

The Medicine Buddha

The Medicine Buddha is the supreme physician. When positive or joyous feelings and attitudes pass through each organ of your body and circulate throughout your whole system, your physical and chemical energies are transformed and balanced. The practice of the Medicine Buddha gives you this power to heal your body and your mind and helps you deal with any situation clearly and directly. It promotes peace, calm, and tranquility in your heart. The happiness you experience is transmitted to others. Thus, you benefit them as well.

The mantra of the Medicine Buddha is

**Ta-Ya-Tha Om Benza Zey Benza Zey Ma Ha Benza Zey Benza Zey Raja Samud Gate
Ye Svaha**

A Brief Description of the Mandala of the Medicine Buddha

This Mandala, made from colored sands, represents the palace of the Medicine Buddhas. Just to glimpse this Mandala creates a positive impression on your mind stream. For a moment it is in touch with the timeless ideal of all-encompassing compassion.

A long time ago in the past, the eight medicine Buddhas joined Shakyamuni Buddha and made powerful vows to always help free sentient from the three poisons of ignorance, attachment and hatred. They also promised to free them from the obstructions and confusion due to previous karma; and to free them from suffering from different types of diseases, sorrow and troubles.

In a Mandala, there are several different ways to represent the Medicine Buddha and the other 8 Medicine Buddhas, along with their attendants. The main Medicine Buddha is in the center on a moon disk and is blue in color. He is the main bestower of healing. In his right hand he holds a bowl of universal medicine. His left hand holds an alms bowl. In some mandalas, heaps of sand represent the other eight medicine Buddhas and their retinues. In others, images of the deities or syllables are sand painted in Tibetan or Sanskrit.

At the end of the ritual, the Mandala will be dismantled and the sand powders of the Mandala will be thrown into a clean river or a sea to remind us of the impermanence of the world and to purify the environment.