

## Invoking Medicine Buddha

Medicine Buddha meditation is a healing practice treasured by many in the Mahayana Buddhist tradition. We can practice it for ourselves, or for someone we care about who is ill. When we practice Medicine Buddha, we do not do so to replace mainstream medical treatment, but to complement it. The practice purifies and removes the underlying, karmic causes of disease and cultivates the causes for holistic well-being.

Medicine Buddha is as much about mind as it is body. Empirical evidence shows that when we meditate, it triggers self-repair mechanisms in our own bodies. We stop producing cortisol and adrenalin, and instead we enhance the production of immune-boosting endorphins and serotonin, arming our body against invasive bacteria, viruses, and other imbalances. These changes also promote positive states of mind. And if we have confidence that this practice can work for us, we're off to a very good start.

## ~~ WORLD PEACE PRAYER ~~

To the unfailing sources of refuge, the Three Jewels and Three Roots, and especially Chenrezig, the protector of the Land of Snows, to Noble Tara and Guru Padmasambhava, I pray: please remember your sacred pledge of former times! Please grant blessings that this aspiration be entirely fulfilled!

In this dark age of decline, the thoughts and actions of beings are corrupted, and the balance of the outer and inner elements is lost. Through these causes and conditions, humans and animals alike are seized by epidemics and diseases unknown in the past. They are struck by planetary demons, nāgas, evil

spirits, dark forces, and elemental spirits. Crops are damaged by blight, frost, and hail, and there is fighting and dispute. Untimely rains, heat waves, and droughts in the world; fear of earthquakes, fire, adversaries, and natural catastrophes; and in particular, evil hordes that hurt the teachings, and so forth, cause harm and violence throughout the world.

May these be swiftly pacified and vanquished from their very roots! In the minds of all beings, human and non-human, may precious and supreme bodhicitta arise naturally. And, free of harmful thoughts and actions, may the minds of all be filled with love for one another! May the entire world enjoy abundant happiness and wealth!

May the Buddha's teachings spread far and endure long! By the truthful power of the Three Roots, the buddhas, and bodhisattvas, by whatever virtuous roots there are in samsara and nirvana, and by the power of our highest pure intention, may this aspiration be fulfilled!