



H.E. Paltul Rinpoche • The Medicine Buddha Puja



short practice of the Kagyu tradition

Short Menla Practice

HUNG KUN DOK BEN DUR YA YI RI WO DRA

HUNG. Your body the color of a mountain of lapis lazuli,

DRO WA SEM CHEN NAY CHI DU NGAL SEL

You dispel suffering of disease from all sentient beings.

CHANG CHUB SEM PA JAY CHI KOR JI KOR

Your retinue of eight bodhisattvas surrounds you—

RIN CHEN MEN DZIN LHA LA CHA TSAL TÖ

I praise and pay homage to the Deity Who Holds the Precious Medicine.



TAYATA OM BEKENDZE BEKENDZE MAHA BEKENDZE RADZA SAMUDGATE SO HA

SEM CHEN NAY PA JI NYAY PA

May the many sentient beings who are sick

NYUR TU NAY LAY TAR JUR CHIK

Quickly be freed from sickness

DRO WAY NAY NI MA LÜ PA

And may all the sicknesses of beings

TAK TU JUNG WA MAY PAR SHOK

Never arise again.

Shorter Menla Practice

CHOM DEN DAY DE SHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY

To you, Bhagavan, Tathagata, Arhat, perfect and fully

SANG GYE MEN GYI LA BE DUR YA Ö KYI GYEL PO LA CHAK TSEL LO

Awakened Menla, king of lapis lazuli light, I offer prostrations.