

July 5/26 and August 2/26

**A Blossoming of Sublime Understanding and Love
– Unbroken Wholeness, the Sadhana of Amitabha and Pureland Buddhism –**

A series of classes inviting 'Yogis of the Natural World' and long term practitioners of buddha-dharma, to join in an experiential exploration of love and clear seeing, using the lens of this "[Sadhana of Amitabha](#)".

A playlist of recordings for all the classes can be viewed at <https://www.youtube.com/playlist?list=PLDfqQ393gSUJpWgp-thJLAWbwuYMREjvI>

PDFs of resources and reminders to accompany some of the classes can be found by [clicking here](#).

**Resources and Reminders for (classes #7 & #8)
Contemplating The True Nature of Being
– The Seven-fold Prayer –**

Commentary on The Seven-fold Prayer

I have posted a new [Commentary on The Seven-fold Prayer which can viewed or downloaded by clicking here](#).

Relating The Seven-fold Prayer and The Five Paths or Stages

[Click here for further detail on 'The Five Paths'](#)

On the **Path/Stage of Accumulation** and the **Path/Stage of Preparation**, reciting these verses could rightly be called a 'prayer'. At this stage, the yogi/practitioner is accumulating the skills and confidence in mindfulness and bodhisattva intent that serve as a preparation for directly seeing/experiencing the true nature of dharma and the universality of *tathagata*. In these early stages, the seven-fold prayer is partly a statement of aspiration and partly a petition for help. It expresses a yearning for realisation while at the same time strengthening our capacity for faith and trust and wonderment.

Once, however, the yogi has somewhat directly tasted the essence of mind (the **Path/Stage of Seeing**) and realised the *tathagata* nature of all beings, these same verses become less a prayer for a better future and more a practical training on the **Path/Stage of Familiarisation**. Here the seven-fold training provides a variety of skillful ways of deepening that recognition/realisation gained on the path of seeing through applying it's implications in the practical activities of daily living. Reflecting on these seven themes again and again and experimentally allowing them to shape the way we interact with the world becomes itself a rich path of maturation that increasingly reveals an immeasurable field of vast activity integrating body, speech and mind, inner and outer, self and other, micro and macro, in short, everything.