

Amitabha Buddha phowa practise

Powa practise begin with refuge and Bodhicitta

I take refuge in the Buddhas, the Dharma, and the Sangha,
Until I attain enlightenment.

By the merit accumulated from practicing generosity and the other perfections,
May I attain Enlightenment in order to benefit all sentient beings. (3x)

Four Immeasurable attitudes

(Love) (Compassion) (Joy) (Equanimity)

May all beings have happiness and its causes,
May all beings be freed from suffering and its causes;
May all beings constantly dwell in joy transcending sorrow;
May all beings dwell in equal love for those both close and distant.

MAIN PRACTICE WITH VISUALIZATION

Inviting the merit field

From Sukhavati land of pure bliss

In the space before me on a lion throne, lotus, and moon
Amitabha Buddha with smile and delight.
Please come to this place together with Bodhisattvas

Supreme field of Merit for my mind of faith,
Please remain for aeons to bless lead us Amitabha Pure land
Visualize the following with single-pointed clarity.

Above my crown on a lotus and a moon and sun throne sits Amitabha Buddha in the vajra asana. His holy body is radiant and ruby red colour . He has one face and two hands that rest in the gesture of single-pointed contemplation. He holds a nectar bowl filled with the elixir of immortality and wears the saffron robes of Bikkhu. His crown is marked by white syllable OM his throat marked by red HRI and his heart marked by blue HUM

Prostration

Your minds of wisdom realize the full extent of objects of knowledge,
Your eloquent speech is the ear-ornament of the fortunate,
Your beautiful bodies are ablaze with the glory of renown.
I prostrate to you, whom to see, to hear, and to remember is so meaningful
Offering

Pleasing water offerings, various flowers,
Sweet-smelling incense, lights, scented water and so forth,
A vast cloud of offerings both set out and imagined,
I offer to you, supreme field of merit

Presenting outer offerings to Amitabha

OM AMITABHA ARGHAM PRATICHA HUM SVAHA_{water for drinking}
OM AMITABHA PADYAM PRATICHA HUM SVAHA_{water for washing}
OM AMITABHA PUSHPE PRATICHA HUM SVAHA_{flowers}
OM AMITABHA DHUPE PRATICHA HUM SVAHA_{incense}
OM AMITABHA ALOKE PRATICHA HUM SVAHA_{light}
OM AMITABHA GANDHE PRATICHA HUM SVAHA_{perfume}
OM AMITABHA NAIVIDYE PRATICHA HUM SVAHA_{food}
OM AMITABHA SHABDA HUM SVAHA_{music}

Short Mandala Offering

Sa-zhi pö-kyi jug-shing me-tog-tram
Ri-rab ling-zhi nyi-dä gyen-pa-di
Sang-gye zhing-du mig-te bül-wa-yi
Dro-kün nam-dag zhing-la chö-par-shog.

This mandala is built on a base resplendent with flowers, saffron water and incense,
Adorned with Mount Meru, the four lands, the sun and full moon.
By offering this pure mandala to you assembly of Buddhas here before me,
May all living beings experience pure happiness and be reborn in pure lands.

OM IDAM GURU RATNA MANDALA KAMNIR YATAYAMI I send forth this jewelled
mandala to you, precious lamas

Mantras of Amitabha Buddha
OM AMITABHA HRI x 21

Actual Phowa practise

**Now please visualize your own consciousness inside your heart, a small white light size
of mustard seed !**

Now imagine your consciousness is ready go to the pure land

**When i say syllable HIK or the other person could say HIK , if you are unble to say
then that is perfectly fine, you just relax your body and keep your mind it open and you
wish to go to the pure land of the Buddha Amitabha without fear or hasitation and be
ready**

When i say syllable HIK again imagine conciousness as white light travel from your heart to your throat then

Again when i say syllabe HIK- from throat travel to the crown

Again say syllble HIK one more time imagine your consciusness as white light travel from crown straight up to the heart of Amitbha Buddha

Then we say Amitabha Buddha mantra

OM AMITABHA HRI 7 or X 21

Dedication of merit

**May I develop the peerless Bodhichitta mind which is latent within me, and
May that which I have already generated go from strength to strength.
May I enjoy success, both spiritual and otherwise.
Never parted from my perfect Teacher in all of my lives,
By comprehensively amassing the qualities of the paths and levels,
May I attain speedily the state of Amitabha Buddha's state of clear light and bliss**

Auspicious Prayers

May there be the auspiciousness of Amitabha Buddha
Appearing in my mind ruby red coloured aspect,
With one face and two hands holding bowl of nectar
Blessings and infinite bright light of bliss will lead
to your pure land at the time of my death.