



# Shenpen Ösel

*The Clear Light of the Buddha's Teachings Which Benefits All Beings*

Volume 4, Number 1

June 2000



*Through cultivating the stages of the practice of the Medicine Buddha—the generation stage and the completion stage—we not only achieve benefit for ourselves, but we are actually cultivating the potential to benefit others. And by doing these practices we actually bless the environment and all the beings in that environment.*



From the Sky Dharma, which is a Mind Treasure,  
An Ornament of the Clear Expanse of Mind,  
Comes a Ritual of Menla Called

**A Stream of Lapis Lazuli**

Namo. Maha Bekandzeya. If they are available, arrange in front of a Menla thangka as many peaceful offerings as you can, such as a mandala and so forth; in this way the accumulations are completed. If these are not available, it is enough to make mental offerings while imagining the front visualization in the sky—nothing else is needed. Since this is the anuttara, the practitioner need not refrain from meat and alcohol nor perform the rituals of purification, such as taking the blessing of pure water. It is definitely necessary, however, to receive the empowerment and reading transmission for this practice, as it belongs to the anuttara tradition. Since it belongs to the nyingma tradition, the self and frontal visualizations are simultaneously generated; it is not necessary to create them separately. As it is a chanted meditation of the nyingma, your mind should meditate on the meaning of the words.

The supplication:

NAMO BEKENDZE MAHA RADZAYE

SÖ NAM YÖN TEN GYA TSHÖ TER NGA ZHING

You are endowed with an oceanic treasury of qualities and merit;

SAM GYI MI KHYAB THUK JEY JIN LAP KYI

By the blessing of your inconceivable compassion

DRO WAY DUK NGEL DUNG WA SHI DZE PA

You calm the suffering and torment of sentient beings.

BEN DUR YA YI Ö LA SOL WA DEB

I supplicate you, Light of Lapis Lazuli.

SHIN TU SER NA DRAK PÖ RAB CHING PE

Those bound by very intense greed

YI DAK NE SU KYE WAY KYE WO YI

Are born in the hungry ghost realm.

KHYÖ TSHEN THÖ NA MIR KYE JIN PA GA

If they hear your name, they are said to be born human and take delight in generosity.

CHOM DEN MEN GYI LA LA SOL WA DEB

I supplicate you, victorious Menla.

TSHÜL THRIM CHAL DANG ZHEN LA SHE TSÖN PE

Violating morality and abusing others,

NYAL WAR KYE WAY DRO WA DI DAK GI

Beings are born in the hell realms.

KHYÖ TSHEN THÖ NA THO RI KYE WAR SUNG

Hearing your name, they are said to be born in the higher realms.

MEN GYI GYEL PO DE LA SOL WA DEB

I supplicate you, King of Medicine.

GANG DAK YEN DANG THRA MA DU MA YI

Whoever by repeated dissension and slander

RAB TU JE CHING LÜ SOK THRAL WA DAK

Creates serious schisms and takes life,

KHYÖ TSHEN THÖ NA DE DAK TSHE MI NÜ

Hearing your name, they cannot harm others.

MEN GYI GYEL PO DE LA SOL WA DEB

I supplicate you, King of Medicine

TSHEN LEK SER ZANG DRI ME NANG WA DANG

Excellent Name, Appearance of Stainless Fine Gold,

NYA NGEN ME CHOK PEL DANG CHÖ DRAK YANG

Glorious Supreme One Free of Misery, Resounding Dharma Melody,

NGÖN KHYEN GYEL PO DRA YANG GYEL PO DANG

King of Direct Knowledge, King of Melody,

SHAKYAY GYEL PO NAM LA SOL WA DEB

And King of Shakyas, I supplicate you all.

