

BEING MEDICINE:

The Unexcelled Yoga of Bhaishajyagūru and Prajñāviśvamāta

I. PRELIMINARIES

A. INVOCATION

Visualize all the lineage mentors as seated, one face, two armed lapis blue Bhaishajyas holding vajra and bell, in full embrace with their sun gold Prajñās, holding chopper and skull-cup. Each mentor couple is around the size of a human hand and stacked above the next, stretching down from Bhaishajya and Prajñā in their lapis lazuli healing heaven like a living ladder to His Holiness the Dalai Lama at your crown. As you invoke each mentor couple, see them first melt into crystal clear lapis blue light, sparkling with flecks of clear gold, and then dissolve into the next mentor, until His Holiness dissolves into you.

O King Bhaishajya, Mentor of healing kindness and love,

O Queen Prajñā, Mother of healing wisdom and art,

O Shakyamūni, who became *Nirvāṇa*, the medicine for humanity,

Please grant me both the twin powers!

O Nāgārjuna, whose emptiness cuts the root of *samsāra*,

O Asaṅga, who brought Maitreya's love down to earth,

O Vasubandhu, whose psychology transforms the depths of the mind,

Please grant me both the twin powers!

O Bhāvaviveka, who cleared the gradual path of philosophy,

O Vimuktisena, who mapped the altruist's way,

O Barṭhāri, whose psychology speaks to the depths of the soul,

Please grant me both the twin powers!

O Chandrakīrti, whose empathic philosophy heals the mind's eye,

O Shantideva, poet of compassionate wisdom and art,

O Kamalashīla, who taught the path of contemplative life,

Please grant me both the twin powers!

Healing Mentor/Mother Performance Script

O Padmasambhāva, whose garden blooms in the lake of the mind,
O Naropa, whose Dakinī melts the delusions of all,
O Atisha, who came as Yamantaka to teach fierce Tibet,
Please grant me both the twin powers!

O Milarepa, whose song awakened the peaks of Dingri,
O Macig Labdron, whose intuition cuts the self-knot,
O Chekawa, whose medicinal nectar melts the “I,”
Please grant me both the twin powers!

O Je Tsong Khapa, who revealed the steps of all three paths as one,
O Losang Chogyan, whose writings echo Lozang’s whispered intent,
O Kelsang Gyatso & Sangye Gyatso, who refined Tibet’s healing arts,
Please grant me both the twin powers!

O Dechen Nyingpo, who relit Atisha’s lamp for the path,
O Kyabje Lingtrul, who embodied the sheer brilliance of Mañjushrī,
O Tenzin Gyatso, whose smile beams all teachers and teachings,
Please grant me both the twin powers!

B. REFUGE AND INSTANT SELF-CREATION

As you recite the following verses of refuge, the light and nectar of the lineage flows through your crown, throat and heart, inducing your body, speech and mind to melt into your heart drop and slip into the bluish clear light of bliss and emptiness, like water in water, out of which you instantaneously emerge as Bhaishajya/Prajñā, ready to bless the offerings for the mentors, protectors and your own self-creation.

By invoking and honoring you, my mentors,
Now and in all future lives, may I be protected and nurtured
By healing role-models, teachings and communities,
Until I reach Buddhahood for all mother earthlings!
May I subdue my four demons, all negative factors,

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And be endowed with the wealth of attainments,
Peace, growth, power, ferocity and the magic arts,
To uphold the heart of the Buddha's Teaching!
Instantaneously I arise as the Healing Mentor and Mother,
In full embrace, holding vajra, bell, chopper and skull-cup!

C. BLESSING THE OFFERINGS

1. BLESSING THE INNER OFFERING

OM BHAISHAJYAGURU HUM PHAT! OM VISHVAMATA HUM PHAT!

OM I AM NATURALLY PURE, THE NATURAL PURITY OF ALL THINGS!

Suddenly everything melts into sheer bliss-voidness!

Out of the void comes a blue seed-syllable YAM

Creating a blue crescent of wind, above which

Comes a red RAM, creating a red triangle of fire,

Above each corner of which comes a white AH,

Creating a three skull tripod, above which comes a white AH

Creating a broad skull-bowl crucible, white outside, red inside,

Symbolizing the ecstatic clarity of bliss-voidness.

Within the skull-bowl, at the front, back, sides and center,

Come five blue HUMs, creating five kinds of meats;

At the four corners and the center come five more blue HUMs,

Creating five kinds of bodily fluids. Above the crucible

Vertically stacked, come a white OM, red AH and blue HUM.

From the blue HUM at my heart, lapis blue light rays beam

To the crescent, fanning the wind, which flares the fire,

Which melts the flesh and fluid in the skull-bowl to a boil.

The three seed syllables then beam lights to all the Enlightened,

Attracting the healing energies of Vajra Body, Speech and Mind,

To collect back into the syllables until they slip into the crucible

One at a time like catalysts that purify, transform and multiply

Healing Mentor/Mother Performance Script

The essence of life into a healing elixir of blissful openness!

