



Amitayus (Longevity Buddha) Sadhana



長壽佛

Start by praying for the root lineage blessing: First empty the mind. Next, visualize the Root Lineage Guru Living Buddha Lian-sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru Heart Mantra 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

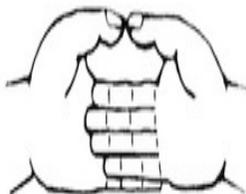
Engender the Four Immeasurable Minds: Visualize your parents, children, relatives, friends, and enemies joining you in this practice.

Wake-Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

1. **Recite the Purification Mantras and Earth God Mantra**
2. **Recite the Invocation Mantra**
3. **Tender the Great Homage with Visualization**
4. **Mandala Offering**
5. **Fourfold Refuge**
6. **Armor Protection**
7. **Recite the High King Avalokitesvara Sutra (1 time).**
8. **Recite the Rebirth Mantra (7 times).**
9. **Recite the Root Guru's Heart Mantra (108 times):**
Om, gu-ru, lian-sheng sid-dhi hum
10. **Mudra and Visualization**

Longevity Buddha Mudra (Meditation Mudra): Open both palms horizontally facing up and place the right palm on top of the left with the tips of the thumbs touching. (Place the palms below the navel)

Illustration of mudra:





Seed Syllable: *Seh* (red in color)

Visualization: First empty the mind

Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)

1. Above an expanse of ocean is a stretch of clear sunny sky. A moon disc rises from the ocean into the sky. Inside the moon disc is red

Sanskrit seed syllable 「𑖀」 "*seh*," emitting great red light.

2. The seed syllable inside the moon disc revolves and transforms into Amitayus. Red Amitayus has one head and two arms. He holds a nectar-filled bottle with his Meditation Mudra.
3. Visualize the nectar bottle emitting lights three times empowering the practitioner. It completely removes the karma of the practitioner and lengthens the practitioner's life.

11. Recite the Amitayus Heart Mantra (108 times):

Om, ah-ma-re-ni, zu-wen-di-ye, so-ha.

12. Entering Samadhi

13. Emerging from Samadhi

Praise Verse:

Chang-shou-ru-lai-da-guan-ding ◦ Ye-xiao-yan-ming-fu-hui-zeng ◦

Fo-zi-you-yuan-chang-xiang-qing ◦ Mi-mi-mian-mian-shou-wu-jiang ◦

The great empowerment of Amitayus

Eradicates negative karma, prolongs life, and enhances fortune and wisdom

Practitioners with affinity constantly invoke Amitayus

Their lifespan is long and will extend to infinity

14. Recite the Principal Heart Mantras

15. Recite the Buddha's Name (3 times)

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

16. Dedication

17. Recite the Hundred Syllable Mantra (3 times)

18. Tender the Great Homage with Visualization (same as step 3)

19. Recite the Completion Mantra

Om, Bu Lin. (3 times)

Om Mani Padme Hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

End of Practice: May all endeavors be auspicious.

An empowerment must be received from Living Buddha Lian-sheng or an authorized True Buddha School master before engaging in this particular sadhana.