



**A Very Abbreviated Form of Meditation for the  
The Uddiyana Medicine King—  
Guru Rinpoche in the form of Medicine Buddha,  
Extracted from the Sadhana of Kalden Drenze (a  
standing form of Padmasambhava)**

[after the preliminaries of Refuge, bodhicitta, etc.,...spontaneously visualizing one's being appearing as Kalden Drenze, visualize...]

“...SHAR CH'OG OR GYEN MÄN GYÄL MI KYÖ SHAB/ T'ING  
GA SANG P'Ö CHÖ GÖ PE SHA SÖL/

To the east is Akshobhya, the Uddiyana Medicine King,  
dark blue in colour and wearing the secret robe, dharma shawl and  
lotus hat,

CH'AG YE CHOG JIN A RU YÖN BHÄN DHA/ RÖL TAB PE  
MA DA WA'I DEN LA SHUG/ his right hand in the gesture of  
supreme generosity holding an *arura* plant and the left a skull-cup.  
He is seated in a posture of ease upon a lotus and moon-disc,

'KOR DU DRANG SONG RIG SHI LHEN DU 'TSOG/ LHO  
CH'OG OR GYEN RIN CHEN GYE PA TSÄL/

and around him are gathered the assembled host of the four families  
of seers. ...”

[Then, from the supplementary text:]

**Visualisation for the Recitation of the Individual Special Activities Related to the Practice  
of The Lord of Uddiyana, Guide to the Fortunate**

*The section on specific requirements: To pacify fears of illness,*

OR GYEN PE MAI T'UG KA NE/ MÄN LA DE SHEG DRANG SONG TS'OG/

From the heart of Padmasambhava of Uddiyana innumerable hosts of Medicine Buddhas,  
*Sugatas* and Seers,

PAG ME NE PA'I CHI WOR JÖN/ WANG KUR JIN LAB DZE PAR GYUR/



Appear on the crown of my head granting empowerment and conferring blessings. *Visualizing this, recite...*

SEM CHEN GYU LÜ 'JIG PA'I NE JUNG TS'E/ MI ZÖ DUG NGÄL NE KYI NYEN PA NA/

When the illusory bodies of sentient beings are attacked by frightful diseases,  
and they are struck by the unbearable afflictions of illness,

YI NYI T'E TS'OM ME PAR SÖL WA 'DEB/ OR GYEN MÄN GYI LA DANG YER ME PE/  
I pray to you with undivided mind, free from all hesitation,  
since you are inseparable from the Uddiyana Medicine Lama,

TS'E ZE MA YIN BAR CHE NGE PAR SEL/ OR GYEN PE MA 'JUNG NE LA SÖL WA  
'DEB/

To the Lotus–Born Lord of Uddiyana I pray: If their life is not actually at an end, firmly dispel  
all obstacles,

SAM PA LHÜN GYI 'DRUB PAR JIN GYI LOB

Bless us that that our wishes be effortlessly accomplished.

*Recite this request many times over.*

**OM AH HUNG BENZAR GURU BEKANDZE MAHA BEKANDZE RADZA  
SAMUDGATE SOHA**

*Reciting this as much as possible frees one from fear of illness.*

ITHI — *Thus it was said*

*[conclude with a dedication and aspiration for all beings, such as found in Lho Nuden Dorje's Preliminary Liberating Instructions of the Drikung Dzogchen lineage]*

[Quickly edited for those requesting, who are unfamiliar with the main practice, during a time of epidemic, fears and need, a very abbreviated practice of; *The Uddiyana Medicine King* — extracted from the jewel like sadhana, called “*The Excellent Path of Spiritual and Temporal Well–Being, The Activity Ritual of the Lord of Uddiyana, Guide to the Fortunate Revealed by Vidyadhara Urygen Chemchog Nüden Tsäl*. A practice of Kalden Drenze (a standing form of Padmasambhava), a terma revealed by Lho Orgyen Nuden Dorje of the 19th century. An offering of Lama Gyaltsen at Namgyal Choling Gompa, March 20, 2020.]