



ஓ। ສର୍ବତ୍ରମାଣିକ୍ଷମାନାନ୍ଦିଶିଖାଯାନ୍ତ୍ରମାଣାନ୍ତ୍ରା

The Meditation and Mantra Recitation of Medicine Buddha
called *The Drop of Ambrosia*

REFUGE AND BODHICITTA CULTIVATION

ସର୍ବତ୍ରମାଣିକ୍ଷମାନାନ୍ଦିଶିଖାଯାନ୍ତ୍ରମାଣାନ୍ତ୍ରା

SANG GYE CHÖ DANG TSOG CHOG GEN DUN LA / GO SUM GÜ PE TAG TU KYAB SU CHI
In the Buddha, Dharma, and Sangha, I take refuge respectfully through my three doors.

ସୁଧାଯାନ୍ତ୍ରମାଣିକ୍ଷମାନାନ୍ଦିଶିଖାଯାନ୍ତ୍ରମାଣାନ୍ତ୍ରା

DUG NGEL NAR WA'I MA GYUR DRO WA NAM / LA ME GO PHANG GÖ CHIR SEM KYE DO
I cultivate the mind to establish suffering sentient beings, who have all been my mothers,
in unsurpassed enlightenment.

ସୁଧାଯାନ୍ତ୍ରମାଣିକ୍ଷମାନାନ୍ଦିଶିଖାଯାନ୍ତ୍ରମାଣାନ୍ତ୍ରା

Repeat three times.

VISUALIZATION

ସମ୍ବନ୍ଧରେ ଶିଦ୍ଧି ପଦମାର୍ଗରେ ଶିଦ୍ଧି କରିବାକୁ ପାଇଲା । ଶର୍ଷାକୁଣ୍ଡଳାକାରୀ ପାଇଲା ।

RANG DÜN SENG TRI PE MA NYI DA'I TENG / SANG GYE MEN LA BE DUR YA YI DOG
In front of and above myself is a lion throne upon which rests a lotus, sun and moon disc seat,

କୁଣ୍ଡଳାରୀଙ୍କ ପାଦମୁଦ୍ରାରେ ଏହାର ଅନ୍ତର୍ଗତ ପାଦମୁଦ୍ରାରେ ଏହାର ଅନ୍ତର୍ଗତ

142

CHAG YE MEN SHING YON PA LHUNG ZE DZIN / TSEN PE WÖ TRO THRUL KU'I CHA LUG CHEN
on which sits Medicine Buddha, blue in color like the vaidurya jewel. In his right hand he holds the medicine

শ্ব.ম'ঘিৰ'দ্ব'ম'ব'দ' শাৰেশাৰ' দ্ব'ক'ৰ' ঘ'ক'শাৰ' ক'দ'শ' ক'ুশ' প'দ' শ'ৰেশ' ত'ৰ' ব'হ'ক'ুল' ঘ'ক'শাৰ'

LA MA YI DAM DE SHEG DUN LA SOG / SANG GYE JANG SEM NYI ZER DUL TAR TRIG
tree, and in the left a bowl filled with nectar. In nirmanakaya form, he radiates the light of all the major and minor marks. He is surrounded by lamas, yidams, and the seven sugatas with as many buddhas

Recitation of Medicine Buddha
Visualization

Recitation of Medicine Buddha Visualization

NE SUM LE NI WÖ ZER CHOG KUN TRO / YE SHE SEM PA CHEN DRANG TEN LA TIM
and bodhisattvas as the number of dust particles in the sunlight. They radiate light in all directions from their

गुरुं गुद्द-८श्च-परि-वद्द-क्षमा-दद्व-मा-परि-क्षिं- म-त्रिव-षके-कुश-मसु-क्षिव-य-म-वद्ग-नित-तव।

143

KUN KYANG DRO WA'I NE NAM JOM PA'I CHIR / KHYEN TSE NÜ THU THRIN LE DAG NYI CHEN
three special places, inviting the wisdom beings who dissolve into the samaya beings. They are the embodiment of
wisdom, compassion, power, and activities that dispel the sicknesses of all sentient beings.

