MATERIAL 3

MEDITATION ON THE BUDDHA

In this meditation, one opens oneself to the enlightenment represented by Buddha Shakyamuni in order to strengthen one's own enlightened qualities.

It is important to note that one does not "worship" Buddha as a human being or any kind of higher being, but rather identifies with all the abilities inherent within oneself.

BUDDHA-MEDITATION

We sit as straight as possible and feel the formless stream of air coming and going at the tip of our nose. We let thoughts and feelings pass without evaluation.

For the good of all we now want to meditate. Therefore we open up to the Buddha, who expresses the inherent enlightenment of all beings.

Now, out of space in front of us, condenses the golden, transparent form of a Buddha, a radiant field of energy and light. His face is golden and mild. He sees us, knows us and wishes us everything good.

His essence is here whether a clear image is perceived or not.

We understand that Buddha is not a limited being but the expression of the truth and joy of space. He represents the full realization of body, speech and mind and we strongly wish to accomplish his enlighten qualities for the benefit of all.

As he feels our wish, Buddha smiles and comes ever closer through space until he remains at a pleasant distance in front of us.

We wish:

»Dearest Buddha, please show us the power which removes the ignorance and obscurations of all beings and ourselves. Let mind's timeless light be recognized inside us.«

Now a strong, clear light radiates from between Buddha's eyebrows and enters the same place in our forehead. Our head is filled with powerful, clear light.

It dissolves all disturbing impressions in brain, nerves and senses. All causes and imprints of harmful actions now disappear, and our body relaxes. It becomes a conscious tool for protecting and helping others.

We retain the clear light for as long as we wish and experience the syllable **OM**.

(hold light and vibration)

Emanating from Buddha's throat, a radiant beam of red light streams out. It enters our mouth and throat.

The red light dissolves all difficulties in our speech. All impressions of harmful and confused words disappear, and we become conscious of our speech. It is now compassion and wisdom, a powerful tool for benefiting others.

Along with the red light, we experience the syllable **AH.**

(hold light and vibration)

From the heart level in the center of Buddha's transparent body, an intense, blue light shines out. It fills the middle of our chest.

Everything harmful now leaves our mind. Disturbing feelings and stiff ideas dissolve, and our mind becomes spontaneous joy: It is space and bliss inseparable.

Together with the blue light, we experience the syllable **HUNG**.

(hold light and vibration)

Now, all three lights enter us at the same time. Clear light fills our head, red light our throat and blue light our heart center. We rest effortlessly in this state and feel complete.

(hold the three lights together)

We may now use a vibration which lets the activity of all Buddhas work through us:

Karmapa Chenno

(Repeat this mantra for a few minutes).

MATERIAL 3

MEDITATION ON THE BUDDHA

Then Buddha dissolves in front of us and becomes rainbow light. He promises to be there when we need him and returns back into space.

Whatever may appear is the free play of space.

(rest in the nature of mind)

From this open vastness, this world and all worlds appear, perfect and pure. Every atom vibrates with joy and is kept together by love.

All is fresh and meaningful, radiant with unlimited potential.

All beings have Buddha-nature, whether they know it and act meaningfully or not

At the end we wish that all the good that just appeared becomes limitless and leads all beings to the only lasting joy, that of knowing mind.