

# The Sadhana of Buddha Amitabha



NAMO TASSA BHAGAVATO ARAHATO SAMMA SAMBUDDHASSA

*In the vast expanse of nature unfolding  
in faith and trust and wonderment, we give ourselves to this suchness;  
this seamless mystery of birthing and dying.*

*Spacious, loving, with feet solid in the earth,  
we nurture the hints at blessedness;  
the myriad faces and masks of god*

*Moving in this flow of compassion and deepening enquiry;  
we engage with all beings in ways that support the integrity,  
stability and beauty of the entire biotic community.*

## **Taking Refuge**

GURU BUDDHA DHARMA SANGHA NAMO

*Repeat three times*

Contemplating my teachers, my ancestors,  
and my human and non-human companions on this path of life-unfolding,  
on behalf of all of us;

I take refuge in living Buddha;  
    the natural state of complete authenticity and presence.  
I take refuge in living Dharma;  
    the universal teachings and demonstrations of awakening.  
I take refuge in living Sangha;  
    the unfolding community of all life.

May I actively cultivate generosity, wholesome relating, patience,  
skilful effort, a continuity of caring and enquiry, and profound understanding.  
May I and all beings awaken speedily for the sake of everything and everyone.

## **Reflecting on Bodhicitta**

In the timeless presence of Buddha/Mind/Nature-unfolding,  
Actively cultivating wisdom and compassion,  
For the sake of all living beings,  
I am determined to realize the heart essence of Buddha Amitabha,  
the joyous flowering of immeasurable love and understanding.

## **Contemplating the True Nature of Being**

Open wide the doors of responsive awareness and heartfelt empathy.  
Lovingly and discerningly examine the environment within and around you.  
Breathing attentively.  
Softening and releasing, again and again.

This presently arising miracle of your existence,  
    this living world, just as it is — in all its ripening fullness,  
    this *is* the Buddha realm, a pure land, the divine abode of *Deva Chen*;  
        — a mirror-like dancing of radiance,  
        — a multidimensional weaving of responsive knowing,  
        — a realm of clear discrimination and immeasurable love,  
        — a manifesting of lucid discernment and all-embracing openness.

This vibrant ecology of being and becoming – of knowing and known,  
this living world within and around you,  
this unbroken wholeness,  
this dynamic weaving of all of us together,  
This is the actual *Pure Land of Amitabha*.

OM SVABHAVA SUDDHA SARVA DHARMA SVABHAVA SUDDHO' HAM  
(*In their true nature, all phenomena are intrinsically pure.*)

### **Yoga of Skilful Fabrication**

Within the ever fresh continuity of your own embodied knowing,  
appears a precious throne, from which is flowering  
a radiant rose-pink lotus.

Resting within the lotus is a magnificent sun-moon cushion.

Seated upon this cushion is the glorious Buddha Amitabha,  
red in colour,  
with two hands and one face,  
legs enfolded in the vajra posture,  
and hands in the mudra of meditative equipoise,  
holding an alms bowl filled with the nectar of immortality.

The body of Amitabha displays all the major signs and minor marks  
of a fully enlightened being and is adorned with the robes of a monastic.

The speech of Amitabha resounds with the sixty qualities of excellence.

The mind of Amitabha displays the wisdom of simultaneously understanding  
the infinite diversity and the profound unity, of all that exists.

In essence, Amitabha is the innate bodhi mind;  
In expression, the union of clear discernment and boundless lovingkindness.

Sitting ablaze with light,  
surrounded by countless Buddhas, bodhisattvas and radiant beings,  
gazing with compassion on all sentient beings in every dimension of existence,  
Amitabha is the essential heart reality of each guru, yidam, Buddha, bodhisattva  
and dharma protector of every lineage and tradition of awakening.

## **Sevenfold Prayer**

*Imagine yourself and all beings offering gestures of profound respect to the Buddha Amitabha and all the surrounding radiant beings. Then enter the seven-fold contemplation, (the seven great trainings) of Samantabhadra.*

### **1 – Reverencing the Infinite Realm of Awakening**

To all the Tathagatas  
however they appear in the immeasurable expanse of space and time;  
to each and every one of them, with body, speech and mind,  
I bow with great sincerity and respect.  
By the power of this prayer of profoundly inclusive activity,  
bowing with as many bodies as atoms in the myriad fields of awakening,  
in the presence of all the Enlightened Ones, manifest in my mind,  
I fully honour and revere the Victorious Ones.

Around each single atom, there are as many Buddhas as atoms  
seated in the midst of their countless spiritual sons and daughters  
and so I imagine the immeasurable realms of dharma  
as filled with myriad radiant beings; victorious in the flow of awakening.

With unending oceans of praises for them all,  
with a symphony of wonder, appreciation and heartfelt reverence,  
I extol the Tathagata's virtues  
and sing hymns to all these Sugatas.

GURU BUDDHA DHARMAKAYA NAMO

### **2 – Releasing into the Vast Flow of Offering**

Beautiful flowerings and networks of flowerings,  
easeful communication and the balm of healing presence,  
canopies of shelter and refuge,  
lamps of clear seeing and deep understanding,  
and the fragrance of love and wholesome relating,  
These I offer to all those manifestations of primordial ever fresh awareness.