OM AH HUM! OM AH HUM! OM AH HUM!

C.2. BLESSING THE OUTER OFFERINGS

OM I AM NATURALLY PURE, THE NATURAL PURITY OF ALL THINGS!

Suddenly everything melts into sheer bliss-voidness!

Out of the void come eight white AH's, creating eight skull-bowls,

In which blue HUM's melt into mouthwash, footbath, perfume,

Flowers, incense, light, food and sound. All have the nature

Of blissful openness, the form of exquisite offerings,

And the function of stirring pure sensual bliss within the six senses!

OM ARGHAM, PADYAM, GANDHE, PUSHPE,

DHUPE, ALOKE, NAIVIDYA, SHABDHA AH HUM!

C.3. BLESSING THE OFFERING CAKE

OM I AM NATURALLY PURE, THE NATURAL PURITY OF ALL THINGS!

Suddenly everything melts into sheer bliss-voidness!

Out of the void come the four elemental seed syllables

Creating the four elemental forms, and four AH's

Creating the broad skull-bowl crucible,

Symbolizing the ecstatic clarity of bliss-voidness,

And containing the five meats and fluids,

Symbolizing my mind/body process.

From the blue HUM at my heart, lapis blue light rays beam

To the crescent, fanning the wind, which flares the fire,

Which melts the flesh and fluid in the skull-bowl to a boil.

The three seed syllables then beam lights to all the Enlightened,

Attracting the healing energies of Vajra Body, Speech and Mind,

To collect back into the syllables until they slip into the crucible

One at a time like catalysts that purify, transform and multiply

My nervous system into a delicacy of blissful openness!

OM AH HUM! OM AH HUM! OM AH HUM!

D. INVOCATION AND OFFERINGS TO THE WORLDLY GODS

From the blue HUM at my heart, hook shaped lapis rays

Beam in all directions, persuade the Local Gods and Spirits

From all over the world to gather around me in their stations and melt

Into clear light, out of which each becomes a Healing Mentor/Mother,

In full embrace, holding a vajra, bell, chopper and skull-bowl.

From the tongue of each guest comes a white vajra straw of light,

Through which they savor the ritual cake of bliss-voidness!

OM YAMARAJA SADOMEYA YAMEDORU NAYODAYA

YADAYONI RAYAKSEYA YAKSAYACCHA NIRAMAYAMA

HUM HUM HUM PHAT PHAT PHAT SVAHA!

OM DAHSADIKA LOKAPALA SAPARIVARA

HUM BHYOH PHAT SARVABUTEBHAYAHA!

OM DAHSADIKA LOKAPALA SAPARIVARA

ARGHAM PADYAM GANDHE PUSPE DHUPE

ALOKE NAIVIDYA ŚABDHA PRATICCHA HUM SVAHA!

OM AH HUM, OM AH HUM, OM AH HUM!

E. PRAISE TO THE WORLDLY GODS AND PROTECTORS

O Dark Lord, Guardians of the World and your hosts,

You who are bound to tame all the demons and devils

That afflict mind and heart, and to preserve and protect

Healing Mentors, Teachings and Communities, to you I bow!

Healing Mentor/Mother Performance Script

O Gods of this Rose-Apple World and your hosts,
Let your magnificent deeds speed my work
And clear away all blocks to freedom and happiness!
Now, please return to your posts, OM AH VAJRA MUH!

F. BLESSING THE SELF-CREATION OFFERINGS

1. BLESSING THE SELF-CREATION INNER OFFERING

OM I AM NATURALLY PURE, THE NATURAL PURITY OF ALL THINGS!

Suddenly everything melts into sheer bliss-voidness!
Out of the void come the four elemental seed syllables
Creating the four elemental forms, and four AH's
Creating the broad skull-bowl crucible,
Symbolizing the ecstatic clarity of bliss-voidness,
And containing the five meats and fluids,
Symbolizing my mind/body process.
From the blue HUM at my heart, lapis blue light rays beam
To the crescent, fanning the wind, which flares the fire,
Which melts the flesh and fluid in the skull-bowl to a boil.
The three seed syllables then beam lights to all the Enlightened,
Attracting the healing energies of Vajra Body, Speech and Mind,
To collect back into the syllables until they slip into the crucible
One at a time like catalysts that purify, transform and multiply
The essence of life into a healing elixir of blissful openness!
OM AH HUM! OM AH HUM! OM AH HUM!

F.2. BLESSING THE SELF-CREATION OUTER OFFERINGS

OM I AM NATURALLY PURE, THE NATURAL PURITY OF ALL THINGS!
Suddenly everything melts into sheer bliss-voidness!
Out of the void come eight white AH's, creating eight skull-bowls,

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In which blue HUM's melt into mouthwash, footbath, perfume,
Flowers, incense, light, food and sound. All have the nature
Of blissful openness, the form of exquisite offerings,
And the function of stirring pure sensual bliss within the six senses!
OM ARGHAM, PADYAM, GANDHE, PUSHPE,
DHUPE, ALOKE, NAIVIDYA, SHABDHA AH HUM!

