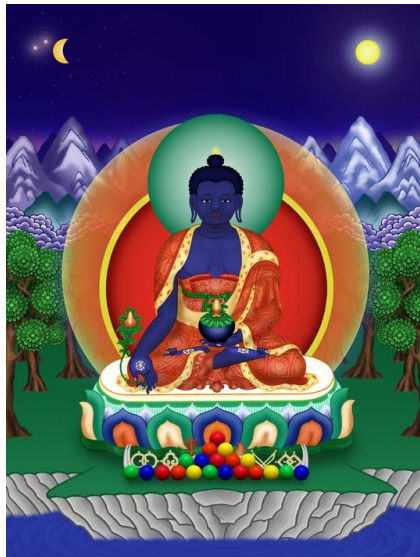


A simple Medicine Buddha Meditation

If doing this meditation for another person, do the visualisation above the crown of that person.



[Image courtesy of Osel Shen Phen Ling](#)

Visualise Medicine Buddha above your crown. Feel strong faith in the Medicine Buddha, remembering his great compassion for all beings including oneself. Pray that you will be immediately reborn in the pure land where you will become enlightened or that you receive a perfect human body and quickly actualize the path to enlightenment. Pray to take rebirth in whatever place is most beneficial for other sentient beings, no matter where it is.

Recite the mantra of the Medicine Buddha. As you recite the mantra visualise that blue light flows down from the heart of the Buddha and into your crown. The blue light fills your body and mind. Feel completely pure and under the protection of the Medicine Buddha

TA YA TA
OM / BHE KHAN DZYE/ BHE KHAN DYZE
MAHA BHEKHANDZY / BHE KHAN DYZE
RAHA SA MUD GA TE SVA HA

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org

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SLID 1041 V1