

# Sadhana of Buddha Amitabha

*A Blossoming of Sublime Understanding and Love*

*This text was initially 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 and further refined Dec. 2025, at Orgyen Hermitage, Bay of Plenty, N.Z. May these words be a cause of inspiration and happiness for many beings.*

## Prologue

*OM*

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/dying.

*AH*

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

*HUM*

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.

*OM AH HUM, OM AH HUM SVAHA*

(Through making the intent of these verses a living experience,  
May the blessings of love and clear seeing presence,  
– the unelaborated expanse of Buddha Amitabha –  
blossom in the heart/minds of all sentient beings.)

## Ancestral Ground

Contemplating the worlds both within and around you,

– this omnipresent ancestral ground –

a mystery of caring and sharing,

a cosmos unfolding,

galaxies dancing,

solar systems birthing and dying,

evolving matrices of physics and chemistry,

Domains and dimensions of movement beyond imagining;

intermingling atoms, molecules, cells, tissues, organs and organisms,

collaborations of archaea, bacteria, eukarya,

flora, fauna and funga;

Each being – a universe of ever-fresh awareness,

continuously birthing in and from this ancestral mothering whilst simultaneously

contributing to the mothering of myriad future beings;

ancestors begetting ancestors,

worlds interpenetrating worlds,

This immeasurable dancing of nature-in-process.

*From time to time, we might find ourselves blessed with an effortless, all-pervading sense of ungraspable living mystery. In such moments, striving vanishes as we simply rest in and as this flow of being and becoming, maturing the arts of learning and sharing as we go.*

*Frequently though, in the demands of daily living, a fog of forgetfulness engulfs our being and we lose touch with this expansive naturalness. Instead we wander here and there, feeling disconnected and somewhat isolated; bystanders hungry for we know not what, yearning for deeper meaning, for a sense of place and true belonging. At such times, taking to heart the following aspirations for refuge can return us to grace.*

## **True Refuge**

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 this beginningless endless holo-movement of  
buddha/mind/nature-unfolding;

Through activating the Bodhisattva Vow,  
cultivating wisdom and compassion, for the sake of all living beings;

I am determined to realise and manifest,  
a flowering of sublime understanding and love;

The living presence of Buddha Amitabha

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

### **– The Pure Land of Amitabha –**

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;

Appreciating the full richness of here,  
the ever present immediacy of now,  
the inter-becoming~inter-knowing nature of everything.

This presently arising miracle of existence,  
a living world, just as it is, in all its ripening fullness  
– *ineffable suchness* –

This, is the all inclusive 'buddha realm'  
a 'Pure-land',  
a divine abode,  
sometimes referred to as '*Deva Chen*'  
and sometimes, '*Sukhavati*'.

Known in many ways:

- a mirror-like dancing of radiance,
- a multi-dimensional 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,  
an inseparable dancing of knowing and known,  
the living world within and around you,  
an unbroken wholeness,  
a dynamic rivering of all of us together;

This is the Pure-land of Amitabha.

*OM SVABHAVA SUDDHA SARVA DHARMA SVABHAVA SUDDHO' HAM*

*(In their true nature, all phenomena are intrinsically pure.)*

Smiling, breathing, present; settle into this contemplation.

## **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 one face and two hands,  
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 (*the signs and characteristics*) of a fully enlightened (*profoundly matured*) 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 Buddha Amitabha and all the surrounding radiant beings. Then enter this 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 these Enlightening Ones, manifest in my mind,

I fully honour and revere this Ocean of Blessing.

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,  
I offer these to all beings who are awakening to, or abiding as  
the flow 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.

Giftings, 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 wholesome 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,  
withdrawing 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 along with countless Buddhas, bodhisattvas and radiant beings  
are sitting, attentive and at ease,  
In the presence of Buddha Amitabha.

As you inhale, radiant clear white light issuing from the heart of Amitabha,  
leaving his left nostril, entering your right nostril, is absorbed into your heart.  
Your mind and that of the Buddha, become inseparable.

As you exhale, clear white light is leaving your left nostril,  
entering the Buddha's right nostril and thence descending to,  
and merging with, Amitabha's 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 and simultaneously,  
you are absorbed into Amitabha.

Thus one enters a samadhi of sublime understanding and love.

Now, begin to recite the mantra:

*OM AMITABHA HRIH SVAHA*

An alternative mantra is:

*OM AMI DEVA HRIH*

As the mantra resounds, immeasurable light and love radiates 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 Aspirations**

When the time of death is near (*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.

*(from this oceanic expanse of innate awareness and love.)*

Strengthened and blessed with 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, recite the following:)*

Contemplating the inconceivable number of wholesome moments birthed into the world  
through the life of *(add the name of the person who has died)*  
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.

SARVA MANGALAM