

# Amitabha Buddha Mantra

*The Method to Go to the Blissful Realm Quickly*

སངས་རྒྱལ་ལོང་དབག་ཏུ་མེད་པ་ལ་སྤྲལ་འཚལ་ལོ། །

མགོན་པོ་ཚེ་དབག་ཏུ་མེད་པ་ལ་སྤྲལ་འཚལ་ལོ། །

ཨོཾ་ཨ་མི་རྟེ་ཨ་རྩི་མེས་པ་ཐེང་སྐྱོང་རེའི་མཇུག་ཏུ།

བདེ་བ་ཅན་དུ་སྐྱེ་བར་ཤོག །

SANG GYÄ Ö PAG TU ME PA LA CHHAG TSHÄL LO

**I prostrate to Infinite Light Buddha.**

GÖN PO TSHE PAG TU ME PA LA CHHAG TSHÄL LO

**I prostrate to Savior Limitless Life.**

OM AMI DHEWA HRĪḤ

DE WA CHÄN DU KYE WAR SHOG

**May I be born in the Blissful Realm.**

*Alternatively,*

**I prostrate to Buddha Amitabha.**

**I prostrate to Savior Amitayus.**

OM AMI DHEWA HRĪḤ

**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 Sukhavati, gnam chos bde chen zhing sgrub kyi dbang khriḡs 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.