G. OFFERING THE MENTOR THE BIOSPHERE

This earth covered with waters, herbs and flowers,
Adorned by its mountains, continents, sun and moon,
Envisioned as your lapis lazuli Buddhaverse,
I offer so that all its life may be set in utopia!
OM IDAM GURU RATNA MANDALAKAM NIRYATAYAMI!
(O MENTOR, PLEASE ACCEPT THIS PRECIOUS LIFESPHERE!)

H. THE YOGA OF PURIFICATION

On my crown as the Healing Mentor/Mother comes a white PAM,
Creating a white lotus, on which a white AH creates a moon cushion,
Out of which comes a white HUM, creating a five pronged white vajra,
Inscribed with white HUM. From the vajra, crystal white light beams
All around, then returns, transforming the vajra into a pure white
Vajra Hero/Heroine, embracing with varja, bell, chopper and skull-bowl.
At their heart moons, white HUM's beam, inviting their intuitive doubles
To merge with them, and consecration deities to fill them
With the wisdom elixir that confers consecration!
OM SARVA TATHAGATA ABHISHEKHATA SAMAYA SHRIYE HUM!
(OM MAY THE CONSECRATION VOWS OF ALL THE TRANSCENDENT ONES SHINE!)
O Vajra Mother/Father, please purify all broken vows, sins and blocks!

Healing Mentor/Mother Performance Script

Thus invoked, pure white light from their heart HUM's beam all around, purifying the broken vows, sins and blocks of all beings including you, distributing offerings to all the enlightened, and concentrating all enlightened virtues into crystal white light and nectars that return and dissolve into their heart HUM's, intensifying their perfect clarity and brilliance. As you recite the confessional formula, envision this light and nectar brimming over and flowing down through your crown, throat and heart, purging your body, speech and mind of all toxins, sins and blocks, and filling you from toe to crown until you too shine with perfect purity and clarity.

O VAJRA HERO GUARD MY VOWS, VAJRA HERO SUSTAIN THEM, MAKE ME FIRM, MAKE ME SATISFIED, MAKE ME DEVELOP, MAKE ME UNWAVERING, GRANT ME ALL ATTAINMENTS, INDICATOR OF ALL EVOLUTION MAKE MY MIND BRILLIANT, HUM HA HA HA HA HOH! CONQUEROR, VAJRA OF ALL THE TRANSCENDENT, NEVER LEAVE ME, MAY I BE A VAJRIN, O GREAT VOW HERO, AH HUM PHAT!

II. ACTUALLY CREATING ONESELF AS THE MENTOR

A. INVOCATION, PRAISE & OFFERING TO THE MENTOR HOST

Myself as the Healing Mentor/Mother, from my heart moon HUM's beam lapis lights throughout the multiverse, which invites the Healing Mentor and Mother, my human mentor and the whole host of Buddhas, Bodhisattvas, Terrifics, and Angels to the space before me, and then return to my heart.

O Mentor/Mother like living medicine,
Your loving kindness instantly
Grants access to the great bliss sphere,
I bow at your lotus feet, Vajra Master!
Supreme Mentor, Great Healer of all,
Inseparable from the Wisdom Mother,

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Who cures delusion, the root of all ills,

O Bhaishaja/Prajna I salute you!

My heart HUM beams lights that emanate four goddesses

Who present the eight kinds of offerings to the Mentor/Mother

And host, then return to my heart:

OM BHAISHAJYAGURU/VISHVAMATA

ARGHAM PADYAM GANDHE PUSPE DHUPE

ALOKE NAIVIDYA ŚABDHA PRATICCHA HUM SVAHA!

B. CONFSSIONAL & REFUGE VOWS, PURE CONTEMPLATIONS

Having confessed all sins and renounced them all

I promise you never to do them again,

To rejoice in all merit and dedicate all to bliss!

I take refuge in the three jewels

To liberate all beings,

And place them in Buddhahood;

So I conceive the spirit of enlightenment!

Offering this body and life

To realize the intuitions of the three bodies,

I vow to practice the transcendences

Following the path of Buddha's hiers!

O Enlightened Beings and Altruists,

Please pay attention and listen to me!

I, Immovable Vajra, from now until enlightenment

Conceive the spirit of enlightenment

As all Saviors destined for Buddhahood!

I will keep the vows and pledges of all five clans,

Healing Mentor/Mother Performance Script

Heal those not healed, save those not yet saved,

Nurture those not nurtured, and set all beings in Nirvana!

May we all know happiness!

May we all be free from suffering!

May we all share joy!

May we all live in peace

Undisturbed by the eight worldly concerns

And by constructs of subject-object duality!

C. MAKING LIFE A PATH TO THE THREE BODIES

1. CONVERTING DEATH INTO THE BODY OF TRUTH

After reciting the following formulas and description of the intuitive realization of voidness, contemplate the emptiness of yourself and all things as the “groundless ground” for converting your dualistic construction of death into a path to a Buddha’s body of truth:

OM I AM THE SELF WHOSE NATURE IS THE VAJRA INTUITION OF VOIDNESS!