OFFERINGS

ॐ सर वा ता था गा ता सा पा रि वा रा अर घम प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA AR GHAM PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा पद यम प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA PAD YAM PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा पु श पाम प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA PUSH PAM PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा धु पाम प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA DHU PAM PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा लो कम प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA A LO KAM PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा गहन दे प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA GHAN DE PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा नाइ वि टे प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA NAI WI TE PRA TI TSA SWA HA

ॐ सर वा ता था गा ता सा पा रि वा रा शप टा प्रा ति त्सा स्वा हा

OM SAR WA TA THA GA TA SA PA RI WA RA SHAP TA PRA TI TSA SWA HA

PRAISE

ସମ୍ବନ୍ଧରେ ଗୁରୁ ପାଞ୍ଚମୀ ପରିଷକ୍ତମାତ୍ରର ଦର୍ଶନୀ ମହାତମାଂଶୁର ସମ୍ବନ୍ଧରେ ଗୁରୁ ପାଞ୍ଚମୀ ପରିଷକ୍ତମାତ୍ରର ଦର୍ଶନୀ

THUG JE KUN LA NYOM PE'I CHOM DEN DE / TSEN TSAM THÖ PE NGEN DRO'I DUG NGEL SEL
I praise and prostrate to Medicine Buddha, who radiates the light of the vaidurya jewel.

DUG SUM NE SEL SANG GYE MEN GYI LA / BE DUR YA'I WÖ LA CHAG TSEL TÖ
Exalted One, your compassion permeates all beings, dispelling the suffering of the lower realms

ସିଂହାମେଦ୍ଵରଶାସ୍ତ୍ରବିଦ୍ୟାକୁଣ୍ଡଳୀପାଠ୍ୟକାରୀ ପାଠ୍ୟକାରୀ

THOG ME NE SAG DIG SHAG GER YI RANG / THEG SUM CHÖ KYI KHOW LO KOR DZE CHING
and the sickness of the three poisons by the mere hearing of your name. I confess the evil deeds that I have

ଶ୍ରୀମତୀ ପଦ୍ମନାଭାବୁଙ୍କାଳୀ

NYA NGEN MI DA SI THAR ZHUG PAR SOL

accumulated from beginningless time. I rejoice in all virtue. I beseech you to turn the wheel of Dharma of the three yanas, and abide until the end of samsara.

শ'ম'শ্ব'ব'দ'ক'ু'ব'চ'ব'ক'ম'শ্ব'ব'ব'ন'। দ'ব'শ'ন'ি'শ'শ্ব'ব'শ'ন'ু'ব'ব'ব'ব'ব'ব'ব'।

LA MA MEN PE'I GYEL PO CHOM DEN DE / DÖN NYI LHUN GYI DRUB PE'I PEL NGA WA
Exalted One, Lama, King of Medicine, you possess the glory of the spontaneous establishment of the

DUG SUM NE KYI ZIR WE'I DRO WA NAM / NE ME GA DE'I PEL LA CHÖ PAR SHOG
two benefits. May all sentient beings who are tortured by the sickness of the three poisons have
the glory of joy, happiness, and freedom from illness.

MANTRA RECITATION

བྱାହୁଶାର୍ଦ୍ଦିନ ପଞ୍ଚମୀ ପରିଷାରା ପରିଷାରା ପରିଷାରା ପରିଷାରା

DE PE GYU KUL DE SHEG KHOR CHE KYI / KU SUM THUG LE WÖ ZER PAG ME TRÖ

I invoke the commitment of the eight sugatas and retinues by the recitation of the mantras. Limitless light rays

MIG YUL TSOR CHE KHAM SUM SEM CHEN GYI / THOG ME NE SAG LE NYON DIG DRIB DANG
of wisdom and compassion manifest from their bodies and permeate myself and all sentient beings,
especially the ones who are the focus of my attention.

NE DÖN DAM TSIG NYAM CHAG MA LÜ JANG / DE SHEG SE CHE JIN LAB TING DZIN TOG
They purify the obscurations of karma, afflictive emotions, sickness, possession, evil deeds, and broken samaya.
In an instant, all achieve the various realizations of all the buddhas and bodhisattvas.