JAM PEL KHYAB DRÖL CHAK NA DOR JE DZIN

Manjushri, Kyabdröl, Vajrapani,

TSHANG WANG GYA JIN CHOK ZHI GYEL PO ZHI

Brahma, Indra, the four Kings of the four directions,

NÖ JIN DE PÖN CHEN PO CHU NYI SOK

The twelve great Yaksha chiefs, and so forth,

KYIL KHOR YONG SU DZOK LA SOL WA DEB

I supplicate you, entire and perfect mandala.

DE ZHIN SHEK PA DÜN GYI MÖN LAM DO

The Sutra of the Seven Tathagatas' Aspirations,

MEN GYI LHA YI DO DE NYI DANG NI

And the Sutra of the Medicine Buddha,

KHEN CHEN ZHI WA TSHÖ DZE ZHUNG LA SOK

The treatise by the great abbot Shantarakshita, and so forth,

DAM CHÖ LEK WAM TSHOK LA SOL WA DEB

I supplicate all the volumes of the genuine dharma,

BO DHI SA TO THRI SONG DEU TSEN SOK

Bodhisattva Shantarakshita, Trisong Deutsen, and others,

LO PEN GYEL LÖN JANG CHUP SEM PA DANG

Translators, scholars, kings, ministers, bodhisattvas,

GYÜ PAY LA MA DAM PA THAM CHE DANG

And all genuine lamas of the lineage,

CHÖ KYI WANG CHUK SOK LA SOL WA DEB

Powerful One of the Dharma, and others, I supplicate you.

DE TAR SOL WA TAB PAY JIN LAP KYI

Through the blessing of this supplication,

NE KAP NE DANG JIK PA NA TSHOK ZHI

May diverse temporal diseases and dangers of this life be stilled.

CHI TSE NGEN SONG JIK PA KÜN ZHI NE

At death, may all fear of the lower realms be calmed.

DE WA CHEN DU KYE WAR JIN GYI LOP

Grant your blessing that afterwards we are born in Sukhavati.

NAMO KÖN CHOK SUM DANG TSA WA SUM

To the sources of refuge, the three jewels

KYAB NE NAM LA KYAB SU CHI

And the three roots, I go for refuge.

DRO KÜN SANG GYE LA GÖ CHIR

To establish all beings in buddhahood,

JANG CHUB CHOK TU SEM KYE DO

I awaken a mind of supreme enlightenment.

KA DAK LONG NE TRÜL PA YI

From the expanse of primordial purity emanate

NAM SA GANG WAY CHÖ PAY TRIN

Clouds of offerings filling the earth and sky

MEN DEL GYEL SI LHA MOR CHE

With mandalas, articles of possessions, and goddesses.

ZE ME GYUR CHIK PUD DZA HO

May they never be exhausted. PUD DZA HO.

DRO KÜN DE DEN DUK NGEL DREL

May all beings be happy and free of suffering.

DE LE NYAM ME TANG NYOM SHOK

May their happiness not diminish. May they abide in equanimity.

OM SOBHAWA SHUDDHA SARWA DHARMA SOBHAWA

SHUDDHO HAM

TONG PA NYI DU GYUR

Everything turns into emptiness.

TONG PAY NGANG LE TONG SUM DI

From the depth of emptiness, this triple universe becomes

TA NA DUK GYI PHO DRANG DU GYUR PAY NANG DU

The exquisite palace, where

SENG GEY THRI PE DA SO SÖ TENG DU

On lion thrones, each with a lotus and moon disk on top

RANG NYI DANG DÜN KYE KYI TSO WÖ SA BÖN HUNG THING  
KHA LE

Appear deep blue HUNGS, the seed syllable of myself and the main figure  
visualized in the front,

MEN LA KU DOK BE DUR YA TA BU Ö ZER THRO WAY KU CHEN

From which, arises Menla, his body the color of lapis lazuli and radiating light.

CHÖ GÖ SUM GI LUP PA

He is clothed in the three dharma robes.

CHAK YE CHOK JIN A RU RA DANG

His right hand in the mudra of supreme generosity holds an arura.

YÖN NYAM ZHAG LHUNG ZE DZIN PA

His left hand in the meditation mudra holds a begging bowl.

