

# Brief Shakyamuni Buddha Practice



## **The Six Preparatory Practices**

Prior to the first meditation session of the day, it is good to do the six preparatory practices:

1. Sweep and clean the room and arrange the altar.
2. Make offerings on the altar, e.g. light, food, incense, water bowls, etc.
3. Sit in a comfortable position and examine your mind. If there is much distraction, do some breathing meditation to calm your mind. Then establish a good motivation. After that, take refuge and generate bodhicitta by reciting the appropriate prayers.
4. Visualize the merit field with the Gurus, Buddhas, bodhisattvas, etc. If this is too difficult, visualize Guru Shakyamuni Buddha alone and consider him inseparable from your guru and the embodiment of all Buddhas, Dharma and Sangha.
5. Offer the seven-limb prayer and the mandala, by reciting those prayers.
6. Make requests to the lineage Gurus for inspiration by reciting requesting prayers.

## **The Visualization of Guru Shakyamuni Buddha**

Merely to remember the Buddha, let alone making visualization, is of great benefit – we become closer to him, create merits and protect ourselves from negative actions and obstacles.

Visualizing, or imagining the Buddha, lessens our negativities and arouses the desire to become like the enlightened one; our faith in him increases, and the desire to seek his supreme knowledge grows stronger, making our mind calm and peaceful and preventing the arising of negative thoughts.

This whole visualization is seen as made of pure light, having nothing to do with physical matter. The object is at the height of the forehead, at a distance of one body length, as large as possible and facing yourself. Visualize Guru Shakyamuni's throne, a square platform fully and perfectly adorned with all precious jewels, and supported by eight white snow-lions (two at each corner). The snow lions are transformations of great bodhisattvas and are visualized alive and made of light.

On the throne there is a white lotus and on the lotus are the sun and moon disks, cushions of light for Guru Shakyamuni who is seated upon them.

His holy body is transparent, made of pure golden light, and light rays emanate from every pore, streaming outward in all directions, and through each beam go numberless manifestations, which ripen sentient beings.

He is clad in monk's robes, which do not touch his body, but remain about one inch from it, showing the power of his realizations. His aspect is very peaceful. Every atom of his holy body has the power to give realizations.

The right hand over his knee is touching the moon disk in the earth-touching mudra, symbolizing his control of evil (Mara) by his infinite great love. His left hand holds a bowl containing the four nectars, of immortality, universal medicine, purification and transcendental wisdom.

Buddha's face is very beautiful; his loving, smiling, compassionate gaze is directed towards you and simultaneously encompasses all sentient beings. He is free of all judgmental, critical thoughts and accepts

you just as you are. His eyes are long, narrow and very peaceful. His lips are red and his earlobes long. His hair is blue-black and each hair is individually curled to the right. Each feature of his holy body represents an aspect of his omniscient mind. He is the supreme refuge encompassing the guru, Buddha, Dharma and Sangha.

He looks at you with his compassionate eyes and says, "Daughter or son of the lineage, if you want to be liberated from the suffering of samsara, I will guide you."

### **Refuge and Bodhicitta**

I go for refuge until I'm enlightened  
To the Buddha, the Dharma and the Supreme Community  
From the merits I create by practicing giving and other perfections  
May I become Buddha for the benefit of all living beings.

### **Special Bodhicitta**

In particular, I must achieve enlightenment quickly in order to free all the numberless kind mother sentient beings from the unimaginable oceans of samsaric suffering and causes of suffering and lead them to peerless full enlightenment. Therefore, I am going to do this practice of Shakyamuni Buddha.

### **Prayer of the Seven Limbs**

Respectfully I prostrate with my body, speech and mind.  
I present clouds of every type of offering, actual and imagined.  
I confess all my negative actions accumulated since beginningless time  
And rejoice in the virtuous actions of all ordinary and noble beings.  
Please, Buddha, remain as our guide until samsara ends,  
And turn the Wheel of Dharma for all living beings.  
Through the merits created by myself and others, may the two bodhicittas ripen and may I attain buddhahood for the sake of all sentient beings.

### **The Four Immeasurables**

How wonderful it would be if all sentient beings were to abide in equanimity, Free of hatred and attachment! May they abide in equanimity! I myself will cause them to abide in equanimity! Please, guru-buddha, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings had happiness and the cause of happiness! May they have happiness and its cause! I shall cause them to have these! Please, guru-buddha, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings were free of suffering and its cause! May they be free of

suffering and its cause! I myself will free them from suffering and its cause! Please, guru-buddha, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation! May they never be separated from these! I myself will cause them never to be separated from these! Please, guru-buddha, grant me blessings to be able to do this.

### **Mandala Offering**

By the virtue of offering to you assembly of Buddhas Visualized before me, this mandala built on a base Resplendent with flowers, saffron water and incense, Adorned with Mount Meru and the four continents, As well as the sun and the moon,  
May all sentient beings share in its good effects.

The objects of my attachment, aversion and ignorance  
Friends, enemies and strangers,  
And my body, wealth and enjoyments  
I offer these without any sense of loss.  
Please accept them with pleasure  
And bless me and others to be free from the three poisonous attitudes.

IDAM GURU RATNA MANDALAKAM NIRYATA YAMI

### **Special Request for the Three Great Purposes**

I prostrate and go for refuge to the guru and the Three Precious Gems: Please bless my mind.

I am requesting you to immediately pacify all the wrong conceptions, from incorrect devotion to the guru up to the subtle dual view of the white, red, and dark visions, that exist in my mind and in the minds of all mother sentient beings.

I am requesting you to immediately generate all the right realizations from guru devotion up to enlightenment in my mind and in the minds of all mother sentient beings.

I am requesting you to pacify all outer and inner obstacles to actualizing the entire graduated path to enlightenment in my mind and in the minds of all mother sentient beings.

### **Mantra Recitation**

Visualize light and nectar beams, white in color, flowing from the heart of Guru Shakyamuni Buddha. These enter your body, speech and mind, purifying disease, spirit harms, negative karma and obscurations. They are washed out of you just as dirt leaves clothes when they are washed.

[TAYATA] OM MUNE MUNE MAHA MUNAYE SOHA

Continue to recite the mantra, and visualize yellow light and nectar flowing from Guru Shakyamuni Buddha's heart entering your body, speech and mind, filling you with great happiness and dispelling all wrong and impure conceptions. You receive the infinite knowledge of the Buddha's holy body, speech and mind.

Then visualize that the Buddha melts into light, which absorbs within you. Your body, speech and mind become one with Guru Shakyamuni Buddha's holy body, holy speech and holy mind, in the form of all-encompassing space; concentrate on this for as long as possible.

Then beams are emitted from the pores of one's own body, which is in the aspect of Buddha, towards all sentient beings. All their obscurations and negative karma of body, speech and mind are completely purified and they all become Buddha. In this way any beings that appear, appear as Buddha and all the places that appear, appear as pure places. Then rejoice thinking how wonderful it is that I have enlightened all sentient beings.

### **Dedication**

Due to all my own merits of the three times  
And the merits of all the Buddhas, bodhisattvas and sentient beings,  
May the altruistic wish to achieve enlightenment be generated in my mind  
And in the mind of all sentient beings without delay for even one second,  
And may that which has been generated be increased.

May the supreme jewel bodhichitta that has not arisen, arise and grow; and may that which has arisen not diminish, but increase more and more.

Just as the brave Manjushri and Samantabhadra, too, realized things as they are, I, too, dedicate all these merits in the best way, that I may follow their perfect example.

I dedicate all these roots of virtue with the dedication praised as the best by the victorious ones thus gone of the three times, so I might perform good works.