ପ୍ରକାଶନ

SHORT MANTRA

၅၅။ အိန္ဒိယ-ကြံန္တ-မ-နှုန်း-ကြံန္တ-နှုန်း-နှုန်း-များ-နှုန်း-နှုန်း

TA DYA THA

OM BHE KHA ZE BHE KHA ZE MA HA BE KHA ZE BHE KHA ZE RA ZA SA MUN
GA TE SWA HA

ଶ୍ରୀକୃଷ୍ଣପଦ

Recite as many times as possible.

Recitation of Medicine Buddha
Mantra Recitation

LONG MANTRA

ତାଦ୍ୟାଥା ଗୁମେଶୁମୋ ଅିମିନ୍ଦିମିନ୍ଦି ମାର୍ତ୍ତିମାର୍ତ୍ତି ଶହ୍ରଦ୍ବଶାନ୍ତା ଶମ୍ଭାନ୍ତା

TA DYA THA / GHU ME GHU ME / AI MI NI MI NI / MA TI MA TI / SAP TA TATHA GA TA / SA MA DHYA
କିମ୍ଭାନ୍ତି ଆର୍ତ୍ତିମାର୍ତ୍ତିଶୁମୋ ସ୍ଵାଧୀନ୍ତିଶୁନ୍ତି ଶହ୍ରଦ୍ବଶୀନ୍ତା ମାମାନ୍ତା

150 DISH THA TE / A TE MA TE PA LE / PA PAM SHO DHA NI / SAR WA PA PAM NA SHA YA / MA MA BUD DHA
ଶଙ୍କହୁମୋ ଶୁମେଶୁମୋ ଶଙ୍କଗୋହ ପାର୍ଶ୍ଵଶୁନ୍ତି କିମ୍ଭାନ୍ତିଶୁନ୍ତା

BUD DHOT TA ME / U ME KU ME / BUD DHA KSHE TRA / PA RI SHO DAH NI / DHA ME NI DHA ME
ମେନ୍ଦୁମେନ୍ଦୁ ମେନ୍ଦୁସୀମେନ୍ଦୁ ଶହ୍ରଜୁଗାଯା ଶିରୁକୁଶିରୁକୁର୍ତ୍ତି

ME RU ME RU / ME RU SHI KHA RE / SAR WA AH KA LA / MRI TYU NA WA RE NI

Recitation of Medicine Buddha
Mantra Recitation

ବୁଦ୍ଧିଶନ୍ଦିଶନ୍ଦିଶନ୍ଦିଶନ୍ଦିଶନ୍ଦିଶନ୍ଦିଶନ୍ଦିମୋ ଶହ୍ରଦ୍ବଶ୍ଵା ଶମ୍ଭା ଅଶାମୋ

BUD DHE SU BUD DHE BUD DHA DISH THI TE KSHAN TU ME / SAR WA DE WA / SA ME / A SA ME
ଶାମାନ୍ତରୁଦ୍ବଶ୍ଵାମୋ ଶହ୍ରଶଙ୍କଦ୍ଵିଶନ୍ଦା ସମ୍ଭେଷମୋ ସମ୍ଭମହମୋ

151 SA MAN VA HA RAN TU ME / SAR WA BUD DHA BO DHI SAT WA / SHA ME SHA ME / PRA SHA MAN TU ME
ଶହ୍ରଅରୁଧା ରାମଶଙ୍କଦ୍ଵିଶନ୍ଦା ସୁରକ୍ଷିଶୁର୍କନ୍ତି ସୁରାଯମୋ ଶହ୍ରଜୁମୁଯା

SAR WA I TYU PA / DRA WA BHYA DHA YA / PU RA NI PU RA NI / PU RA YA ME / SAR WA AH SHA YA
ଶିରୁର୍ଯ୍ୟପର୍ତ୍ତିଶନ୍ଦା ଶହ୍ରଦ୍ବଶୀନ୍ତା ଶହ୍ରଦ୍ବଶୀନ୍ତା

BE DUR YA PRA TI BHA SE / SAR WA PA PAM KSHA YAM KA TI SWA HA

DISSOLUTION

ପ୍ରତିକାଳୀନ ଦେଶରେ ଏହାର ଅଧିକାରୀ ମାତ୍ରରେ ଏହାର ଅଧିକାରୀ ମାତ୍ରରେ

KHOR TSHOG WÖ ZHU TSO WO'I KU LA THIM / MEN LE'I KU SUNĞ THUG KYI NE SUM LE
The assembly of the mandala melts into light and dissolves into the central figure. From the three
special places of the body, speech, and mind of Medicine Buddha,