Since I myself, the merit field, and all other things are merely relative constructions, free from the four extremes of being, nothingness, indeterminacy and ambiguity, all becomes the selfless reality of voidness!

C.1a. THE COMMON PROTECTION CIRCLE

Out of the void comes a blue seed-syllable YAM

Creating a blue crescent of wind, upon which

Comes a red RAM, creating a red triangle of fire,

Upon which comes a white VAM, creating a white

Circle of water, upon which comes yellow LAM,

Creating a yellow square of earth. Resting on all of them

Comes a blue HUM, creating a multicolored Vajra Cross,

Its hub inscribed with HUM. The Cross radiates light rays

Downwards to form a circular vajra platform, sideways
To form a circular perimeter fence, and upwards to form
A peaked, round pavilion with an awning out to the wall.
The whole circle is made of a golden vajra meshwork,
That blazes outwards as a rainbow-hued supernova firewall.

C.1b. THE UNCOMMON PROTECTION CIRCLE

In the center of the space comes a white BHRUM,
Creating a golden blade wheel, spinning clockwise.
Within its hub and over the tips of its two poles and eight spokes
Are rainbow lotus seats with moon-sun cushions.
On the hub-seat comes a blue HUM, becoming myself
As a midnight blue Terrific Couple, King of Demons
And Zombie Queen, their fierce forms blazing energy,
Standing in full embrace, holding choppers and skull-bowls.
Our heart HUM's beam out to draw the ten Terrific Couples
Into our mouths, melting them down our central channels
As ten male-female drops into the Queen's womb
Where they merge as ten HUM's, then become the ten Couples.
HUM! The male and female partners are drawn back up
To our hearts, from where they beam to their ten seats,
Facing outwards, taming all demons and possessed beings!

C.1c. CREATING THE IMMEASURABLE MANSION

Myself as King of Demons/Queen Zombie transforms
Into white Vajra Hero/Heroine, sitting in full embrace,
Holding a vajra and bell, chopper and skull-bowl.

Healing Mentor/Mother Performance Script

Instantly I transform into a white reality-source,
Two interlocking inverted pyramids, red inside, in the vertex of which
Comes a white PAM, creating a rainbow lotus,
In the midst of which comes a blue HUM, creating
A vast Vajra Cross with multicolored prongs,
East white, south gold, west red, north green,
With a square, blue center platform. On that
Comes a white BHRUM, creating a white wheel,
Which becomes the white Illuminator/Illuminatrix,
Sitting in embrace, with vajra, bell, chopper and skull-bowl.
Instantly they transform into the Temple of Healing.
Square with four entrances, its five layered
Rainbow light walls are white outside, blue inside.
Atop the walls is a jeweled crown molding.
Within, the middle of the Temple is encircled
By eight pillars joined by a ringed base and crown,
Supporting the four main roof beams and opening upwards
Into the space of vajra and jewel-peaked, rooftop pavilion.
The ceiling and floor are white in the east, gold in the south,
Red in the west, green in the north, and blue in the center.
Extending beyond the crown molding to the edge of the roof,
The ends of the rafters are carved with heads of water spirits,
Supporting the rooftop and parapet fashioned like lotus petals,
Which is adorned by banners and prayer wheels.
Outdoors, around the Temple like a porch runs a red ledge
Which gods and goddesses circumambulate, presenting offerings.
Above each door is a jewel portico supported by four pillars,

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Upon which is a Truth Wheel flanked by a buck and doe.
Outside the Temple but within the grounds are pavilions
For yoga and meditation, healing music and sound,
Hot baths, sulfur baths, herb baths, oil baths,
Massages, acupressure, acupuncture and moxibustion,
As well as a visual art gallery, library and auditorium.
These are surrounded by mountains of healing gemstones
And precious metals, as well as hills and fields planted
With tropical healing herbs, high altitude herbs,
Hot and cold herbs, and medicinal plants and trees of all kinds,
As well as vegetables, grains, fruits, nuts of all kinds,
Endowed with all five potencies and seven flavors.

Beyond the grounds and the firewall lies the world
Of stress and trauma, illness, aging and death,
In which all forms of life—hellish, ghostly, animal,
Human, titanic, divine—on each continent, struggle
With anger, greed, delusion, desire, envy and pride.
Among them, each continent has its forests, fires, lakes,
Mountains with shrines, death grounds with corpses,
Skeletons, wild animals, demons and zombies.
Also there are the eight World Gods and Sages,
And Yogis and Yoginis focused on the Mentor/Mother.
To the east, in China's Mount Wutaishan is the Son of Heaven;
To the southeast, in the Australian outback, Rainbow Serpent;
To the south, in Indo-Africa, the God of Thunder;
To the southwest, in South America, the Sun God,

Healing Mentor/Mother Performance Script

To the west, in Central America, the Winged Serpent,

To the northwest, in North America, the Great Spirit,

To the North, in Eurasia, the Creator God,

To the Northeast, in Siberia and the Far East, the Spirit Guide.

