



Amitābha-Amitābha Ceremony of pure Light of Meister Shangshi

I. Preparation

1. *If you do not feel clean, before you start, brush your teeth and wash your body (e.g. take a shower).*
2. *We practice at a clean place, where we will not be disturbed or observed (the phone is switched off, roommates and family members are informed and do not disturb).*
3. *We orient ourselves towards the West where the sun sets. In case that is not possible, we imagine in our hearts that the direction, in which we look while practicing, is the West. There, we place the mandala (the picture of the sunset).*
4. *If you wish, you can set up some flowers, light an incense stick and a candle.*
5. *We sit upright and relaxed. We do not lean against the back of the chair and cross the feet slightly. The back of the hands lie on our thighs or knees, the palms are relaxed and open toward the sky.*

II. Prayer, to receive Dao:

We recite the mantra:

„Wàn yǒu fēi zhēn, wéi yǒu běn zhēn.“

(5-10 times)

Directly afterwards we say the prayer:

**„I open myself totally to the vitality of Dao.
I let the vitality of Dao permeate all of my being.
I let the vitality of Dao break the old patterns
and barriers of my ego.“**

(3-5 mal)

We enter into a deep and serious attitude of respect. We relax, and are clear and stable. (2-3 minutes)

We feel the golden light and enjoy it, as if we would sit by the sea and look at the golden light of the sunset - we are filled with light. This golden light has no limits and no end. During the entire practice (incl. all prayers and the mantra) we stay in this light.

We do not think of anything else, we do not allow ourselves to become distracted and we do not interrupt the practice (e.g. to talk to someone.) During the entire ceremony, we are oriented towards the golden light. The ceremony should not be interrupted. It should be carried out completely and be concluded.

III. Prostrations / bows

Eleven Dalibais – 11 prostrations / bows

IV. Mudra



With your hands, form the mudra of respect and hold it during all prayers and the chanting of the mantra.

Mudra: The fingers are crossed at the top joints. The fingers are slightly intertwined. Wrists and hand sides touch each other. The hands are folded relaxed together and form a unit. The space between the palms remains empty - a sign of acceptance and adoption. We hold the mudra in front of the heart without touching the body. In this way, we show our respect for reality.

V. Prayer, to enter into the golden Light

„Let me be filled with the vitality of Dao forever.

Please protect and support me at all times.

Give me true stability and perfect natural order.

Let me be filled with the pure light of Amitābha forever.

I thank the vitality of Dao.

I pray in the vitality of Dao.“ (3 times)

VI. Prayer of the 12 Lights

1. Immeasurable light, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.

2. Unlimited light, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.

3. All permeating light, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.

4. Eternal light, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.

5. **Incomparable light**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
6. **Incredible light**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
7. **Light of wisdom**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
8. **Pure light**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
9. **Light of bliss**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
10. **Light of liberation**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
11. **Light of inner peace**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.
12. **Light outshining a thousand of suns and moons**, please shine into me, please permeate all of my being, please open me, please help me, please protect me, please guide me, please destroy all my obstacles, until I absolutely and completely attain the highest, true awakening. Namó Amitābhaya.

VII. Chanting the Mantra

Namó Amitābhaya

At least 10 minutes, better 20 minutes or half an hour. If you wish, you can say the mantra for an hour or longer.

VIII. Entering a pause

Anxi

5 minutes (better 10 to 15 minutes). – The last two steps (Mantra and Anxi) can be repeated as often as desired: Mantra (20 – 30 minutes), Anxi (5 minutes), Mantra (20 – 30 minutes), Anxi (5 minutes)...

IX. Concluding prayer

„Please let the light of Amitābha truly arise in front of me, let me truly experience the light of Amitābha. Please let me clearly realise the light of Amitābha and trust it completely. Please let me bring the great, true light of Amitābha to all other living beings. Please destroy the barriers of all beings, until they attain an absolute freedom and awaken into reality.“

(1 time)