

*There are many versions of this practice. The one below I wrote utilizing teachings and transmissions from Dilgo Khyentse Rinpoche, Thrangu Rinpoche, Jamong Kontrul Rinpoche, and Lama Richen.*

*First, rest in heartfelt presence and appreciation. Then declare to yourself as you softly speak,*

I take refuge in the sacred space of my inherent wisdom and compassion.

*Repeat 3 times. Again say outloud:*

I engender and praise the lineage of care givers throughout all times, including those teachers of mine who have opened my heart and eyes to love and compassion. Particularity in this age of a world wide plague, I wish to help.

I become the Medicine Buddha of Uddiyana, blue, luminous, radiating healing light, holding an alms bowl of Supreme Medicine. Dis-eases of body, heart, mind and of lack of connecting to sacredness are eradicated. Healing peace and brilliant wisdom ensue.

*Chant:*

OM AH HUM VAJRA-GURU-PADMASAMBHAVA-BHAISHAJYE RAJAYA  
SAMAUDGATE SVAHA.

*My loose interpretation of the meaning of the prayer, -Om, Ah, Hum are sounds that call forth the wisdom and love of the Universe, then you call the greatest of teachers, Padmasambhava, to manifest as the Medicine Buddha of this time to dispel suffering and sickness. As Tibetan is foreign to most of us and the main point of the practice is our motivation to help alleviate suffering, it maybe sufficient to first visualize yourself as Medicine Buddha and simply repeat the words OM AH HUM.*

*After Chanting, rest in the glorious presence of tenderness and appreciation for as long as you wish.*

*Aspiration-say out loud*

May the mental and physical pains of all beings cease. May all beings enjoy happiness, peace and joy. May the Earth and the Universe feel my prayer for healing.

*Dedicating the merit-say out loud*

By this intention and practice may all obtain omniscience. May this defeat

the enemy wrong doing and thinking. From the stormy waves of birth, old age, sickness and death, may I free all beings.

*My well wishes , I hope this gives you a practice to do through your day, whenever you encounter pain or misunderstanding. You can flash the visualization of yourself as Medicine Buddha and or repeat the mantra or the 3 words of empowerment Om AH HUM.*