TSEN PE DZOK SHING DOR JE KYIL TRUNG GI ZHUK PA

With the major and minor marks complete, he sits in the vajra posture.

KHYE PAR DU DÜN KYE KYI DAB MA NAM LA

In particular, on the lotus petals of the front visualization

THUB WANG LA SOK PAY SANG GYE DÜN DANG CHÖ PU TI

Are the seven Buddhas, Shakyamuni and the others, and dharma texts.

DE GYAB SEM PA CHU DRUK

Around them are the sixteen bodhisattvas,

DE GYAB JIK TEN KYONG WA CHU DANG

Around them are the ten protectors of the world,

DE PÖN CHEN PO CHU NYI SO SÖ KHOR DANG CHE PA

And the twelve great chiefs with their respective retinues.

GO ZHI LA GYEL PO CHEN PO ZHI

The four Great Kings are at the four gates.

DANG CHE PAY NE SUM YI GE SUM DANG THUK KAY HUNG

LE Ö ZER

From the three syllables in their three places and the HUNG in their hearts,

THRÖ PE SHAR CHOK KYI SANG GYE SO SÖ ZHING KHAM NE YE  
SHE PA

Lights radiate, invoking from their own eastern buddha realms, countless

PAK TU ME PA CHEN DRANG NE DAK DÜN NAM LA THIM PAR GYUR

Wisdom deities which dissolve into myself and the one visualized in front.

HUNG MEN LA CHE GYE LHA TSOK MA LÜ NAM

HUNG. The eight Menla companions and all deities without exception

NE DIR CHEN DREN JIN CHEN WAB TU SOL

I invite here to this place. Kindly rain upon us your great blessings.

KAL DEN DE DEN DAK LA WANG CHOK KUR

Bestow the supreme empowerment on those who are worthy and faithful.

LOK DREN TSHE YI BAR CHE SEL DU SOL

Dispel false guides and obstacles to long life.

NAMO MAHA BEKENDZE SAPARIWARA BENZA SAMAYADZA DZA

BENZE SAMAYA TIKTRA LEN OM HUNG TRAM HRI AH

ABHIKENTSA HUNG

HUNG ME TOK DUK PÖ MAR ME DRI

HUNG. Flowers, incense, lights, scents,

ZHEL ZE RÖL MO LA SOK DANG

Food, music and so forth;

ZUG DRA DRI RO REK JA CHÖ

Forms, sounds, smells, tastes, touch, and all dharmas,

DAK GI LHA LA CHÖ PA BUL

I offer to the deities.

DAK CHAK TSHOK NYI DZOK PAR SHOK

May we perfect the two accumulations.

OM BENZA ARGHAM PADYAM PUPE DHUPE ALOKE GENDHE  
NEWIDYE SHABDA RUPA SHABDA GENDHE RASA SAPARSHE  
TRATITSA HUNG

HUNG TRA SHI TSO WO DZE GYE DE

HUNG. The eight foremost auspicious substances,

TSO CHOK GYEL PO YUNG KAR SOK

The best royal white mustard seed, and the others,

DAK GI LHA LA CHÖ PA BUL

I offer to the deity.

TSHOK NYI YONG SU DZOK PAR SHOK

May the two accumulations be perfected.

MANGALAM ARTHA SIDDHI HUNG

HUNG TRA SHI TSO WO TAK GYE DE

HUNG. The eight foremost auspicious symbols,

TSO CHOK GYEL PO BUM PA SOK

The peerless royal vase and all others,

DAK GI LHA LA CHÖ PA BUL

I offer to the deity.

SEM CHEN TSOK NYI DZOK PAR SHOK

May sentient beings perfect the two accumulations.

MANGALAM KUMBHA HUNG

HUNG DÖ YÖN TSO WO RIN CHEN DÜN

HUNG. The foremost desirable qualities, the seven precious articles,

TSO CHOK GYEL PO NOR BU SOK

The most excellent royal one, the jewel, and the others,

DAK GI LHA LA CHÖ PA BUL

I offer to the deity.