C.2. CONVERTING TRANSITIONS INTO THE BEATITUDE BODY

While imaginatively rehearsing the conversion of transition states like the afterlife into a Buddha's embodiment of beatitude or bliss-prone development, contemplate taking all death-life state shifts as opportunities to access and embody the blissful intuitions that provide the ideal subjectivity for realizing the lucid objectivity of emptiness, personified as the embrace of the seminal Vajra Master/Mother, Sheer Brilliance and Perfect Wisdom.

At the center of the Temple comes a blue YAM,

Creating a reddish-black crescent of wind,

Upon which comes a white AH, creating a moon cushion.

Bubbling up from its center comes a sun-gold DHI,

Creating an upright gold sword, engraved with DHI.

The sword beams lights all around, inviting all Lords/Ladies of Bliss

To converge in the Temple and melt into the sword.

The sword transforms into me as the seminal Vajra Master/Mother,

Sheer Brilliance and Perfect Wisdom, seated in full embrace,

Orange gold, at once fierce and peaceful, each aspect of me

Holds a sword in the right hand and book in the left.

Endowed with the marks and signs of evolution perfected,

Our long black hair is tied up in fivefold yogic topknots.

C3. CONVERTING LIFE INTO THE EMANATION BODY

While imaginatively rehearsing the conversion of life into a Buddha's embodiment of emanation, contemplate taking life as an opportunity to embody the spontaneous compassion that naturally responds to all beings' needs with the empathic art of modeling the lifestyle of full enlightenment, personified as the embrace of the fruitional Vajra Master/Mother, Bhaishajya/Vishvanata.

At my heart as the seminal Vajra Master/Mother comes a white AH,

Creating a sun cushion that radiates orange-gold light rays

All around, inviting all the Enlightened such as the Illuminator

And Illuminatrix, all Enlightened Altruists such as

The Lord of Concern and Savioress, and all Terrifics

Such as Death Exterminator and Vajra Zombie

To converge in the form of Sheer Brilliance/Perfect Wisdom.

Merging into myself as Sheer Brilliance/Perfect Wisdom,

All dissolve into my heart sun, which grows radiant

With a brilliance that shines over two light years away.

Bubbling up from the sun comes a HUM of lapis light,

Beaming rainbow lights and inviting the entire host of

The Enlightened, Enlightened Altruists and Terrifics,

All converging in the form of Healing Mentor/Mothers.

All merge into the HUM, transforming it into a gold-flecked

Lapis Lazuli vajra, radiating a rainbow aura, its hub

Engraved with HUM. The vajra emits countless micro-vajras,

Manifesting the entire host of the Enlightened, Enlightened Altruists

And Terrifics, pervading all continents, forms of life,

And all realms of space as sesame seeds fill a pod.

Enfolding all suffering beings in the light of this sun,

The enlightened beings mature them into Healing Mentor/Mothers,

Healing Mentor/Mother Performance Script

Then reunite them around the sun and melt all into the vajra.
Instantly, the moon, sun and HUM-sealed vajra transform into
Myself as the fruitional Vajra Master/Mother, seated in full embrace
On a rainbow lotus seat with moon-sun cushions, as the Great
Healing Mentor/Mother, Bhashajya/Vishvamata, lapis blue
And orange gold in complexion, each with one face, two hands,
And three eyes, holding a vajra, bell, chopper and skull-bowl,
Casually dressed in silks of rainbow light, with all marks and signs
Of full maturity and the living gems of six transcendent virtues,
And emanating a rainbow aura of all five healing energies-intuitions.

With the wisdom to tame all demons and devils, to cure all ills
And eradicate death, I as the Healing Mentor/Mother half smile,
Breathing the healing sounds, OM AH HUM, my two faces
And six eyes absorbed in each other like water in water.
I disarm beings with the warmth and glow of my unblocked vitality,
And evoke the healing genius of each with unconditional love.

Around me in the inner, mind circle, in the cardinal and ordinal directions
Sit the other eight Clan Father/Mothers, resembling me in appearance.
Together we symbolize the embrace of the five life systems,
Physical, sensory, emotional, perceptual and discursive,
With the five natural elements, earth, water, fire, wind and space.
In the second, speech circle, sit the eight Enlightened Altruist Couples,
In the cardinal and ordinal directions, resembling us in appearance,
And symbolizing the embrace of the eight sensory faculties,
Imagination, vision, hearing, smell, taste, speech, touch and proprioception,

With the eight objects of sensory enjoyment, images, sights,
Sounds, scents, tastes, ideas, textures and movements.
Finally, in the outer circle guarding the doors and corners and posted
At the poles above the Peak Jewel and below the Reality Source
Stand the fierce ten Terrific Couples, facing me with blazing energy,
More fierce in appearance, symbolizing the ten motor functions
Of flexion and extension of the right and left hands, mouth, pelvis,
The right and left shoulders, knees and feet, as well as the head.

