

Buddha Amitabha Meditation

In Preparation for Phowa Practice with Venerable Dupseng Rinpoche

1. Refuge Medicine

Visualize Buddha Amitabha sitting in the vajra posture on a lotus and a moon disc in front of or above you. Take refuge according to your understanding.

SANG GYÄ CHÖ DANG TSOG KYI CHOG NAM LA

To the Buddhas, the Dharma and the supreme Sangha

DJANG CHUB BAR DU DAG NI KYAB SU CHI

I take refuge until I have accomplished the state of enlightenment.

DAG GI DJIN SOG GYI PÄ SO NAM KYI

By the merit of accomplishing generosity and the other perfections

DRO LA PHÄN CHIR SANG GYÄ DRUB PAR SHOG

May I achieve Buddhahood for the benefit of all sentient beings.

2. Cultivate Bodhichitta

Do it your way or simply by wishing to practice Amitabha Phowa in order to become a Buddha for the benefit of all beings. Additionally, you can meditate on the 4 Immeasurables:

SEM CHÄN THAM CHE DE WA DANG DE WÄ GYU DANG DEN PAR GYUR CHIG

May all sentient beings possess happiness and the cause of happiness

DUG NGAL DANG DUG NGAL GYI GYU DANG DRAL WAR GYUR CHIG

May they be free from suffering and the cause of suffering

DUG NGAL ME PÄ DE WA DAM PA DANG MIN DRAL WAR GYUR CHIG

May they not be separated from the joy which is without suffering

NYE RING CHAG DANG NYI DANG DRÄL WÄ TANG NYOM CHEN PO LA NÄ PAR GYUR CHIG

May they remain in great equanimity free from attachment or aversion to whatever is near or far

3. Visualization

Visualize that the place where you are meditating is Dewachen, Amitabha's pure land and meditate that Buddha Amitabha is in front of you or above the crown of your head in a size that is comfortable for you.

Buddha Amitabha is sitting in the vajra posture on a lotus flower and a moon disc.

Amitabha is red and holds a bowl full of nectar in his hands, which are folded in the meditation mudra.

If you want to add more details to your meditation, you can meditate the two-armed Chenrezig standing to the right and Vajrapani to the left of Buddha Amitabha.

4. Mantra Phase

OM AH MI DE WA HRI

While you recite the mantra many different meditations can be used. One of them is: meditate on Buddha Amitabha and express the wish to practice Phowa. Therefore:

“Bless us so that we can accomplish the Phowa practice to benefit ourself and all beings”.

In response to our wish, light radiates from him and we receive full blessings.

5. Dissolution

Everything you have visualized dissolves into the Buddha Amitabha in front of or above you. Now Buddha Amitabha dissolves into light and absorbs into you. Stay in this non-dualistic state for a while.

6. Post Meditation

Once you come out of the meditation remain in that state:

- wherever you are, try to see the place as Amitabha's pure land,
- whoever you see or meet, try to see them as an Amitabha manifestation, - whatever sound you hear is the sound of his teaching and mantra,
- whatever conceptual thought arises, try to merge it with Amitabha Buddha's co-emergent wisdom.

7. Dedication

SÖ NAM DI YI THAM CHÄ ZIG PA NYI

By this merit may all sentient beings obtain omniscience

THOB NÄ NYE PÄ DRA NAM PHAM JÄ NÄ

overcome the harmful enemies of the three poisons

KYE GA NA CHI BA LAB TRUG PA YI

and become liberated from the ocean of existence

SID PÄ TSO LÄ DRO WA DRÖL WAR SHOG.

troubled by the waves of birth, old age, sickness and death.

May this meditation be the cause to attain the state of Amitabha Buddha in order to benefit ourself and all beings.