DAK NI TSHOK NYI DZOK PAR SHOK

May I perfect the two accumulations.

OM MANI RATNA HUNG

HUNG KÜN GYI TSO WO RI RAB LING

HUNG. The foremost of all, Mount Meru

RI RAB LING ZHI LING TREN CHE

With its four continents and subcontinents

DAK GI LHA LA CHÖ PA BUL

I offer to the deity.

TSHOK NYI YONG SU DZOK PAR SHOK

May the two accumulations be perfected.

OM RATNA MANDALA HUNG

HUNG DAK GI DRI DEN DRI CHAB KYI

HUNG. With scented water

DE SHEK KU LA KU THRÜ SOL

I bathe the sugata's body.

LHA LA DRI MA MI NGA YANG

Although the deity is flawless,

DIK DRIB DAK PAY TEN DREL GYI

This creates the auspicious connection for purifying all wrongs and  
obscurations.

OM SARWA TATHAGATA ABIKEKATE SAMAYA SHRIYE HUNG

HUNG RE KAR JAM DRI DEN PA YI

HUNG. With a scented, soft white cloth

GYEL WAY KU NYI CHI WAR GYI

I dry the victor's body.

KU LA DRI MA MI NGA YANG

Though your body is flawless,

DUK NGEL DREL WAY TEN DREL GYI

This creates the auspicious connection for freedom from suffering.

OM KAYA BISHODHANI HUNG

HUNG NA ZA DZE DEN NGUR MIK DI

HUNG. With these beautiful saffron robes

GYEL WAY KU LA SOL WAR GYI

I clothe the victor's body.

KU LA SIL WA MI NGA YANG

Although your body is never cold,

TRAK DANG PHEL WAY TEN DREL GYI

This creates the auspicious connection for vitality to flourish.

OM BENZA WAYTRA AH HUNG

HUNG KU DOK BE DUR YA YI RI WO DRA

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

DRO WA SEM CHEN NE KYI DUK NGEL SEL

You dispel the suffering of illness in sentient beings.

JANG CHUB SEM PA GYE KYI KHOR GYI KHOR

Surrounded by a retinue of eight bodhisattvas,

RIN CHEN MEN DZIN LHA LA CHAK TSHAL TÖ

Holder of Medicine, precious deity, I praise and prostrate to you.

TSHEN LEK RIN DA SER ZANG NYA NGEN ME

Excellent Name, Precious Moon, Fine Gold, Free of Misery,

CHÖ DRAK GYA TSHO CHÖ LO SHA KYA THUB

Resounding Dharma Ocean, Dharma Mind, Shakyamuni,

DAM PAY CHÖ DANG SEM PA CHU DRUK SOK

The genuine dharma, the sixteen bodhisattvas and others,

KÖN CHOK RIN CHEN SUM LA CHAK TSHAL TÖ

To the precious three jewels, I offer praise and prostrate.

TSHANG DANG GYA JIN GYEL CHEN CHOK KYONG CHU

To Brahma, Indra, the Great Kings, the Protectors of the Ten Directions,

NÖ JIN DE PÖN CHU NYI YOK DANG CHE

The twelve Yaksha chiefs and all their assistants,

LHA MIN MEN GYI RIK DZIN DRANG SONG TSHOK

Vidyadharas and rishis of medicine, divine and human,

DÜ TSI MEN GYI LHA LA CHAK TSAL TÖ

To the deities of ambrosial medicine, I offer praise and prostrate.

DAK DÜN THUK KAY HUNG LA NGAK TRENG KOR WAR MIG LA

The HUNG in the heart of the self and front visualizations is surrounded by the  
mantra garland.

Through radiating many-colored light rays, offerings are made to Menla in the pure realm appearing in the east as the color of lapis lazuli. These lights invoke his mind stream, whence Menla's bodies, large and small, his speech as the mantra garland, his mind as the hand symbols of the arura and the begging bowl filled with amrita, all falling like rain, dissolve into myself and the front visualization.

