

Amitābha Buddha Mantra

The Method to Go to the Blissful Realm Quickly

སངས་རྒྱལ་ལོད་དཔག་ཏུ་མེད་པ་ལ་ཕྱག་འཚལ་ལོ། །
མགོན་པོ་ཚེ་དཔག་ཏུ་མེད་པ་ལ་ཕྱག་འཚལ་ལོ། །
ཨོཾ་ཨ་མི་ནེ་ཨ་མི་ཨོཾ་ ཞེས་བ་ཐེངས་རྣམས་ལྷན་ཅིག་ཏུ།
བདེ་བ་ཅན་དུ་སྐྱེ་བར་ཤོག །

SANG GYÄ Ö PAG TU ME PA LA CHHAG TSHÄL LO
GÖN PO TSHE PAG TU ME PA LA CHHAG TSHÄL LO

I prostrate to Infinite Light Buddha.

I prostrate to Savior Limitless Life.

OM AMI DHEWA HRĪḤ

Recite 100x, or as many times as you like, then dedicate:

DE WA CHÄN DU KYE WAR SHOG

May I be born in the Blissful Realm.

Alternatively,

I prostrate to Buddha Amitābha.

I prostrate to Savior Amitāyus.

OM AMI DHEWA HRĪḤ

Recite 100x, or as many times as you like, then dedicate:

May I be born in the Blissful Realm.

Colophon: From the collection of practices called Namcho (gnam chos) of Nyingma Terton Mingyur Dorje (gter ston mi 'gyur rdo rje) practiced in the Nyingma Palyul Tradition. Tibetan text excerpted from *An Ordered Arrangement of the Namcho Initiation for the Attainment of Sukhāvati, gnam chos bde chen zhing sgrub kyi dbang khrigs chags su bkod pa*. Translated by Lama Zopa Rinpoche, Land of Medicine Buddha, California, USA, 30 April 1999 (LYWA #1060). Compiled by Vens. Joan Nicell and Tenzin Tsomo, FPMT Education Services, September 2018. Updated August 2019.