

Meditation on Shakyamuni Buddha

Adapted from a meditation by Thubten Yeshe.

If you'd rather visualize in front of you someone from another spirituality or a golden light that represents infinite compassion, loving-kindness, and wisdom that is perfectly fine.

Calming the Mind:

Focus your attention on your breathing. Breathe naturally. Become present in the moment and place where you are. Just focus the mind on the rising and falling of your shoulders and chest as you inhale and exhale gently. Allow your mind to settle and become calm and present, ready to engage in meditation.

Motivation:

Create an altruistic motivation for the meditation session. Think that you are meditating not just for your own individual benefit, but you are taking the time now to meditate and develop your mind to become a wiser and kinder person, able to be of benefit to all beings.

The Main Body of the Meditation:

In the space a few feet in front of you, visualize Shakyamuni Buddha a few inches in height, facing you, slightly higher than the level of your head. His form is non-obstructing, glorious, golden light, luminous and vibrant, like a radiant golden jewel. His essence is infinite compassion, loving-kindness, and wisdom. His face is very peaceful and smiling; he radiates love to you.

Imagine the Buddha is seated on a lotus topped with two radiant discs representing the sun and the moon. The lotus rests on a golden throne adorned with jewels and supported by snow lions. He wears the saffron robes of a monk and sits in the crossed-leg vajra posture. The palm of his right hand rests on his right knee, his left hand rests in his lap in meditation gesture holding a bowl filled with nectar: the medicine to heal all conflict.

Imagine light radiating from every pore of his body, completely reaching the limits of the universe, filling all of space and dispelling all darkness. As much as you can, try to bring this visualization into your mind as clearly as possible.

Take a moment now and ask from your heart, from this radiant light, radiant being, for what ever it is you would like help with right now.

The Buddha is extremely happy to help and his mantra turns at his heart, standing clockwise, like a tiny string of radiant pearls. Light begins to pour forth from his heart and this mantra garland filling

every part of his being and overflowing through every pore in his body. Imagine the light rays filling all of space, touching all the beings throughout the entire universe and also entering you through the crown of your head like a radiant waterfall of healing energy. Imagine this filling up your entire being, purifying negativities, enhancing all of your positive qualities. While chanting the mantra of Shakyamuni Buddha, keep this visualization going as much as you can.

TADYATHA OM MUNI MUNI MAHA MUNIYE SVAHA (7x)

Imagine your body is completely filled with this radiant energy. The Buddha is extremely pleased with your practice and dissolves into a radiant golden jewel. This drop comes to your crown, slowly dissolving into you blessing your crown chakra, purifying all negativities associated with your body; slowly descending down blessing your throat chakra, purifying all negativities associated with your speech; descending to your heart chakra, purifying all the negativities associated with your mind.

Just take a moment to feel this oneness with Shakyamuni Buddha, the enlightened mind.

Dedication:

Please dedicate all of the incredible positive energy generated from doing this practice, to maximizing your potential as a human, opening your heart and purifying your mind as quickly as you can, and progressing along a path to full awakening, where you will have an unlimited capacity for being of benefit to all living beings.