TAYATA OM BEKENDZE BEKENDZE MAHA BEKENDZE  
RADZA SAMUDGATE SO HA

Repeat as much as possible and then at the end:

DIK THUNG KÜN SHAK GE WA JANG CHUB NGO  
I confess all wrongs and downfalls and dedicate all virtue to awakening.

NE DÖN DUK NGEL DREL WAY TA SHI SHOK  
May there be the auspiciousness of freedom from sickness, harmful spirits, and suffering.

A prayer to return back and dissolution:

JIK TEN PA NAM RANG NE BENZA MU  
The worldly ones return to their own places. BENZA MU.

YE SHE DAM TSHIK LHA NAM DAK LA THIM  
The jnana and samaya sattvas dissolve into me,

KA DAK KÜN ZANG LONG DU E MA HO  
And I dissolve into the expanse of all goodness, primordial purity. E MA HO.

**T**his ornament that is a mind treasure was compiled from the Sky-Dharma and arranged by Raga Asya. If there are contradictions, I confess them before the deity. Through this virtue, may all sentient beings, once freed from sickness, swiftly attain the level of Menla. Though the sutra rituals have the practice of washing [which is not done here], as this is a higher practice, found at the end of the [supreme] yoga tantra, there is no contradiction.

If you take this as your regular practice, the benefits are the following. If you are ordained, your discipline will be maintained; though there might be an occasion when it is not, having purified this obscuration, you will not fall into the lower realms. Having purified the negative karma of being born as a hell being, a hungry ghost, or an animal, you will not take such a birth. Even if you do, immediately liberated, you will take a felicitous rebirth in a higher realm, and gradually attain awakening. In this life as well, you will easily obtain food and clothing and not be harmed by disease, negative spirits, sorcery, or the punishments of rulers. You will be protected and guarded by Vajrapani, Brahma, the Great Kings of the four directions, and the twelve great Yaksha chiefs each with their 700,000 assistants. You will be freed from all harm: from the eighteen kinds of untimely death, the harm of enemies, carnivorous beasts, and so forth.

All your wishes will be fully realized, and so forth. In the two more extensive sutras of Menla, the benefits are said to be inconceivable.

In the great monastic centers, such as Jang Damring Pelkhor Chöde, and their philosophical colleges, where the scholars find fault with most dharma and are difficult to satisfy, only this Menla ritual for prolonging life and clearing away the obscurations of death has spread widely. The ritual to be performed before the Jowo in Lhasa, Tibet's Bodhgaya, and before the Great Awakened One at Samye is this ritual of Menla. You should trust that within any of the new and the ancient transmissions, the sutras and the tantras, nothing is more beneficial than Menla. There are many extensive and concise versions; this one has few words and the full meaning. Since it belongs to anuttara yoga, rituals of purification are not needed. Since the offerings are mental, it is all right not to offer tormas. Everyone should practice this.  
SHUBHAM DZAYENTU.

*Translated under the guidance of Thrangu Rinpoche and Khenpo Karthar Rinpoche by Michele Martin with assistance from Ngodrup Burkhar and reference to translations by Lama Yeshe Gyamtso and Sarah Harding, Woodstock, N.Y., 1984, 1999, Kathmandu, 1999.*

## 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.

Bhagavat, who is compassionate equally to all beings,  
The very hearing of whose name pacifies the three lower states,  
Medicine Buddha, who eliminates the illnesses of the three poisons,  
May there be the goodness of the Vaidurya Light.

May sentient beings, whatever illnesses they suffer,  
Be liberated quickly from those illnesses.  
May all the illnesses of beings, without exception,  
Forever not arise.

May medicines be effective,  
And may the intentions of the recitations of the secret mantra path be accomplished.  
May demonesses, cannibal demons, and so forth  
Attain compassionate mind.