With the clothing of harmonious thought forms and the exquisite perfume of devotion,  
with activities that beautify the body of manifestation  
and a measureless array of wonderfully inspiring qualities,  
I make offerings to these beings dwelling in the realm of spontaneous liberation.

Offerings, incomparable and vast,  
continuously arising in the spacious play of my own knowing,

I joyfully offer to all Awakening Ones.  
By the power of my faith in wholesome activity  
I bow to and pay respects to all these Victorious Ones.

### **3 – Acknowledging One's Own Unwholesome Actions**

Whatever unwholesome actions I have done,  
driven by compulsions such as desire, hatred, delusion and fear,  
whether by body, speech or mind,  
each one of these I thoroughly and openly acknowledge.

### **4 – Rejoicing in All Wholesome Actions**

Contemplating the inconceivable merit of the Awakened Ones in the ten directions,  
along with the merit of all Bodhisattvas, Pratyekabuddhas, Sravakas,  
and all sentient beings, wherever they appear,  
in this vast ocean of life-affirming activity, I rejoice.

### **5 – Entreaty to Turn the Wheel of Dharma**

They who illumine all worlds of experience,  
solid in their realization of love and awareness, in every situation and circumstance,  
protectors of life in all its abundance and mystery, I entreat you to turn  
the incomparable wheel of Dharma.

### **6 – Request to Stay**

To those who would pass from sorrow,  
retreating from active engagement into a nirvana of inner peace,  
I fervently pray that for as many eons as there are atoms in all Buddha fields  
you continue to inspire and teach in myriads ways  
supporting the welfare and happiness of all sentient beings.

### **7 – Sharing the Merit**

May any virtue generated through this practice of  
reverencing, offering, acknowledging, rejoicing, entreating, and requesting,  
support the awakening of wisdom and compassion in all sentient beings.

## **Breathing Yoga**

You are seated in the presence of Buddha Amitabha, surrounded by countless Buddhas, bodhisattvas and radiant beings. While exhaling, white light exits through the your left nostril which enters through Amitabha's right nostril and thence descends to, and merges with, Amitabha's heart. Your mind and that of the Buddha become inseparable. While inhaling, a white light issues from the heart of the Buddha, leaving through Amitabha's left nostril. It enters through your right nostril and is absorbed into your heart. Your mind – the ocean of knowing that is you – and the

Buddha's mind – the ocean of knowing that is the Buddha – become utterly one and undivided.  
*This breathing should be repeated a minimum of three times.*

As you continue to breathe this way, all the surrounding Buddhas, bodhisattvas and radiant beings are absorbed into Amitabha. Amitabha is absorbed into you as, simultaneously, you are absorbed into Amitabha. Thus one enters the samadhi of Buddha Amitabha.

*Now, begin to recite the mantra:*  
OM AMITABHA HRIH SVAHA

*An alternative mantra is:* OM AMI DEVA HRIH

As the mantra resounds throughout your being, immeasurable light and love stream from your heart, illuminating all living beings, revealing each and every one of them to be unique and precious embodiments of the body, speech and mind of Buddha Amitabha.

*Meditate on this until the experience becomes unshakably clear.*

### **Yoga of Effortless Naturalness**

Finally, everything is experienced as the display of *clear light*; a play of luminous knowing and all embracing openness. Sunyata – beginningless, endless, effortless.

Within this seamless flow of ease and lucidity, this pristine 'just-as-it-is-ness', life ripens as profound peace, beyond all words and description.

*Familiarize yourself with this state until it suffuses all the activities of your life.*

### **Concluding Aspiration**

When the time of death befalls, (*either one's own death or the death of someone else*)

having clearly experienced the living state of Buddha Amitabha

may I and all beings, continue to engage in this pure land of Deva Chen:

    this realm of clear discrimination and immeasurable love,  
    this manifesting of lucid discernment and all-embracing openness,  
    this mirror-like dancing of radiance,  
    this multidimensional weaving of responsive knowing,  
    this unbreakable wholeness of sublime understanding and love.

Abiding thus, may all my wholesome aspirations become realized.

May I fulfill every one of them,

bringing benefit to beings for as long as the world exists.

In the blissful flow of realization,  
unshakably centered in this vast mandala of suchness,

may I receive a prophecy to Buddhahood – a dawning confidence in awakening,  
directly from Amitabha the Victorious One – this oceanic expanse of innate awareness and love.

Strengthened and blessed by this profound inner confidence,  
through the power of wisdom suffusing the ten directions,  
may I too, with myriad emanations,  
accomplish vast benefit for the sake of all beings.

*If you are doing this sadhana for someone who has died, then recite the following:*

Contemplating the inconceivable number of wholesome moments birthed  
into the world through the life of \_\_\_\_\_,

May they continue to flower and increase, inspiring, supporting and beautifying  
the lives of uncountable beings to come.

May \_\_\_\_\_ and all their families and friends find rest and clear seeing,  
in the heart of Dharma.

May the blessings of Amitabha Buddha be realized by everyone everywhere.

### **Sharing the Merit**

May the merit arising from these wholesome activities

Nourish the seeds of bodhi

in all beings, everywhere.

SARVA MANGALAM

*This sadhana was composed by Tarchin Hearn in Triple Gem Hermitage,  
at The Wangapeka Study and Retreat Centre, New Zealand, in March 2006.  
May these words be a cause of inspiration and happiness for many beings.*