

MEDITATION ON AMITAYUS, THE BUDDHA OF LIMITLESS LIFE.

(In Tibetan: *TSE PAG MED*)

VISUALISATION:

He comes seated in the lotus pose, in vibrant vermilion red light, adorned with the jewels worn by the Celestial Buddhas of the sky. (Dhyani Buddhas of the SAMBHOGAKAYA)

(Body of Celestial Bliss).

He is in the state of Illumination, symbolised by the Buddha Palace, the walls of which are made of five rare and precious stones.

HRI HRI HRI (praising him).

In this world our greatest saviour is the Buddha Amitayus (or TSE PAG MED).

He removes all the dangers of untimely death.

Help of the helpless, who comes to our aid when we have no protector against suffering.

TO THE BUDDHA OF LIMITLESS LIFE I BOW DOWN.

OM AMARANI JIWANTIYE SWAHA.

(repeat the Mantra morning and evening.)

MANTRAS OF THE BUDDHA OF LIMITLESS LIFE, AMITAYUS (*Tsepagmed* in Tibetan)

1. The long Mantra which if heard even once can deliver beings from suffering:

**OM NAMO BHAGAVATAY/ APARIMITA AYU JNANA/ SUVINI CITTA TETSO
RATSAYA/ TATHAGATAYA/ ARAHATE/ SAMYAK SAMBUDDHAYA/ TADHYATA/ OM
PUNYE PUNYE MAHAPUNYE/ APARAMITA PUNNYE/ APARAMITA JNANA/
SOMBHARO PATSITE/ OM SARVA SAMSKARA PARISHUDDHA/ DHARMATE
GAGANA SAMUDGATE SVABHAVA VISHUDDHE/ MAHANAYA PARIVARE SWAHA.**

2. If there is no time to use the long mantra, you can say the inner mantra:

OM TADHYATA/ APARIMITA AYU JNANA HRIH/ HUNG DHRUM SWAHA.

3. Then comes the essential Mantra, the central Mantra of the single Buddha Amitayus (*Tsepagmed*) which can be recited daily and counted on the Mala (rosary) 100,000 times, remembering the Guru-Lama: (daily, two rounds to 10 rounds of the rosary of 108 beads).

OM AMARANI JIWANTIYE SWAHA.

NOTES BY SAMTEN DE WET:

“Amitābha (Sanskrit), also known as Amida or Amitāyus, is a celestial buddha according to the scriptures of Mahayana Buddhism.”

“Amitayus is also one of the three deities of long life (Amitayus, White Tara & Ushnishavijaya) . Amitāyus being a compound of *amita* ("infinite") and *āyus* ("life"), and so means "he whose life is boundless". [[AMITĀBHA@WIKIPEDIA](#)]

SEE: MANDALA OF AMITAYUS [[HERE](#)]