude of  
wishing to attain complete enlightenment in order to release all living  
beings from the frights of cyclic existence and separation from others.*

This fulfills the statement that once one has ritually taken up the aspirational

intention to become enlightened, one should stabilize the altruistic intention to become enlightened healer for self and all others.

Then, with clear and stabilized intention to become enlightened for benefit of all beings, imagine and see in your minds eye Sange Menla in all glory of lapis lazuli brilliance in front of you while repeating the following 3 times:

*Glorious Sange Menla, Lord of Healing please take heed of me.  
Just as the earlier ones (gone to bliss) generated the altruistic intention to become enlightened and developed by stages in the wisdom of all Buddhas and Bodhisattvas, so I also for the sake of helping transmigrators will generate my altruistic intention to get liberated and enlightenment and train in the stages of the teachings of all Buddhas and Bodhisattvas.*

Repeating this three times, solidify the vow of your practical intention to become liberated and enlightened. Cultivate joy upon generating noble altruistic intention to become enlightened for all beings, and then proclaim:

*Now my life is fruitful. I have attained a good human existence.  
Today I have been born in the Medicine Buddha lineage.  
I have become a Medicine Buddha child.  
Now, whatever happens, I will act so as not to taint this flawless Medicine Buddha lineage, initiating actions concordant with the lineage.*

Then recite and develop your visualization further by having Sange Menla appear even more clearly in full glory in front of yourself, while reciting:

*Within the great seal of clear light devoid of elaboration of inherent existence, on the broad path of the immortals in front of myself, in the center of ocean of offering clouds of Samanthabhadra like five-colored rainbows thoroughly ornamented, there is a jewel throne raised up by eight great lions. On it, on a pleasant thousand petals lotus delighting the mind are the discs of white Moon and red Sun. On them is the glorious victorious Sange Menla, composite in one of all the innumerable forms of refuge. Bearing the brilliance of lapis lazuli translucent color and blazing with magnificence of soothing rays of healing power penetrating all.*

*With one face and two hands, holding a bowl with five healing*

*substances, to symbolize the union of method and the profound all healing wisdom.*

*Radiating Sange Menla is in the midst of the five stainless lights ablaze like the expanse of space beautified by the constellations and is blessing all.*

*The three places in his body are adorned with the (form of) letters of the natural divine light of the three chakras.*

*White third eye OM, red throat AH and blue heart HUNG.*

While cultivating focus on general appearance and specific details of Medicine Buddha see how Sange Menla brilliant appearance of exalted healing wisdom is actually sliding through the space in front of you and getting closer and closer to you ... to finally arrive and rest at the lotus crown of all colors on the top of your head. Feel the blessing and offer your gratitude to the Lord of Healing manifestation in following way:

*To the glorious Medicine Buddha, and the Three Jewels of Refuge I offer with mind unattached and free from elaboration this body, speech, mind, and resources of myself and others, our collections of virtue in the past, present, and future, and this wonderful precious mandala with the masses of Samanthabhadra's offerings. Accepting them through your compassion, please bless and heal me and all beings no exception right now.*

## **SANGE MENLA YIDAM RANTA MANDALAKAM NIRYATAYAMI**

Feel blessed from performing this generosity in the name of all living beings; as Medicine Buddha descends from your crown through the Brahma chakra opening on the top of your head and is sliding down from the top of your central channel to your third eye white lotus with OM in the middle, as Sange Menla assumes the residence in your third eye white lotus beaming light; and immediately, like thunder lightning bringing power removes all negative mind stuff, fears, trauma and painful imprints from this and all previous lifetimes. Feel how Medicine Buddha admires your devotion and Bodhisattva like intention to help all beings by developing best of self, your Bodhisattva self... and feel how there is no difference between your mind and mind of the Great Healer; and solidify that magnificent blessing.

