

A Meditation on Amitayus, by Phakchok Rinpoche, lightly edited

We begin by visualizing Amitayus (Tibetan tshe dpag med) — the long life Buddha – above the crown of our head.

When we visualize Amitayus, we know that he is our guru and is the same as the guru in your heart. These gurus are not different – they are inseparable. Within our heart center, we visualize a moon and sun disc that are egg-shaped, not flat. When we visualize here, we see them as egg shaped or cone shaped, and that they are open like a locket, or an amulet box.

For the simplest practice, we visualize that inside the open locket is our life force. Then we request Amitayus to please bless us.

Simply visualize like this and chant the Amitayus mantra:

OM AMARANI JIWANTAYE SOHA

In the Sanskrit languages some of these syllables have specific meaning. “A” is a negating sound, meaning something like cut, “mara” refers to obstacle makers, and jivan means life .

Light Visualization

After we have chanted the mantra for a short time, we visualize nectar falling down from Amitayus. When we do this more elaborately, we visualize Amitayus sending light out and then bringing back all of our dissipated life force with the four elements. Whenever our life force is a little bit weak due to obstacles or something like that, this life force dissolves into Amitayus’ vase, which overflows into our body. Then the nectar fills our body completely – from the top of our head down to our toes.

Then we imagine that our whole body is filled with this light, and as a result, the body's five elements become strong. Following that, our body's energy becomes strong. And as a result, our life and our life force – our length of life – becomes revived. Think that we have recharged, just like we would charge a battery... Once we are fully charged, the nectar left over flows down into the open locket. The moon and sun discs then snap closed. This rainbow-colored light mantra then binds the locket.

Requesting Blessings

After the binding of the sun and moon locket, we supplicate Amitayus to please bless us and to keep our life force strong. Then, Amitayus descends from above our head onto the top of the mantra knot on the locket, or amulet box at our heart and remains there.

Summary

Remember that we visualize the sun and moon as an open container, not as flat discs. Nectar flows down from Amitayus who is inseparable from our own guru– into our body. It then overflows into the locket which then closes tightly. The rainbow colored mantra chain itself then binds the locket. After this, Amitayus descends from above our head and he remains on the knot. His presence seals the locket, and improves our life force, making us stronger.

We recite the mantra and visualize this process, and then rest in meditation.

- From the Samye Institute

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In this video teaching, Phakchok Rinpoche physically demonstrates the visualization.