D. RECOGNIZING THE BODY AS THE MANDALA

My body as the Mentor/Mother is a living Temple of Healing.
The four corners of its trunk are the Temple's four corners;
The mouth, nose, urethra and anus are its four doors;
The five neural energies are its fivefold walls;
The eight segments of the arms and legs are its eight pillars;
The five life systems are its five colors;
The four vital points, privates, navel, heart and nose,
Are the porticos of its four doors;
The sense organs are the decorations such as its banners;
The mind sense is its central seat.
Within the body, my life systems, elements and faculties
Are the Temple's thirty-six divine inhabitants,
Symbolizing the bliss-void union of mind and body,
The bliss-void enjoyment of subject and object,
And the bliss-void dance of all gestures and actions.
Both the bodies of myself as the Mentor and as the Mother
Are Temples in which dwell all thirty-six divine inhabitants.

Healing Mentor/Mother Performance Script

At my heart sits the seminal Vajra Couple, the Wisdom Hero/Heroine,
And at their hearts, a sun disc holding the Concentration Hero/Heroine,
A HUM of gold-flecked lapis light beaming a fivefold rainbow aura.

E. INVOKING WISDOM HEROES & CONSECRATION DEITIES

The aura shines all around, inviting mandalas of Healing Mentor/Mother
With all their inhabitants to come to the space before me.

JAH, HUM, BAM, HOH! Wisdom Heroes/Heroines melt into my crown
And merge inseparably with me. Again my HUM's beam all around
Inviting all the Enlightened and Enlightened Altruists into my presence.

O Transcendent Lords and Ladies, please consecrate me!

Thus requested, they emanate goddesses who offer blessings

And hold up moon-white vases of the five elixirs, pronouncing

“Just as all Buddhas were consecrated at birth, so we

Consecrate you with this divine nectar!” They pour the nectar

On my crown, filling me and purifying all blocks and taints,

Until the overflow at my crown turns into the Buddha Immovable.

The consecration deities then dissolve into me.

MAY THE VOWS OF ALL THE TRANSCENDENT ONES SHINE!

F. OFFERINGS TO THE MENTORS, BUDDHAS AND HOSTS

My heart HUM beams lights that emanate four goddesses

Who present the eight kinds of offerings to my root and lineage Mentors, to the Healing Mentor/Mother,

all the Enlightened, Protectors and host, then return to my heart:

O MENTORS, ENLIGHTENED ONES & PROTECTORS,

PLEASE ACCEPT THIS WATER, BATH, INCENSE,

FLOWERS, LIGHTS, FOODS AND MUSIC!

OM I offer this inner elixir to the mouth of my kind, root Mentor,
Embodiment of all Buddhas, source of all teachings,
Master of all communities, OM AH HUM, may you be pleased!
To the Great Healing Mentor/Mother, Bhaishajyaguru/Prajna,
OM AH HUM! May you be pleased!
To all lineage Mentors, OM AH HUM! May you be pleased!
To the deities of all classes of Tantra,
OM AH HUM! May you be pleased!
To the Black Lord and your host,
OM AH HUM! May you be pleased!
To all Worldly Gods and sworn Protectors,
OM AH HUM! May you be pleased!
To all Yogis and Yoginis in the thirty-two places
And eight death grounds, OM AH HUM! May you be pleased!
To all local spirits and all beings as gods,
OM AH HUM! May you be pleased!
All the Mentors and all the Enlightened enter my body,
All be pleased and satisfied with the supreme elixir of healing wisdom!

G. SELF-CREATION PRAISE AND OFFERINGS

Supreme Mentor, Great Healer of all,
Inseparable from the Wisdom Mother,
Who cures delusion, the root of all ills,
O Bhaishaja/Prajna I salute you!

Healing Mentor/Mother Performance Script

My heart HUM beams lights that emanate four goddesses
Who present outer and inner offerings to myself as the Mentor/Mother,
Satisfying all the mandala deities within me, then return to my heart:
OM ARGHAM, PADYAM, GANDHE, PUSHPE,
DHUPE, ALOKE, NAIVIDYA, SHABDHA AH HUM!
OM AH HUM! May you be pleased!
OM I AM THE SELF WHOSE VAJRA NATURE IS
SAVORING THE WISDOM ELIXIR!

G. RECITATION OF MANTRAS

At my heart, on a sun cushion of lucid breath-mind,
The upright HUM of gold-flecked lapis light,
Glowing with a rainbow aura of five pure intuitions,
Represents myself as the Concentration Hero/Heroine.
Encircling the Concentration Hero/Heroine on the sun
Coil the sun-gold mantras of Perfect Wisdom and Sheer Brilliance,
OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA!
(OM HAIL TRANSCENDENT, TRANSCENDENT,
SUPREMEY TRANSCENDENT, SUBLIMELY
TRANSCENDENT ENLIGHTENMENT!)
And OM A RA PA CA NA DHIH!
(OM MAY ALL BEINGS QUICKLY DEVELOP GENIUS!)
Facing outwards towards living beings and spinning
In place, counterclockwise and clockwise, respectively.
Nearly touching, they represent the Wisdom Hero/Heroine.
Outside them in a second circle around the sun
Coil the healing mantras of the Universal Mother and Healing Mentor,

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Made of pure sun-gold light and pure lapis light,

PRAIM VISHVAMATA HUM PHAT!