Then feel inspired by the oceans of good deeds done by yourself and others which create millions of bubbles of pleasing effects all over... as Sange Menla

descends further down your central channel into the red lotus of your throat chakra and syllable AH in the middle; and then recite:

*Please let fall the rain of all healing in accordance with the interests and thoughts of all beings no exception. My collection of virtue as illustrated by this are dedicated for quickly attaining the great state of Supreme Healer.*

... as Medicine Buddha assumes blissful residence in your throat chakra red lotus with AH, and immediately, like thunder lightning bringing light into the darkness removes all negative and unkind statements and painful vocal imprints you made in this and all previous lifetimes. And again feel certainty there is no difference between your voice and voice of the Medicine Buddha, and seal the intention of restraint in the future from faulty, harsh and unkind talk in all respects. Feel your vocal cords cleansed by this.

Then Sange Menla descends further down your central channel into the blue lotus and the syllable HUNG in your heart, and glorious Medicine Buddha shining blessing now from the blue lotus in your heart, and recite:

*Please let fall the rain of healing doctrine of the three vehicles in accordance with the interests and thoughts of all beings no exception. My collections of virtue, as illustrated by this, are dedicated as causes for quickly attaining the state of Medicine Buddha for benefit of all beings.*

Feel how Sange Menla admires the power of your pure and all loving heart chakra - lapis lazuli blue lotus, and immediately, like thunder lightning bringing light into the darkness all negative emotions and painful confusing feelings and imprints of pain and hurt from this and previous lifetimes are removed forever. Medicine Buddha blesses your strong and resilient, victorious heart and Bodhisattva intention to cultivate wisdom and compassion for all beings, specially your enemies... and feel there is no difference between your loving kind heart and the heart of Sange Menla.

At this point Great Healer in your heart grows, expands into size and fills your entire body; with Medicine Buddha mantra in your heart chakra.

Then recite the mantra of Medicine Buddha as much as possible



**TEYATA OM BEHEKADZE BEKEKADZE MAHA BEHEKADZE  
BEHEKADZE RADZA SAMUGATE SO HA**

... while feeling inseparable from Sange Menla keep sending loving kindness and healing power from your heart (mantra rays) in all directions like the Sun - liberating and healing yourself and all beings.

(At this point you can also direct the loving powerful healing lapis lazuli rays from your enlightened pure Bodhisattva heart to a specific beings in need and/or specific area of the world or your own body parts and organs.)

Once you are done with mantra recitation, one *mala* at least, feel how Medicine Buddha in size of your body is again slowly becoming the size fitting your heart chakra blue lotus with HUNG syllable in the center ... and residing in it with joy, wisdom and power and proud of you.

Noticing your clear pure body and heart feel how Medicine Buddha now moves slowly upward from your heart up to your great throat red lotus AH... again admiring your vocal capabilities and empowering your vocal cords to speak loving wise and kind words, with no hate or aversion no matter what.

Then Sange Menla moves up your central channel again coming up to your third eye - white OM lotus again and admires your Bodhisattva like determination and resolve to get enlightened for benefit of all beings.

Then feel how Medicine Buddha slides upward more and comes out of your blessed body through your Brahma chakra opening and finally rests on the all colors rainbow lotus crown of your head; for the rest of the day, and until the next day when you repeat this practice.

Throughout your day when tough gets going please call upon and remember Sange Menla on the crown of your head as your protector and repeat the mantra, and in this way plug into self healing power flow any time you need to adjust your life experience and full awareness of your sacred reality.

Colophon: I Jinpa Tarchen – the name given to me by the great Tibetan master KyabJe Kalu Rinpoche, and born in Yugoslavia as Vladan Mijatović Živojnov was blessed to become a student of His Holiness the Dalai Lama of Tibet and Khenchen Konchok Gyaltsen Rinpoche also who gave me the Medicine Buddha teaching and initiation in San Francisco in 1987. for the first time. Since then I received the great Sange Menla initiations, blessings and verbal instructions from His Eminence Garchen Rinpoche, Drupon Samten Rinpoche and Geshe Lobsang also.

This short Medicine Buddha daily practice based on the teaching, initiations, and verbal instructions I received is specially composed for participants of my three days Medicine Buddha presentation during the 125<sup>th</sup> International Convention at The Temple Of The People in Halcyon, California, USA, August 3-12 2024.



For more information please contact me at [vladanmz@gmail.com](mailto:vladanmz@gmail.com), and [www.paramitaproductions.com](http://www.paramitaproductions.com) + follow paramita productions on youtube and facebook.