Recite the prayer once at the beginning,  
then recite the mantra 21 or more times

Mantra of Medicine Buddha

By the power of praying to you, O Medicine Buddha,  
In all lands wherever I and others dwell,  
Please pacify all disease, poverty, and conflict,  
And bring us increase of compassion and wisdom!

TAYATA OM BEKANDZE BEKANDZE MAHA BEKANDZE  
RADZA SAMUDGATÉ SOHA