



Buddha Amitabha

OM AMI DEWA HRI

Condensed Amitabha Practice

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Amitabha vowed that anyone speaking His Mantra or even hearing it, He would liberate at death, thus accomplishing Dharma in one life. Practicing Amitaba, then, is swift and extraordinary. This is a VERY short condensed method, taken from Nam Cho.

The Practice

Instantly in the space in front and above arises Buddha Amitabha. He is red in color, one face, 2 hands resting in His lap, palms up w/knuckles touching. This mudra symbolizes meditative equipoise. He is holding a begging bowl and wearing robes of ordination, seated in Lotus Posture. He is surrounded with His retinue of Sublime ones. As we are awed by His splendor we take refuge with body, speech, and mind.

“Buddha Amitabha, I take refuge in you in this and every life“

(repeat 3 times)

Then, thinking kindly of all sentient beings, recite:

“For the sake of beings, I give rise to the Bodhicitta so all may benefit“

(repeat 3 times)

If you have a PURE Lama, consider that while the appearance is Amitabha, the essence is identical to one’s Root Guru. If not, get one. Then hold the mala and recite Mantra, counting with beads. One full Mala is 108 repetitions.

The mantra: **OM AMI DEWA HRI** is repeated 108 times.

While reciting, one concentrates on compassion as motivation, the extraordinary qualities of Amitabha, the yearning for Liberation in one life. So, the mind should be filled with pure devotion and wholesome yearning, and Kindness toward all beings, every one, animals, ALL. After at least one full mala of Mantra, recite:

“I prostrate to Amitabha Buddha!“

“May I be reborn in the pure realm of great bliss“

Then Amitabha and his entourage dissolve into light, and pour into the top of one’s head (crown). And mixes like milk and water with one’s mind.

“And may all sentient beings without exception be placed in that very state.“