(PHRAIM UNIVERSAL MOTHER HUM PHAT!)

And TAT YATHA OM BHAISHAJYA MAHABHAISHAJYA

BHAISHAJYARAJA SAMUDGATE SVAHA!

(OM HAIL THE HEALER, SUPREME HEALER,

THE SUBLIME KING OF HEALING!)

Facing outwards towards all living beings and spinning

In place, counterclockwise and clockwise, respectively,

Nearly touching, they represent the Devotion Hero/Heroine.

Outside them in a third circle around the sun coils

The mantra of the Buddha's healing teaching of relativity,

Made of diamond white light with a rainbow aura,

OM YE DHARMA HETU PRABHAVA,

HETUN TESHAM TATHAGATA HY AVADAT

TESHAM CAYOR NIRODHO

EVAM VADI MAHASHRAMANAYA SVAHA!

(OM ALL THINGS COME FROM CAUSES,

AND THE TRANSCENDENT LORD TAUGHT THOSE CAUSES

AND THEIR CESSATION, SUCH IS HIS WAY,

HAIL THE GREAT RENUNCIATE!)

Facing outwards towards all living beings, spinning

In place, clockwise, representing the sublime medicine

Of the scientific teaching of the Buddha and his heirs!

By reciting each of these mantras 3, 7, 21, or 108 times,

Each beams light and sound out to the six realms of beings,

Purifying their respective poisons and removing their blocks,

Healing Mentor/Mother Performance Script

Healing their illnesses and extending their lifespans,
And establishing them all as Healing Mentor/Mothers
In the earthly paradise of Bhaishajyaguru/Prajna!
Gathering the wisdom and blessings of all the Enlightened,
The beams coalesce as a wave of sound, light and nectars,
Carrying a sun-shower of inspiration that dissolves
Back into the mantra rosary, until its mantras melt
Into the HUM, which becomes luminous and sublime,
Filling me with the breath-sound, warmth and nectar.

H. DROP MANDALA AND VAJRA RECITATION

After creating the drop mandala and drawing it up to the heart, the recitation primes each deity with a fresh inhalation, mounts them on the breath as it pauses, then sends them out on the exhale to do their work. It then draws each back on the next inhale, mounts the next in the pause and sends it out to work. The vajra recitation vocally or mentally aligns the in, pause and out breaths with the sound and sense of OM, AH and HUM, alternately giving and taking by radiating deities out, and coalescing them back.

Sharing this in union with my partner,
I taste the joys of supreme bliss!
All the deities of my body mandala are satisfied
And dissolve into a single drop that melts
Down my central channel to merge
With my partner's in Wisdom's womb.
Part of the drop becomes the Temple,
Part becomes the thirty-six seed syllables,
Creating all the Temple's divine inhabitants;
Both the Temple and its deities appear vividly

Inside the drop, complete in every detail!
One by one, all the deities are drawn up
To my heart, followed by the Temple.
From my heart, a breath at a time,
Each member of each clan,
Wheel, jewel, lotus, sword and vajra,
Emanates out to one of the six forms of life,
To transmute the poisons of anger, greed,
Desire, envy and prideful delusion into
The five wisdom intuitions and nectars,
Transforming all beings into Mentor/Mothers,
Planting their outer and inner worlds
With seedling mandalas that ripen and fill
The earth to bursting with drop mandalas,
Then returning to their seats in my heart mandala,
Carrying waves of drop mandalas from all beings
That melt into mine, making it glow with brilliance!

I. DISSOLUTION AND RESURRECTION

Sharing this in union with my partner,
I savor the joys of supreme, blissful openness!
As a result, the outer world melts into the firewall,
The firewall and compound melt into the Temple,
The inhabitants melt into me, the Devotion Hero/Heroine.
My partner and I melt into the Wisdom Hero/Heroine,
Which melt into the Concentration Hero/Heroine,

Healing Mentor/Mother Performance Script

Which appears as an upside down exclamation point
Of gold-flecked lapis light. As it begins to melt into the clear light
Of bliss, my sense of solidity grows fluid like a mirage.
As it melts further into clear light, my sense of fluidity
Evaporates like smoke. Next, my sense of bodily heat
Burns out like sparks. As the last leg of the exclamation
Melts into clear light, my breath grows still as a flame.
As the point of the exclamation melts into clear light,
My instinctive fire for seeking grows cool as moonlight.
As the point melts further into clear light, my cold-blooded
Instincts for self-protection leave me, warm as twilight.
As the point slips entirely into clear light, my instinctive
Isolation slips away, in a near blackout like midnight.
Finally, my mind floats free and clear as a predawn sky.
As I embody this truth, the four gods & goddesses of love,
Care, joy and peace miss seeing me as the Hero/Heroine,
And sing to my truth songs that stir my compassion and vows.
Instantly I am resurrected as the Healing Mentor/Mother,
See the crown of my old human form and enter the heart.

