

Meditation Six: Meditation on the Buddha

Begin by spending a few minutes settling your body in a comfortable position for meditation. Let the mind ride on the breath in and out and let go of the thoughts that might be in your mind. Anything that your mind is distracted by rather than the breath – let all these thoughts and distractions go.

Then generate a positive motivation for doing the meditation, thinking that you are doing it to bring spiritual benefit, not only to yourself but to others as well. To increase positive energy such as love, compassion, kindness, wisdom in your mind and then to share this with others, to bring more positive energy to others and to the world.

Now begin the visualization of the Buddha. When you visualize you use your mind to draw or create the image so it's not an activity of the eyes. Your eyes should be relaxed, and closed or partially opened. Use your mind itself to create the visualisation.

The entire visualization is made of light. Every aspect is made of light so that means it's transparent, not solid. You might think of a rainbow. When a rainbow appears in the sky, you can see the colours and it can sometimes be very bright, but there isn't anything solid there. If we were to try to touch or hold onto a rainbow there will be nothing there to hold on to. So our visualization should be similar to that, it appears but it's not solid. And it's just pure, transparent radiant light.

The visualization of the Buddha is in the space in front of you, about the level of your forehead and about two metres away. The Buddha is seated on a seat consisting of a lotus with its petals spread out flat, a very large lotus, and on top of the lotus there are two flat discs of light, like cushions. These represent the sun and moon. They are round and flat and made of light – radiant.

Upon the lotus, moon and sun is seated the Buddha, with his legs crossed in a full lotus or vajra position. He is wearing the robes of a monk, which are saffron coloured. His right hand is on his right knee in the gesture of touching the earth. The palm of his hand is against the knee, and his fingers are outstretched, pointing downwards, touching the seat beneath him. In his left hand he holds a bowl, filled with nectar – medicinal healing nectar. So his left hand is resting on his lap in a meditation position, with the palm facing upwards, and the bowl resting on the palm of his hand.

The Buddha's body is made of golden light – transparent, radiant, and completely pure. The Buddha's face is very beautiful. His smiling compassionate gaze is directed at you and at the same time towards every living being. His expression shows that he is free of all judging, critical thoughts, or anger. There are no negative thoughts at all in his mind towards you or towards anyone else. He completely accepts us just as we are, with pure, unconditional loving kindness and compassion. The hair on the Buddha's head is dark blue-black in color, with each strand of hair separate from the others and individually curled. On the very top of his head is the ushnisha, the crown protrusion, which is a symbol of his

enlightenment. His ear lobes are long, and his lips are cherry red in color – a symbol of his great compassion.

Do your very best to visualize the Buddha, but don't worry if you can't visualize every detail, or if the visualization doesn't appear clearly. Just do the best that you can and feel content with whatever you're able to do, even if it's not clear and perfect. The most important thing is to feel that the Buddha is really there. Feel the presence of the Buddha with all of his qualities – universal unconditional loving kindness and compassion and wisdom and skillful means, and all the other enlightened qualities, existing there in the space in front of you. And you can feel those qualities – feel the loving kindness radiating towards you. Not only is every aspect of the visualization made of light, but it's also a radiating light. Rays of light emanate from each pore of the Buddha's holy body and reach every corner of the universe.



Artwork by Jane Seidlitz

Feel the living presence of the Buddha in front of you. See if you can feel a sense of trust and confidence in his ability to help you and in his willingness to help you, being completely dedicated to helping you and guiding you, for however long it takes until you and everyone else has reached enlightenment.

Now in your own words make a request to the Buddha asking to receive his blessings, to help you become free from all your negative energy, misconceptions and other problems, and to receive all the realizations of the path to enlightenment.

Imagine that the Buddha joyfully accepts your request, and a stream of pure white light and nectar, which are in the nature of the enlightened mind, flows from the Buddha's heart and enters your body through the crown of your head. This light and nectar has the function of purifying all of our negativities. Imagine that the light flows into you filling your body, from your toes and fingertips to the top of your head, from every cell and atom and tiny particle of your body. This has the effect of purifying your mind of all negative qualities, delusions and negative karmas, as well as purifying any sickness or physical problems in your body. All negativities are purified. Just as the darkness in a room is instantly dispelled the moment a light is switched on, in the same way the darkness of your negative energy is dispelled when this radiant white light and nectar fill your body.

Then visualize a stream of yellow light and nectar flowing from the Buddha's heart and entering you through the crown of your head, filling your body. The yellow light and nectar are in the nature of the enlightened mind – all the knowledge, qualities and realizations of the enlightened mind. And when it fills you, you receive all of these qualities. Infinite good qualities flow into every part of your body. Your body fills completely light and clear and blissful. Spend a few moments concentrating on this blissful experience.

Now imagine the Buddha comes to the space above your head, turning to face the same way that you're facing, and melts into light. The whole visualization melts into pure light, and this light dissolves into you. Your ordinary sense of I, me, myself – unworthy and burdened with faults – and all your other wrong conceptions disappear completely. In an instant you become one with the Buddha's blissful, omniscient mind in the aspect of vast, empty space.

Then imagine from this empty space there appears in the place where you are sitting the throne, lotus, moon and sun, and upon these you yourself as the Buddha. Everything is of the nature of light – your body, the seat you're sitting on, everything – pure, radiant, transparent light. Feel that you are Buddha. Identify with his enlightened wisdom and compassion.

Now generate the wish to help all beings reach this state as well. Imagine from your heart rays of light go out, like the rays of light that go out from the sun in all directions. These rays of light from your heart go out in all directions to all beings, or as many as you can imagine. So a ray of light goes to each being – each human being and any other kind of being – and they become filled with light and it purifies all their negativities, their disturbing thoughts, emotions, negative karma, all their hindrances and obstacles.

All their suffering and its causes are completely purified. The light transforms their minds so that they attain all the qualities and realizations of the path to enlightenment. They attain universal love, com-

passion, perfect wisdom and skillful means, knowing how to help other beings and all the other qualities of enlightenment. All these qualities are attained in all the minds of all the beings. Also, if you wish, you can imagine the beings transforming into the aspect of a buddha. They all appear as buddhas.

Feel a sense of joy, rejoicing, that you have been able to bring your own mind to this state of enlightenment, the highest potential it has. And you have been able to help all other beings to do the same. You've brought them to a state of perfection, perfect peace, bliss, happiness, the perfection of all positive qualities, freedom from our negative qualities. Feel how wonderful it is that you've been able to do this.

Finally, dedicate the positive energy or merit from having done this meditation that you will be able to one day do actually what you have just visualised. That you will be able to transform your own mind, free it from everything negative, perfect everything positive and bring your mind to enlightenment, and then help all other beings to do the same, to be free of everything negative, to develop all the qualities and realizations so that they can be enlightened as well.

To end the meditation you can relax your body, relax your concentration and gently open your eyes.

