

Sadhana of Buddha Amitabha



*In the immeasurable expanse of nature in process
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 translucent knowing.*

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

Taking Refuge

GURU BUDDHA DHARMA SANGHA NAMO

Repeat three times

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

I take refuge in Buddha;
pure and total presence.

I take refuge in Dharma;
love, compassion and clear seeing deepening everywhere.

I take refuge in Sangha;
the diverse ecology of bodhisattva activity.

Through actively cultivating the six parami,
*(generosity, wholesome relating, patience, skilled use of effort,
a continuity of caring and enquiry, and profound understanding)*

May I be the Sangha,
practising Dharma,
realising the innate Buddha mind
for the wellbeing of 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 realise the heart essence of Buddha Amitabha,
the joyous flowering of immeasurable love and understanding.

Contemplating the True Nature of Being

Opening wide the doors of responsive awareness and heartfelt empathy, lovingly and discerningly examine the environment, both 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,
this inseparable dancing 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.)

The 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 myriad 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 wisdom 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 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,

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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 realisation 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

Imagine yourself being seated in the presence of Buddha Amitabha,
surrounded by countless Buddhas, bodhisattvas and radiant beings.

While exhaling, white light is exiting through the your left nostril,
entering through Amitabha's right nostril and thence descending to,
and merging 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 become 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 expressions of
the body, speech and mind of Buddha Amitabha.

Meditate on this until the experience becomes unshakeably clear.

The 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.

*Familiarise 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 realised.

May I fulfil every one of them, bringing benefit to beings
for as long as the world exists.

In the blissful flow of realisation,

unshakeably centred 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 _____ ,

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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 realised 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. It was revised Jan. 2021 at Orgyen Hermitage, Bay of Plenty, N.Z. May these words be a cause of inspiration and happiness for many beings.

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