The Short Medicine Buddha practice

The Profound Cure (Zabchema)
A Practice of Bhaiṣajya-Guru, Lord of Physicians

from Karma Chakmé’s Mountain Dharma

rang gi tuk lé özer ting kha trò
From my heart, shoot forth dark blue rays of light,

sharchok baidurya nang shyingkham su
Which flood towards the east, to the buddhasfield of Lapis Lazuli,

chomden men la shuykpé tukkar pok
Where they touch the heart of Bhagavat Bhaiṣajya-Guru, blessed Lord of Physicians,

ngön gyi damcha tukkyé mónlam dren
Who is thus reminded of his former pledges, his prayers and aspirations.

özer baidurya yi dok dra trò
In turn, he sends back further rays of lapis lazuli coloured light,

dak dang sungja nam kyi lü la tim
Which dissolve into my own body and all those who need protection.

né kunwa mor nyizer pok drar gom
Thus, I imagine all diseases evaporating,
Dwindling to nothing like frost in sunlight.

sangye men gyi la baidurya ö kyi gyalpo la chaktsal lo
Homage to the Buddha Bhaiṣajya-Guru,
Lord of Physicians, Radiant Lapis Lazuli King!
sangye men gyi la baidurya dkyi gyapö ngön monlam chenpo chunyi tabspa denpa dang
Lord of Physicians, Radiant Lapis Lazuli King –
By the truth of your pledge, your twelve great aspirations,
denpe tsik de dak sok semchen tamche kyi né tamche danta nyi du shiyvar gyur chik
And by the truth of each of your words, without exception,
May each and every illness that affects sentient beings
Be pacified now, in this very instant!

If you recite this mantra according to the severity of the disease, whether a hundred, a thousand, or as many times
as you can, you should have no doubt that all illness (other than that due to the ripening of past karma) will be
pacified. This is clearly stated in both the long and short medicine sūtras.

1. ↑ The title implies that the practice is a profound way to eliminate, separate from and remove all
diseases. (Oral clarification by Khenpo Pema Namgyal)

2. ↑ The name of the ‘Buddha of Medicine’ is Bhaiṣajya-guru-vaiḍurya-prabhā-rāja (sman gyi bla bai
dûrya 'od kyi rgyal po). Here we have translated Bhaiṣajya-Guru (sman gyi bla) as ‘Lord of Physicians’
and Vaiḍurya-prabhā-rāja (bai dûrya 'od kyi rgyal po) as ‘Radiant Lapis Lazuli King’. Bhaiṣajya-Guru
more literally implies that the ‘Buddha of Medicine’ is both a physician (bhaiṣajya) and a teacher (guru).
Vaiḍurya-prabhā-rāja more literally implies ‘a king who radiates with the colour of lapis lazuli.’

While the first mantra evokes the Buddha of Medicine, the second mantra (né sarva sāntith kuru svāhā
requests him to act. The second mantra can be translated as ‘please pacify all diseases.’

4. ↑ This is a reference to The Sūtra Describing in Full the Specific Previous Vows of Bhaiṣajya-guru—