དྲୟ-ସ୍ତୋ-ନ୍ଦ୍ର-ମୁଦ୍-ମୁଦ୍ରି-ଶରୀ-ପ୍ର-ଶରୀ-ର୍କ୍ଷଣା ମୁଦ୍-ଶି-ଶରୀ-ଶରୀ-ମୁଦ୍ରି-ପଶ୍-ଶରୀ-ଶରୀ-ମୁଦ୍ରି-ନ୍ଦ୍ରା

152

WÖ ZER KAR MAR THING GE'I YE SHE TRÖ / RANG GI NE SUM THIM PE DRIB SUM DAG
white, red, and blue transcendent awareness light radiates and dissolves into my three special places,

TSO WO WÖ SHU RANG GI CHI WOR THIM / JER ME GYEL KUN KHYEN TSE'I RANG ZUG CHE
purifying the three obscurations. Medicine Buddha melts into light and dissolves into me through the crown of my head.
I become inseparable from the great embodiment of all victorious wisdom and compassion.

Recitation of Medicine Buddha

Dissolution

ଶ୍ରୀମଦ୍ଭଗବତପ୍ରକାଶନକାରୀ

TONG ZUG CHAG GYA CHEN POR NGEL SO O
I rest in the state of Mahamudra - all-pervading emptiness.

Thus rest the mind in suchness

153

Recitation of Medicine Buddha Dissolution

DEDICATION

དག་པ་འདි·ཡි·ჲුර·ནු·པත්‍රා | ພද්‍රා·කුෂ·ჲුර·නු·පත්‍රා

GE WA DI YI NYUR DU DAG / SANG GYE MEN LA DRUB GYUR NE
By this virtue, may I quickly accomplish Medicine Buddha.

დු·შු·ප·මැඹ·ჲුර·ම·ჲුර·ධා | ද·යි·ෂ·ප·ა·დ·ე·ධ·ප·ს·ჲ·

DRO WA CHIG KYANG MA LÜ PA / DI YI SA LA GÖ PAR SHOG
May I establish all sentient beings without exception in that state.

მან·დ·ა·ჲ·შ·დ·ა·ჲ·შ·ა·მ·ა·ჲ·შ·ა·მ·ა· ჲ·ა·დ·ი·ა·ჲ·დ·ი·რ·გ·რ·გ·მ·ა·ჲ·შ·ა·მ·ა·

CHÖ TÖ DE GOM GYI PA'I GE WA DI / TSHE DIR TSHE RING NE ME DE KYI DEN
By the merit of performing the offerings, praise, recitation, and meditation, may I and all sentient beings have

ე·ჲ·ტ·ს·ე·დ·უ·რ·ა·შ·დ·ა·ჲ·შ·ა·მ·ა· ჲ·მ·ა·შ·დ·ა·ჲ·შ·ა·მ·ა·

CHI TSE BE DUR YA NANG ZHING LA SOG / NAM DAG ZHING DU SANG GYE ZHEL THONG SHOG
very long, happy lives free from illness. At the time of death, may we see the faces of the buddhas of
the Vaidurya Realm or other pure buddhafields.

ჲ·შ·დ·ა·ჲ·შ·ა·მ·ა· ჲ·დ·ნ·ა·მ·ა· ჲ·შ·ა·მ·ა· ჲ·შ·ა·მ·ა· ჲ·შ·ა·მ·ა·

JUNG GYUR MA WONG DAG SOG DRO WA NAM / SANG GYE ZHING DU PE ME'I NYING PO LE
In the future, may I and all sentient beings be born in the center of lotuses in buddhafields and,

ჲ·შ·დ·ა·ზ·ჲ·შ·ა·მ·ა· ჲ·შ·ა·მ·ა· ჲ·შ·ა·მ·ა· ჲ·შ·ა·მ·ა·

THRUNG TE GYA CHEN TSHOG NYI RAB DZOG NE / LA ME JANG CHUB GO PHANG THOB GYUR CHIG
by completing the two vast accumulations, achieve the state of highest enlightenment.