III. DEDICATION AND PRAYERS

A. CONCLUDING PRAISE

Supreme Mentor, Great Healer of all,
Inseparable from the Wisdom Mother,
Who cures delusion, the root of all ills,
O Bhaishaja/Prajna I salute you!

B. CORRECTING OMISSIONS AND ERRORS

With any errors or omissions I have made
Out of ignorance, misperception,
Lack of resources or art,
Protector, please be patient and all-forgiving!
OM VAJRASATTVA AH HUM!

C. PRAYERS FOR BLESSINGS ALONG THE PATH

Realizing this precious life may come just once--
So hard to evolve, yet so quickly gone!
Grant your inspiration to grasp its essence
Undistracted by the senseless chores of the day.
Swept up in the tides of delusion and stress,
Tangled in the seaweed of self-protectiveness,
Inspire me to make a life-raft of wisdom
And cross to the blissful shore of freedom.
Recognizing all living beings as mothers
Who have borne and nursed me again and again,
Help me conceive the spirit of compassion
Like a mother's love for her precious child.
Since self-protectiveness is the door to all ills,
And self-transcendence, the ground of all good,
Help me act on the central precept,
And practice exchanging "self" for "other."
Help me build the enlightened will
To free all from the ocean of life
With love, compassion, high resolve,

Healing Mentor/Mother Performance Script

And the magic of mounting give and take on the breath.

Help me achieve concentrative quiescence,

Abandoning distraction and dullness,

For single-pointed equipoise

On the nature of voidness, all things' reality.

Help me realize transcendent wisdom

By practice of spacelike equanimity,

Joining the ecstasy of great bliss

With insight discriminating Thatness.

Help me realize the illusory aftermath,

Observing how the appearance of things

Outer and inner is unreal as a dream, an illusion,

Or the moon's reflection in water.

Help me realize Nagarjuna's true intent, in which

Lack of an atom of intrinsically real world or beyond

And the inexorable relativity of cause and effect

Both dawn as complementary, without contradiction.

Since the ocean of Tantra is crossed

Through the kindness of the pilot, the vajra master,

Bless me to hold more dear than life

The vows and commitments, roots of attainment.

Help me see all appearances dawn as divine,

Purified of taints of perceptual habit

By the first stage yoga of converting

Death, between, and life into three Victor Bodies.

Bless me to turn this mind and body into the path,

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The integration of clear light and illusory body

Which comes of your sublime dance

On the eight-petal heart lotus in my central channel.

D. DEDICATION

Any wisdom or merit that comes of this,

I dedicate to upholding the legacy of Shakyamuni,

And achieving the noble ambitions of all

The enlightened and their heirs.

By virtue of this may I in all lives

Be educated in the noble Nālandā tradition,

And complete the paths of renunciation,

Compassion, profound view and both stages.

Whenever I study, reflect or practice

Any teaching, profound or magnificent,

Any science or art, Buddhist or not,

May I be inspired by a direct vision of you!

May all beings have abundance and peace,

The good fortune and intelligence to hear

The profound non-duality of wisdom and love,

Bliss and voidness, directly from you!

I dedicate this so that all mother earthlings

For as long as this rose-apple island endures

May be born in the healing paradise of the Mentor/Mother,

And cared for by your incarnations and heirs!

Healing Mentor/Mother Performance Script

Colophon: This performance script (*sadhana*) of Bhaishajyaguru/ Prajnavisvamata was composed for the Nalanda Institute for Contemplative Science Spring class, Being Medicine, by Nalanda founder Joe Loizzo, to make accessible to serious Western practitioners the Gelukpa tradition of practicing the Unexcelled Yoga Tantras based on the Arya Tradition of *Esoteric Communion (Guhyasamaja)* Commentary. The script itself is based on the Yamantaka and Guhyasamaja sadhanas of Je Tsong Khapa, as translated by Robert Thurman, as well as an unexcelled tantra Medicine Buddha practice transmitted to the author in a 1997 initiation and teaching at Tibet House US by the Dalai Lama's former personal physician, Dr. Yeshe Donden. Its stages of the path review is drawn from Lozang Chokyi Gyaltsan's classic on Mentor Devotion. The script is deeply inspired by oral teachings given by His Holiness the 14th Dalai Lama (Tibet House US, 1998), the Venerable Gelek Rinpoche (Mundgod, India, 1979 and Jewel Heart Ann Arbor, 1994) and Ari Genyan Tenzin Chodak (Mundgod, India and Woodstock, NY, 1979). It is dedicated to the memory of the 97th holder of the Ganden Throne, the late Venerable Yongzin Ling Rinpoche.